

**RELATED SCRIPTURE
PASSAGES:**

Suffering:
John 16:33;
Romans 8:18; 12:12;
1 Peter 4:12-13; 5:10;
James 1:2-18

**RELATED CATECHISM OF THE
CATHOLIC CHURCH REFERENCES:**

Beatitudes:
1717, 1723 (*The quote
with this is from Blessed
John Henry Cardinal
Newman spoken in 1906,
but astoundingly relevant
today.*), 1725-29

Happiness:
45, 1045, 1048, 1057, 1818

**RELATED YOUCAT
REFERENCES:**

Suffering:
66

Happiness:
3, 281-285

The Beatitudes

SYNOPSIS

We all want to be happy. The question is, "How do we make that happen?" Explore a nonconventional path to true happiness.

SUGGESTED USES FOR THIS VIDEO

† This film can be used in large or small group discussion on topics such as real happiness, the blessing of suffering, or learning to resist the world's desire to run from discomfort.

QUESTIONS FOR DISCUSSION

1. Which of the first scenarios could you most identify with?
2. Have you ever thought about your attitude being anti-beatitude?
3. In what ways has this attitude made being happy challenging?
4. How easy do you think it would be to change?
5. What specific things would you need to do to change?
6. What kind of help would you need in order to change?
7. Why does Jesus tell us to celebrate some things that involve suffering?
8. How can suffering make us happy?
9. Why does Jesus tell us to do things that are "hard"?