



A Catholic Women's League led mission on behalf of Divine Infant Parish, Orleans ON

The Seventh Beatitude:

***“Blessed are the peacemakers,
for they shall be called the children of God”***

[Matthew 5:9]

Presented by The Youth Ministry



[Image: Designed by Nina Scerri Diacono (Canva)]

The Beatitudes reveal the divine path and purpose for a life lived in the name of Jesus. They are statements of grace, not law, revealed to us by Christ Himself. Through them He reveals the spiritual attributes that, by God's Grace, will ultimately guide us to His Kingdom.



The Beatitudes lead us from a life of material comfort and aspiration towards one of selflessness lead by the Spirit. (Pope Francis, General Audience, Library of the Apostolic Palace, 29 April 2020)

Presented in hierarchical fashion the Beatitudes infer that each one builds systematically upon the foundation of the first: "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) and ends on the eighth "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven (Matthew 5:11). (To see the progression of all eight Beatitudes, please see the diagram on page 9).

This booklet will take you through a journey of learning about and living the seventh Beatitude, "*Blessed are the peacemakers for they will be called children of God*" over the course of two months.

In total there will be 7 weeks of challenges for you to complete. The challenges of Part I will focus on learning about this Beatitude. The challenges of Part II will focus on activities which help you to live this Beatitude; to do things for yourself, for your family and for your community



PART I: LEARNING ABOUT THE BEATITUDE

WEEK 1 CHALLENGE ~ POPE FRANCIS' REFLECTION

Let us first begin learning about the seventh Beatitude by reading Pope Francis' reflection. As you read it, consider the *real* meaning of the word "peace"; how do we attain *Christ's* peace; what does it take to be a peacemaker? How does being a peacemaker help with your relationship with Christ, and ultimately allow you to be called a child of God?



POPE FRANCIS
GENERAL AUDIENCE

Dear Brothers and Sisters, Good morning,

Today's catechesis is dedicated to the seventh Beatitude, the one on the "peacemakers" who are proclaimed children of God. I am pleased that it falls immediately after Easter because Christ's peace is the fruit of his death and resurrection as we heard in the Reading of Saint Paul. In order to understand this Beatitude, we have to explain the meaning of the word "peace" which can be misinterpreted, or at times trivialized.

We must look at two ideas of peace: the first is the Biblical one, in which the beautiful word *shalòm* appears, which expresses abundance, flourishing, wellbeing. In Hebrew, when one says *shalòm*, one is wishing a beautiful, fulfilled and prosperous life, but also in terms of truth and justice that will find fulfillment in the Messiah, the Prince of Peace (cf. Is 9:6; Mic 5:4-5).

There is also another more widespread meaning in which the word "peace" is understood as a sort of interior serenity; I am calm, I am at peace. This is a modern, psychological and more subjective idea. We generally think that peace is stillness, harmony, inner balance. This accepted meaning of the word "peace" is incomplete and cannot be made absolute because anxiety can be an important time of growth.

The Lord himself often sows anxiety in us so that we may go towards Him, to find Him. In this sense, it is an important moment of growth. Meanwhile, it can happen that inner tranquility corresponds to a trained conscience and not to true spiritual redemption. The Lord often has to be "a sign of contradiction (cf. Lk 2:34-35), shaking our false securities in order to bring us to salvation. And in that moment, it seems we have no peace but it is the Lord who puts us on this path so that we may attain the peace that He himself will give to us.

At this point we have to remember that when the Lord says: "Peace, I leave with you; my peace I give to you; not as the world gives do I give to you" (Jn 14:27), He means His peace which is different from the human kind, the one of the world. Jesus' peace is different from the worldly one.

Let us ask ourselves: how does the world give peace? If we think of armed conflicts, wars normally end in two ways: either with the defeat of one of the two sides, or with a peace treaty. We cannot but hope and pray that this second path will always be taken. However, we

have to consider that history is an infinite series of peace treaties contradicted by successive wars or by the metamorphosis of these same wars into other ways or into other places.

In our time too, war is being fought “piecemeal” in various scenarios and with different methods (cf. *Homily at the Military Memorial in Redipuglia*, 13 September 2014; *Homily in Sarajevo*, 6 June 2015; *Address to the Pontifical Council for Legislative Texts*, 21 February 2020). We have to at least suspect that within the framework of a globalization that is carried out above all for economic or financial interests, the “peace” of some corresponds to the “war” of others. And this is not Christ’s peace.

Instead, how does the Lord Jesus “give” his peace? We have heard Saint Paul say that Christ’s peace is “making one out of two” (cf. Eph 2:14), erasing hostility and reconciling. And the path to carry out this work of peace is His body. Indeed He reconciles all things and bestows peace with the blood of His cross as the same Apostle says elsewhere (cf. Col 1:20).

And here, I ask myself, we can all ask ourselves: who then are the “peacemakers?”. The seventh Beatitude is the most active one, explicitly operative; the verbal expression is similar to the one used in the first verse of the Bible for the Creation, and it indicates initiative and industriousness. Love by its nature is creative — love is always creative — and seeks reconciliation at any cost.

Those who have learned the art of peace and exercise it are called the children of God. They know that there can be no reconciliation without giving one’s own life and that peace should always be sought everywhere. Always and everywhere: **Do not forget this!** It should be sought this way. It is not an autonomous work that is the fruit of one’s own abilities. It is the manifestation of the grace received from Christ who is our peace and who has made us Children of God.

May the true *shalòm* and the true interior balance spring forth from Christ’s peace which comes from the Cross and generates a new humanity, embodied by an infinite multitude of inventive, creative Saints who have designed ever new paths to love; Saints who build peace. This life, as children of God who for Christ’s blood, seek and find their brothers and sisters, is true happiness. Blessed are those who follow this path. And once again, I wish you all a Happy Easter, in the peace of Christ.

WEEK 2 CHALLENGE ~ SAINT FRANCIS OF ASSISI

[catholic.org/saints]

St. Francis of Assisi (1181-1226) is widely regarded as a profound embodiment of the seventh beatitude:

“Blessed are the peacemakers, for they shall be called children of God.” [Matthew 5:9]

He lived in a time of violence, war, and religious division, yet he consistently chose the path of peace, humility, and reconciliation.

St. Francis was a peacemaker in a divided world.

During the Crusades, a time of religious war, St. Francis crossed enemy lines unarmed to speak with Sultan Malik al-Kamil in Egypt. Rather than promoting hostility, he engaged in respectful dialogue and sought mutual understanding between Christians and Muslims.

St. Francis had inner peace that flowed outward.

St. Francis’ peace was not just external—it radiated from within. He lived simply, detaching himself from material wealth and ego, embracing a deep inner tranquility. That peace allowed him to become a vessel of peace to others.

St. Francis the Restorer of broken relationships.

He reconciled with his own father, mended divisions within the Church, and even preached to animals as symbols of universal harmony. He saw all creation as interconnected and deserving of peace.

St. Francis’ Legacy of peace

The “Peace Prayer”—though likely not written by him—is attributed to his spirit:



Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Lord, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in forgiving that one is forgiven,
it is in dying that one awakens to eternal life.

<https://catholicsaintmedals.com/wp-content/uploads/francis-icon-dove.jpg>

The world often sees peace as the **absence of conflict**, but Jesus calls us to something deeper: **a peace that restores, heals, and unites**. The peacemaker is not passive. The peacemaker actively steps into division and brokenness with courage, humility, and love. To be a peacemaker is to mirror the heart of God. In a world often driven by fear, division, and conflict, choosing the path of peace makes us stand out—not as weak, but as true children of God.

This week, reflect on the life of St. Francis of Assisi, who embodied the teachings of Jesus completely - especially in poverty, humility and service. Ask for his intercession to help you live the Gospel more fully in your daily life.

WEEK 3 CHALLENGE ~ SCRIPTURE READING

Psalm 34:4-7, 12-15, 17-18

I sought the Lord, and he answered me,
and delivered me from all my fears.
Look to him, and be radiant;
so your faces shall never be ashamed.
This poor soul cried, and was heard by the Lord,
and was saved from every trouble.
The angel of the Lord encamps
around those who fear him, and delivers them.

Which of you desires life,
and covets many days to enjoy good?
Keep your tongue from evil,
and your lips from speaking deceit.
Depart from evil, and do good;
seek peace, and pursue it.
The eyes of the Lord are on the righteous,
and his ears are open to their cry.

When the righteous cry for help, the Lord hears,
and rescues them from all their troubles.
The Lord is near to the broken-hearted,
and saves the crushed in spirit.

- Contemplate on the peace that Jesus *gives*":
"...of the grace received from Christ who is our peace and who has made us Children of God."
(Pope Francis).
- This psalm emphasizes **active peace-making**, not just desiring peace. How can you be a peacemaker this week?

Other Readings:

"May the Lord give strength to his people! May the Lord bless his people with peace!" [Psalm 29:11]

"I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety."
[Psalm 4:8]

"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you, and give you peace." [Numbers 6:24-26]

"Do not worry about anything... And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." [Philippians 4:6–7]

"For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us." [Ephesians 2:14]

PART II: LIVING THE BEATITUDE

WEEK 4 CHALLENGE ~ LIVING THE BEATITUDE AS AN INDIVIDUAL

We have learned about the Seventh Beatitude, “**Blessed are the peacemakers, for they shall be called children of God.**” [Matthew 5:9]

For this week, let us focus on ourselves. Allow Psalm 34, St. Francis of Assisi, and Pope Francis to inspire and guide us to live the Seventh Beatitude and put it into action.

*“Those who have learned the art of peace and exercise it are called the children of God. They know that there can be no reconciliation without giving one’s own life and that peace should always be sought everywhere. Always and everywhere: **Do not forget this!**”* [Pope Francis]

Consider doing some of the following:

1. What robs you of inner peace most often (fear, anxiety, guilt)?
2. Contemplate: How does prayer lead us to peace?
 - List personal “peace stealers” and write a corresponding verse as a response to each.
3. Have you ever experienced God’s peace in a difficult time? What did that look like?
4. Reflect daily on how your actions bring peace—not just the absence of conflict, but the presence of healing, unity, and love.
5. At the end of the week, journal or share with someone:
 - How did you imitate St. Francis?
 - What did you learn about being a peacemaker?
 - How did this change your perspective or relationships?

WEEK 5 CHALLENGE ~ LIVING THE BEATITUDE AS A FAMILY

Living the seventh Beatitude as a family means cultivating a home environment rooted in unity, forgiveness, humility and reconciliation. It’s not just about avoiding conflict, but actively building harmony in daily life.

Expand yourself by doing the following:

1. Reflect on your contribution to creating an atmosphere where others feel safe, heard, valued.
2. Encourage calm, respectful conversations – even during disagreements.
3. Reflect on your behaviour – model responsive vs reactive behaviour – take a breath, listen before speaking.
4. Shape a culture where forgiveness is normal, expected, and practised consistently. For example,
 - “In our family, we don’t hold grudges.”
 - “I’m sorry I hurt you”
 - “I forgive you”
 - “Let’s try again”
5. Be active in Reconciliation: be aware of others’ relationships and help one another build bridges.
6. Pray together: Pray or sing the “Peace Prayer” (see page 5)

The seventh beatitude challenges us not just to **desire** peace, but to **create** it—to be *peacemakers*, not just peace-lovers. This is not passive. It requires courage, humility, and the ability to enter into tension with love.

WEEK 6 CHALLENGE ~ LIVING THE BEATITUDE AS A COMMUNITY

This week, let us consider our relationships within the community, and beyond, in the context of the seventh Beatitude.

“God calls us to proclaim the good news of salvation, but this is deeply interconnected with the transformation of society and the world. Amid violence and suffering we are called to proclaim the good news of peace in Jesus Christ.”

“Paul goes on to tell us in Colossians 3: 15f: “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.” This establishes the fact that not only have we received peace in Christ, but we are called to be agents of peace and hope in the world.

[Blessed are the peacemakers – a sermon by World Council of Churches (WCC) General Secretary Rev. Prof. Dr Jerry Pillay, 11-August-2025]

Consider doing the following:

1. Identify one situation—in your family, community, school, or workplace—where there is tension, conflict, or division. Actively respond as a peacemaker in that situation, using the example of St. Francis:
 - Approach it with humility and gentleness.
 - Listen deeply to others without judgment.
 - Choose service over self-interest.
2. Pray to God for strength in stressful situations at work with colleagues or clients, among friends or neighbours, to respond with kindness, humility, service, and love.
3. How can you help others become peacemakers?

WEEK 7 CHALLENGE ~ BLESSINGS RECEIVED & CLOSING PRAYER

Reflect on the blessings you have received in living the seventh Beatitude, **“Blessed are the peacemakers, for they shall be called children of God.”** [Matthew 5:9]

Do you feel Christ’s peace in your heart? How has God formed you into a peacemaker? Thank God for helping you to let Christ lead you in your life, to form you into a person who is peaceful, humble of heart in service of others.



Prayer for Peace—St. John Paul II

Lord Jesus Christ, who are called the Prince of Peace,
who are Yourself our peace and reconciliation,
who so often said, “Peace to you” – please grant us peace.

Make all men and women witnesses of truth,
justice and brotherly love.
Banish from their hearts whatever might endanger peace.
Enlighten our rulers that they may guarantee and
defend the great gift of peace.

May all peoples on the earth become as brothers and sisters.

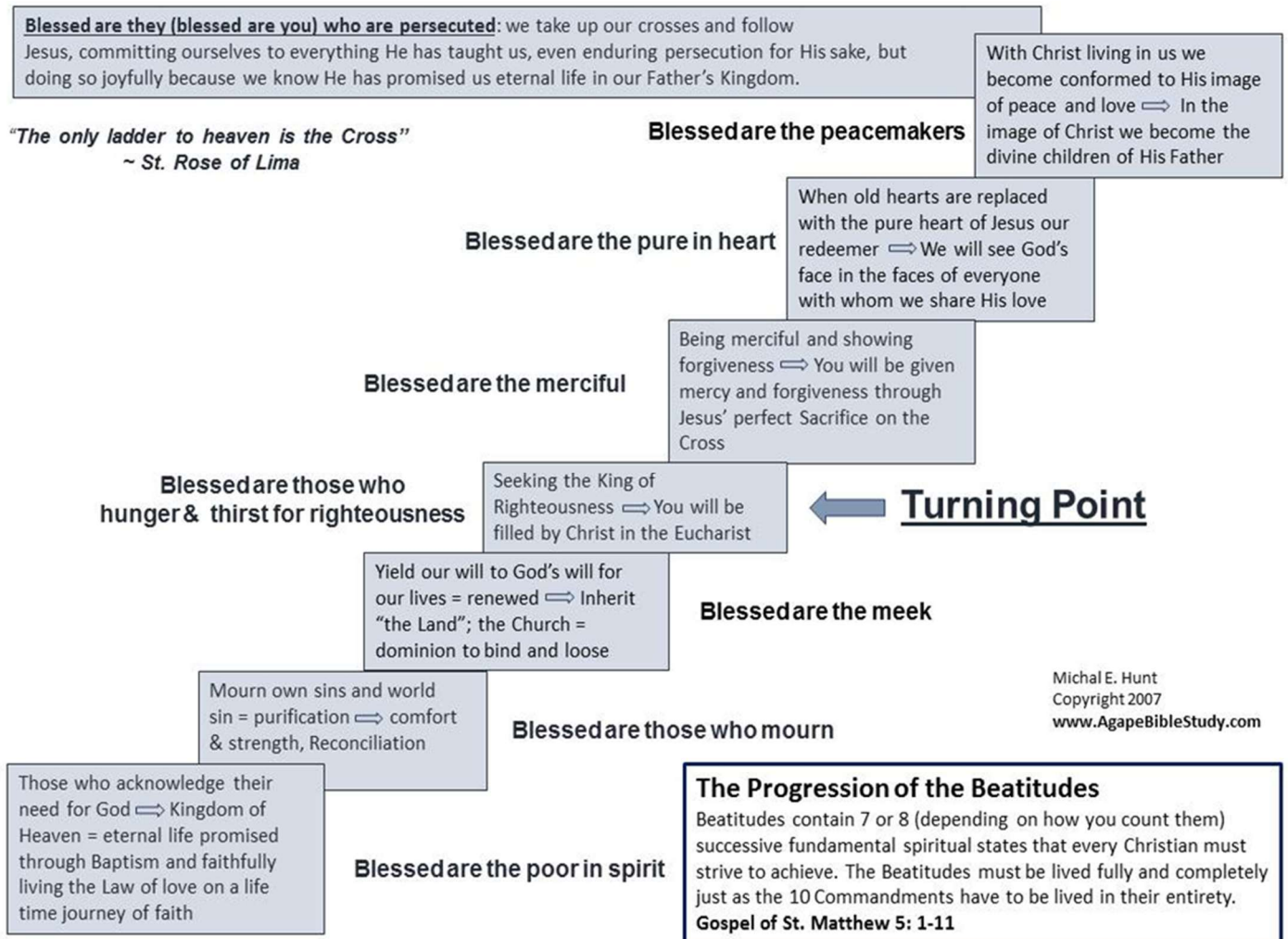
May longed-for peace blossom forth and
reign always over us all.

Amen.

[Source: <https://mycatholic.life/catholic-prayers/prayers-for-peace/>]

[Image: <https://www.google.com/>]

THE BEATITUDE LADDER



To learn about the Catholic Women's League
please visit our parish website at
www.divineinfant.on.ca/cwl.html



Catholic Women's League
Divine Infant Parish
Orleans ON

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