

## Sixth Sunday of the Year

### Happiness is . . .

#### INTRODUCTION

Someone who has everything they want is not always a happy person. Jesus explained to the crowds that true happiness comes from trusting God, and allowing his love to fill our lives.

#### SIGN OF THE CROSS

#### LIGHT THE CANDLES

Light the candles and say Candle Prayer 3: *The light of God.*

#### SORRY

God our Father is always ready to take care of all our needs, because we are his children and he loves us. When we do something wrong, he will see our sorrow and forgive us time and time again. For a few quiet moments let us speak to God in our hearts, asking his forgiveness and his help to make a fresh start.

Say together: Our Father . . .

#### GLORIA

#### GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 6: *Jesus we are here.*

#### GOSPEL (cf Luke 6:17-23)

A large crowd of people had gathered to listen to Jesus who sat down and began to speak:

'Happy are the poor,  
for their riches are stored in heaven.  
Happy are the hungry,  
because God will take care of their needs.  
All who weep and are sad  
will know only joy and laughter.  
Be happy when people are cruel  
or unkind because you follow me,  
for your reward will be great in heaven.'

#### DISCUSSION

Why had the crowd followed Jesus that day? – They wanted to listen to him teaching, and many had come hoping to be cured of their illnesses.

Jesus sat down and began to preach to them. Do you know what name is given to the sermon which he gave that day? – Today's passage is called 'The Sermon on the Mount' because Jesus spoke to the crowd as they gathered on a hillside or 'Mount' beside the Sea of Galilee.

St Luke tells us that Jesus gave four examples of true happiness.

Can you remember what they were? – (Help the children to recall the words)

- 1 Happy are the poor . . .
- 2 Happy are the hungry . . .
- 3 All who weep and are sad . . .
- 4 Be happy when people are cruel or unkind . . .

What was Jesus telling us in this sermon? – When we know that we are loved so much by God, that love brims over into our lives, we cannot help but share it with each other. It is through giving that we receive. So by sharing God's love which makes us so happy, with others, we make other people happy in turn, and our own happiness increases even more.

Worldly possessions and riches do not last forever, but God's love does and it is worth more than anything else. If we open our hearts and lives to God's love then we will know the true happiness that Jesus spoke of.

#### ACTIVITY

Photocopy and cut out a shape for each child. Ask them to draw themselves on the blank, and pin all the figures on a board with the caption 'Jesus makes us happy.'

#### CREED

#### CLOSING PRAYER

Teach us, Lord,  
that true happiness comes from you  
and is worth more  
than all our worldly possessions.

