



ST. MARY CHURCH
OF THE IMMACULATE CONCEPTION



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CATHOLIC CHURCH

WEEK 3 - February 1-7, 2026

To be hooked on Jesus means allowing His teaching to reshape our priorities. It means trusting that God's way—though challenging—is the path to true freedom and joy.

OPENING PRAYER

Heavenly Father,

You are the source of all wisdom and truth.

You reveal Your heart not through power or pride, but through humility, mercy, and love.

As we gather, open our hearts to the teaching of Your Son.

Help us not only to hear His words, but to allow them to shape how we live, love, and choose each day.

Teach us to desire what truly matters, to trust Your ways over the ways of the world,

and to find our joy in living as citizens of Your Kingdom.

Send Your Holy Spirit upon us, that we may be transformed by Your Word and become living witnesses of the Beatitudes.

We ask this through Christ our Lord. **Amen.**

THIS WEEK'S SCRIPTURE READINGS

[CLICK HERE TO READ THIS WEEKEND'S READINGS](#)

THEME: To be "Hooked" on Jesus is **reorient our lives around His way of living.**

- **First Reading:** God promises blessing to the humble and the lowly.
- **Second Reading:** 1 Corinthians 1:26-31; God chooses the humble and weak to reveal His power, so that no one may boast except in the Lord.
- **Gospel:** The Beatitudes reminds us how we are called to live- "Blessed are those who..."

GOSPEL INSIGHTS

In today's Gospel, Jesus gathers His disciples and begins to teach them what life in the Kingdom of God looks like. He does not offer rules for success or steps to worldly happiness. Instead, He proclaims the **Beatitudes**—a vision of life that turns the world's values upside down.

"Blessed are the poor in spirit... the meek... the merciful... the peacemakers."

Jesus reveals that true happiness is not found in power, wealth, or control, but in humility, dependence on God, mercy, and love. To be *hooked on Jesus* means allowing His teaching to reshape our priorities. It means trusting that God's way—though challenging—is the path to true freedom and joy.

The Beatitudes are not just ideals to admire; they are an invitation to live differently, to belong to a Kingdom that is already present and still unfolding.

Jesus does not say *"Blessed are the perfect,"* but *"Blessed are those who hunger and thirst."*

This is good news for all of us who are still learning how to follow.

QUESTIONS FOR REFLECTION AND DIALOGUE

Take some time to reflect on this week's message and discuss with your group:

1. Which Beatitude speaks to you most right now? Why?
2. Which Beatitude do you find most challenging to live?
3. How do the Beatitudes challenge the values of our culture today?
4. How can living the Beatitudes help us become better witnesses of Christ?
5. Where is God inviting you to trust Him more deeply?
6. As we approach Lent, how can you use this Lent to live out the Beatitudes?

SCRIPTURE FOR MEDITATION

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." – Matthew 5:3

"God chose what is weak in the world to shame the strong." – 1 Corinthians 1:27

PRAY

- Ask God for the grace to live the Beatitudes with humility and courage.
- Each morning, pray with **one Beatitude**, asking God to help you live it that day.
- Spend **3 minutes in quiet**, surrendering areas where pride or fear get in the way.
- Pray by name for someone who is struggling or in need of hope.

ACT

- Choose **one Beatitude** to practice intentionally this week:
 - Look for a hidden or quiet way to serve someone in need without telling anyone.
 - Ask yourself: How can I reflect the Kingdom of God where I live, work, or study?
- Make the more "humble" choice this week.

INSPIRE

- Be attentive to those who may feel overlooked or burdened.
- Offer encouragement instead of criticism.
- Is there someone who needs a word of hope, forgiveness, or understanding this week?

INTERCESSIONS FOR THE GROUP

Take some time to pray together for the persons or people on the Hearts of your small group members.

CLOSING PRAYER

Lord Jesus,

You show us the path to true happiness,
not through strength or status,
but through love, humility, and trust in the Father.

Help us to live the Beatitudes with open hearts,
to walk Your way even when it is difficult,
and to believe that Your promises are True.

May our lives reflect the values of Your Kingdom,
and may others come to know You
through the way we live and love.

Keep us always deeply **hooked on You**.
We ask this in Your holy name.

Amen.