

The BE Attitudes

Today Jesus raises the ante.

In the Beatitudes he expects more of us.

And these Beatitudes are our key to happiness.

Externals are externals.

As the Little Prince declares:

"It is only with the heart that one sees rightly."

I refer you to a TED talk on Happiness.

What keeps people healthy and happy?

A lifetime study of poor and rich kids explored this question.

.Clearest message...Good relationships keep us happy and well WHETHER WE ARE RICH OR POOR.

Socially connected people are happy.

Loneliness is toxic!

Not just the number of friends but the quality of relationships are what COUNTS.

When millennials were asked about life goals, they responded "Wealth and Fame!"

Yet satisfaction in relationships is key to happiness and health.

People in 80s who had more people they could count on had better memories.

And the Beatitudes are all about relating.

ROBERT WALINGER: *"WHAT MAKES A GOOD LIFE"*

SEE ON TED.

And so we pray:

God bless our friends,

our family circle.

Blessed are we indeed,

when we are surrounded by LOVE.

Happy Valentine!

Amen

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