



January 29, 2023, Fourth Sunday after the Epiphany
Matthew 5:1-12

Use this resource at home to guide your household's daily devotions.



Pray: Light a candle and open your devotion time with a prayer.

Loving God, in Jesus you proclaim a blessing for those in deprivation, a promise of your transforming love. Make us instruments of your justice, that all might have life abundantly. Amen.



Read: Read the key verse from Sunday's reading.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven... Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."
(Matthew 5:3, 12)



Reflect: Reflect on the scripture summary.

Many people suffered from grief, sickness, poverty, and silence. Jesus promised them more: they would be blessed.



Connect: Connect in conversation with others in your household.

- What was a high point of your day? What was a low point?
- How do the guidelines in Jesus' sermon shape your community? Which are necessary today? Which have been adjusted to reflect the modern era? How can a community remain faithful to God's laws?
- How has God blessed you? How do you think Jesus would describe you in your current state of life?
- For the littles: Jesus liked to teach people about God. What is your favorite thing to learn about?



Bless: Close your devotion with a blessing.

May God bless you in whatever stage of life you are in. Amen.



Do: By acting on what we learn, we make God's word come alive. Do the following activity this week.

Set this week's grocery budget at half of what you normally spend. Find ways to provide for yourself and/or your household with this lowered budget. Reflect on the challenges and joys of this activity.



Go Deeper: Read and reflect on the readings for each day of the week.

Monday, Psalm 37:1-17; Ruth 1:1-18; Philemon 1-25
Tuesday, Psalm 37:1-17; Ruth 2:1-16; James 5:1-6
Wednesday, Ruth 3:1-13; 4:13-22; Luke 6:17-26
Thursday, Psalm 112:1-9; Deuteronomy 4:1-14; 1 John 5:1-5
Friday, Psalm 112:1-9; Isaiah 29:1-12; James 3:13-18
Saturday, Psalm 112:1-9; Isaiah 29:13-16; Mark 7:1-8