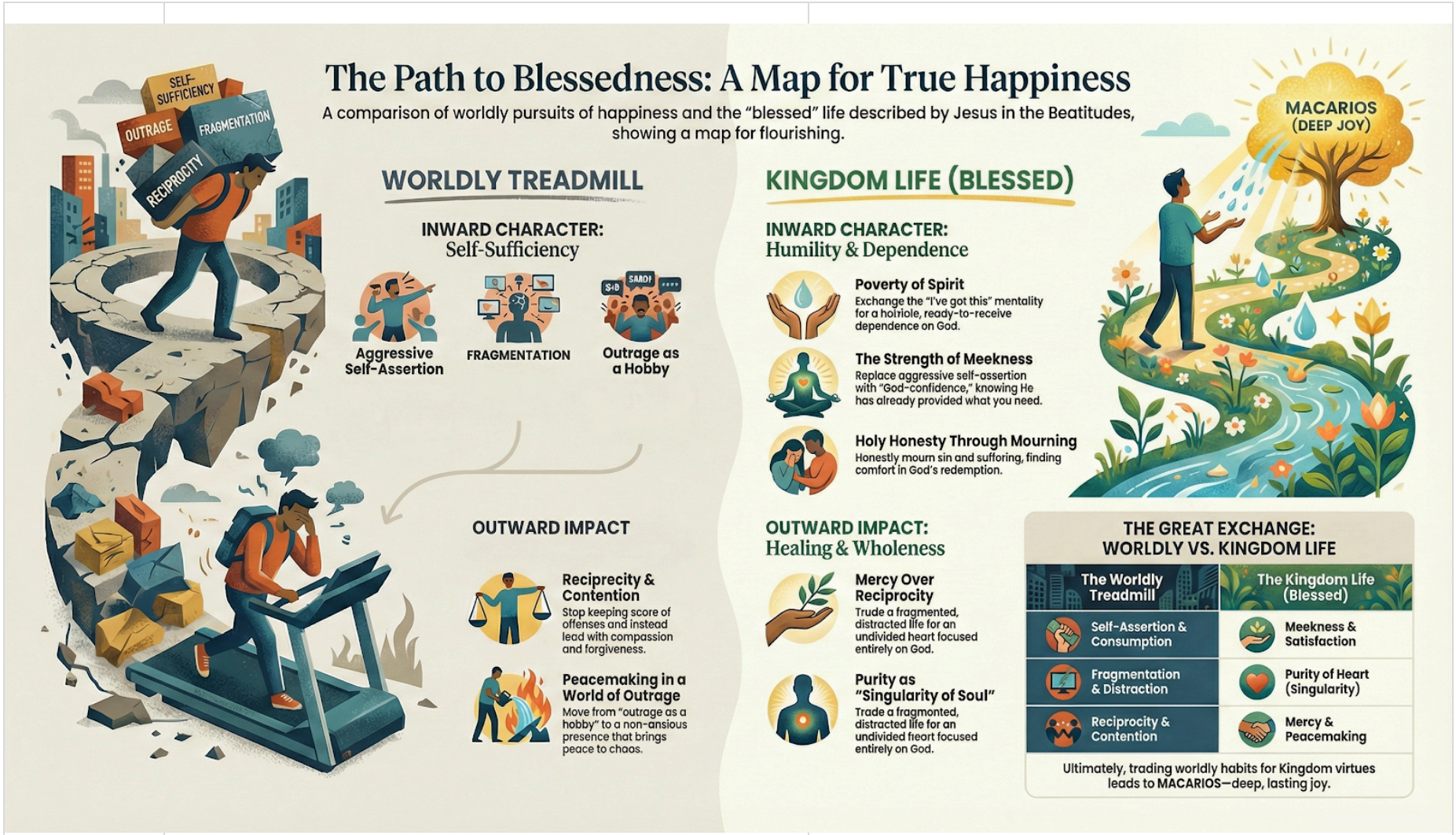
The Beatitudes: Definitions and Life Applications

Beatitude	Definition	Short Life Application
Poor in Spirit	Those who are humble, recognize their need for God above all things, and understand they cannot earn God's favor or forgive their own sin.	Exchange self-sufficiency and the need to control everything for a total dependence on God to lead and guide life.
Mourning	Mourning the reality of one's own sin and falling short of God's best, as well as mourning the pain, suffering, and injustice in the world with holy honesty.	Exchange toxic positivity or ignoring hard realities for a holy honesty that mourns sin and looks to God for redemption.
Meek	Being strong but not overbearing; possessing a kind and gentle heart and a confidence that God has already provided.	Exchange self-assertion and the need to 'grab' everything for a God-confidence that allows for peace and gentleness.
Hunger and Thirst for Righteousness	A deep desire to be right with God and to live according to His will, prioritizing virtue of character formed by Christ.	Exchange endless consumption and the pursuit of novelty for a hunger for virtue and being right with God.
Merciful	Having a heart that hurts for others (misericordia) and acting with compassion rather than keeping score.	Exchange reciprocity and keeping a scorecard of offenses for compassion and forgiveness.
Pure in Heart	Singularity of soul; being undivided in one's heart and willing only one thing rather than being pulled in many directions.	Exchange the fragmentation and distraction of the world for an integrated, undivided soul focused on God.
Peacemakers	Those who walk into a world of reactionary chaos and bring peace through a non-anxious presence.	Exchange the habit of outrage and contention for the practice of bringing peace into chaotic situations.
Persecuted for Righteousness' Sake	Being willing to suffer for the sake of the kingdom and the character of God.	Exchange the pursuit of earthly safety and self-preservation for the inheritance of the kingdom of God.


The Path to Blessedness: A Map for True Happiness
A comparison of worldly pursuits of happiness and the "blessed" life described by Jesus in the Beatitudes, showing a map for flourishing.
SELF-SUFFICIENCY
OUTRAGE
FRAGMENTATION
RECIPROCITY
WORLDLY TREADMILL
INWARD CHARACTER:
Self-Sufficiency
Aggressive Self-Assertion
FRAGMENTATION
Outrage as a Hobby
OUTWARD IMPACT
Reciprecity & Contention
Stop keeping score of offenses and instead lead with compassion and forgiveness.
Peacemaking in a World of Outrage
Move from "outrage as a hobby" to a non-anxious presence that brings peace to chaos.
KINGDOM LIFE (BLESSED)
INWARD CHARACTER:
Humility & Dependence
Poverty of Spirit
Exchange the "I've got this" mentality for a holriole, ready-to-receive dependence on God.
The Strength of Meekness
Replace aggressive self-assertion with "God-confidence," knowing He has already provided what you need.
Holy Honesty Through Mourning
Honestly mourn sin and suffering, finding comfort in God's redemption.
MACARIOS (DEEP JOY)
OUTWARD IMPACT:
Healing & Wholeness
Mercy Over Reciprocity
Trude a fragmented, distracted life for an undivided heart focused entirely on God.
Purity as "Singularity of Soul"
Trade a fragmonted, distracted life for an undivided fieort focused entirely on God.
THE GREAT EXCHANGE:
WORLDLY VS. KINGDOM LIFE
The Worldly Treadmill
The Kingdom Life (Blessed)
Self-Assertion & Consumption
Meekness & Satisfaction
Fragmentation & Distraction
Purity of Heart (Singularity)
Reciprocity & Contention
Mercy & Peacemaking
Ultimately, trading worldly habits for Kingdom virtues leads to MACARIOS—deep, lasting joy.