

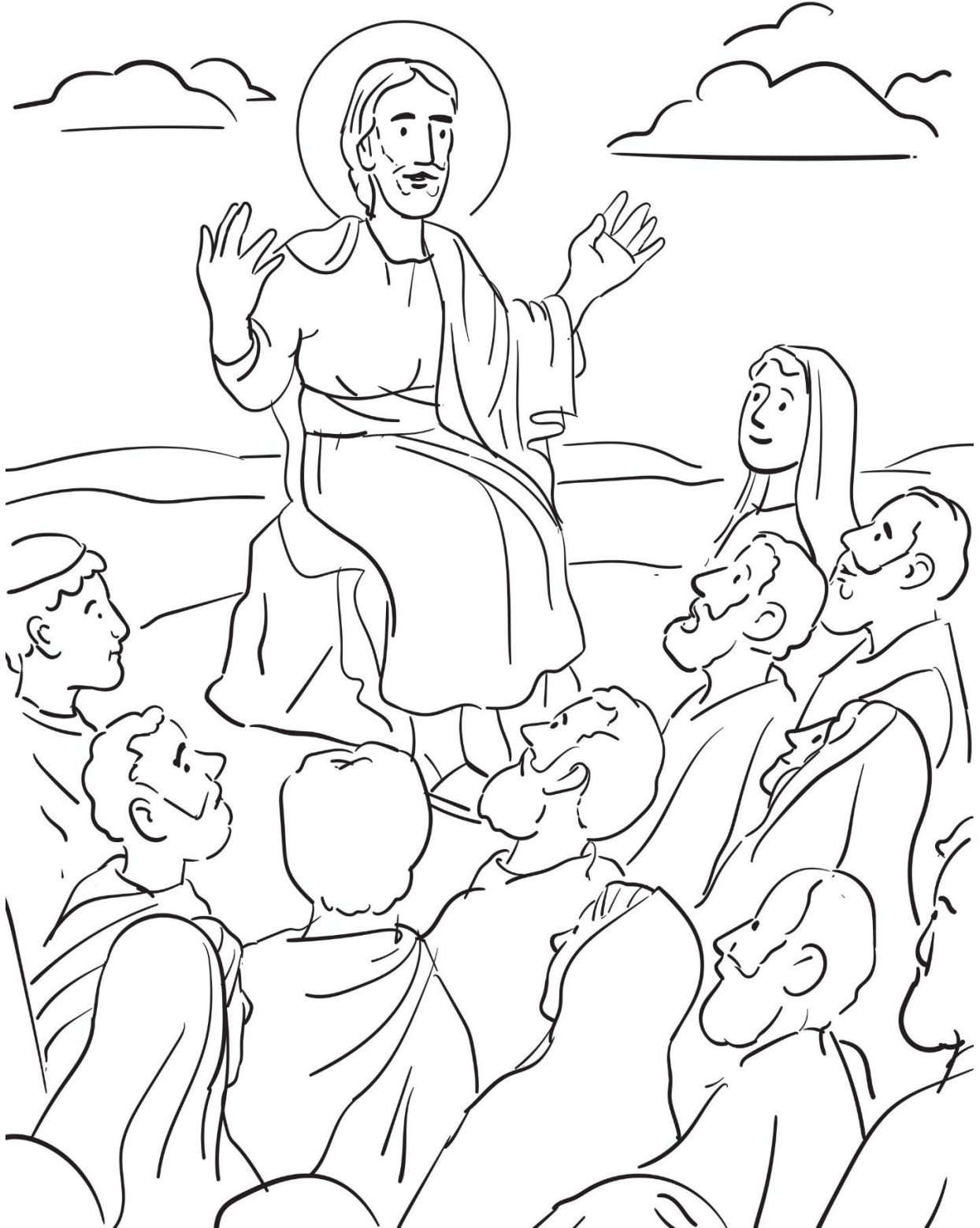


Catholic Mom  
HOLY CROSS  
FAMILY MINISTRIES

# SUNDAY GOSPEL ACTIVITIES

Rejoice and be glad, for your reward will be great in heaven.

*Matthew 5:12a*



Visit [CatholicMom.com](https://CatholicMom.com) for more resources for you and your family.

**"The Family That Prays Together, Stays Together."** - Venerable Patrick Peyton  
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# SUNDAY GOSPEL ACTIVITIES

## Family Activity Page

4th Sunday of Ordinary Time

Matthew 5:1-12

This Sunday we hear all about the Beatitudes: eight promises of Jesus! He shows that when we live like His disciples, then that is when we are truly blessed. One example is that we must be “poor in spirit.” This doesn’t mean we have to be poor in terms of material things, but that we are not *attached* to material things. This could be what we have or even things that we *wish* we could have. When we are detached from these physical items and instead find our satisfaction only in God, then we are truly “poor in spirit.” Jesus says that those who are “poor in spirit” are “blessed”! Not only that, but “theirs is the kingdom of heaven.”

Another example is that Jesus says, “Blessed are the peacemakers.” When we don’t pick fights with our siblings or complain about chores, then we are creating peace in our family. Do you remember what Jesus said about the peacemakers? He says they will be called “children of God.”

How can *you* live out the Beatitudes this week?

### Activities:

- Read through the eight Beatitudes. Pick one and try to live like that in a particular way this week.
- Pick five things you have that you can give to someone else. Remember to live in a spirit of detachment!
- Do one thing each day this week to help bring peace to your family.



# SUNDAY GOSPEL ACTIVITIES

Name: \_\_\_\_\_

Sunday, February 1, 2026

Worksheet for ages 7 to 10 years old

1. Today is the \_\_\_\_\_ Sunday of \_\_\_\_\_.
2. From which book of the Bible is today's first reading?  
Daniel    Wisdom    Zephaniah    Genesis
3. From which Psalm is today's Responsorial Psalm taken? Psalm \_\_\_\_\_
4. What is the theme of it?
  - a. The Lord is my shepherd; I shall not want.
  - b. Blessed are the poor in spirit; the kingdom of heaven is theirs!
  - c. A humble heart I will not spurn.
5. From which book of the Bible is today's second reading?  
James    1 Corinthians    Hebrews    Romans    Numbers
6. From which Gospel is today's Gospel?  
Mark        John            Luke            Matthew
7. This Gospel is often called the Sermon on the Mount. In it, Jesus gives us
  - a. The 10 Commandments.
  - b. The 7 Sacraments.
  - c. The Beatitudes
8. These \_\_\_\_\_ help us to live, knowing that God
  - a. knows when we suffer and cares for us always.
  - b. wants us to be the most important person in the world.
  - c. sometimes it's okay to hurt others to get what we want.



# SUNDAY GOSPEL ACTIVITIES

Name: \_\_\_\_\_

**Sunday, February 1, 2026**

**Worksheet for ages 11 to 14 years old**

1. What day is today in the Church calendar?
2. From which book of the Bible is today's first reading?
3. From which Psalm is today's Responsorial Psalm taken? What is the theme of the Psalm?
4. From which book is today's second reading taken?
5. From which Gospel is today's Gospel?
6. What does Jesus teach us in this Gospel passage?
7. According to what Jesus says here, how are we to live?



# SUNDAY GOSPEL ACTIVITIES

## Unscramble the Words

- |                    |                   |
|--------------------|-------------------|
| 1. nogdkmi _____   | 8. ledrcnih _____ |
| 2. achet _____     | 9. susej _____    |
| 3. eessbdl _____   | 10. iitrsp _____  |
| 4. fertcodom _____ | 11. hieritm _____ |
| 5. rcyem _____     | 12. arteh _____   |
| 6. iefissdat _____ | 13. wrdare _____  |
| 7. jcoiree _____   | 14. sltuin _____  |

Use some of the words you unscrambled to complete Matthew 5:1-12a, The Beatitudes .

15. When \_\_\_\_\_ saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to \_\_\_\_\_ them, saying: \_\_\_\_\_ are the poor in spirit, for theirs is the \_\_\_\_\_ of heaven. \_\_\_\_\_ are they who mourn, for they will be \_\_\_\_\_ the land. \_\_\_\_\_ are the meek, for they will be \_\_\_\_\_ the land. \_\_\_\_\_ are they who hunger and thirst for righteousness, for they will be \_\_\_\_\_. \_\_\_\_\_ are the merciful, for they will be shown \_\_\_\_\_. \_\_\_\_\_ are the clean of \_\_\_\_\_, for they will see \_\_\_\_\_. \_\_\_\_\_ are the peacemakers, for they will be called \_\_\_\_\_ of \_\_\_\_\_. Blessed are they who are persecuted for the sake of righteousness, for theirs is the \_\_\_\_\_ of heaven. \_\_\_\_\_ are you when they \_\_\_\_\_ you and persecute you and utter every kind of evil against you falsely because of me. \_\_\_\_\_ and be glad, for your \_\_\_\_\_ will be great in heaven.





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HOLY CROSS  
FAMILY MINISTRIES

# SUNDAY GOSPEL ACTIVITIES

Y R D I I R C O M F O R T E D N N H S G  
 A C G J N K R E W A R D O G Y B M H P I  
 E I S V G H H G N H R H R O J V O R I R  
 G A S C Q I E W F W X C T O E N U J R I  
 W I A D B C Y R Q L H T W H S P R V I G  
 H W S U C L E L I H Y K V F U X N J T H  
 E Y F M H T E L D T G J I Q T I A R S T  
 A P L E I E I S J P T Q D N V N U D I E  
 V E R R L S Y D S M G H D T G R I V U O  
 E A K C D A A S O E P M G P K D W L V U  
 N C E I R T J P Z V D E P F X T O A T S  
 N E C F E I L V O C T E L P M J Q M O N  
 W M Z U N S I F R R I K O B T Z Z D E E  
 Q K G L O F H P M B A W Z F I X D S G S  
 D A L C F I X G X O A V U O I F X F G S  
 D E Z R G E U M L V G V G R E T T N T X  
 E R A E O D A L B M E R C Y I X Q B J J  
 C S R G D O I B F S X K E D X S J B R G  
 D J M C E H U N G E R V W A P J S N B O  
 F M Y D Q D P O O R C P Z T T Z I P A A

BLESSED

HUNGER

MERCY

RIGHTEOUSNESS

CHILDRENOFGOD

INHERIT

MOURN

SATISFIED

COMFORTED

KINGDOM

PEACEMKAERS

SPIRIT

GREAT

MEEK

POOR

HEAVEN

MERCIFUL

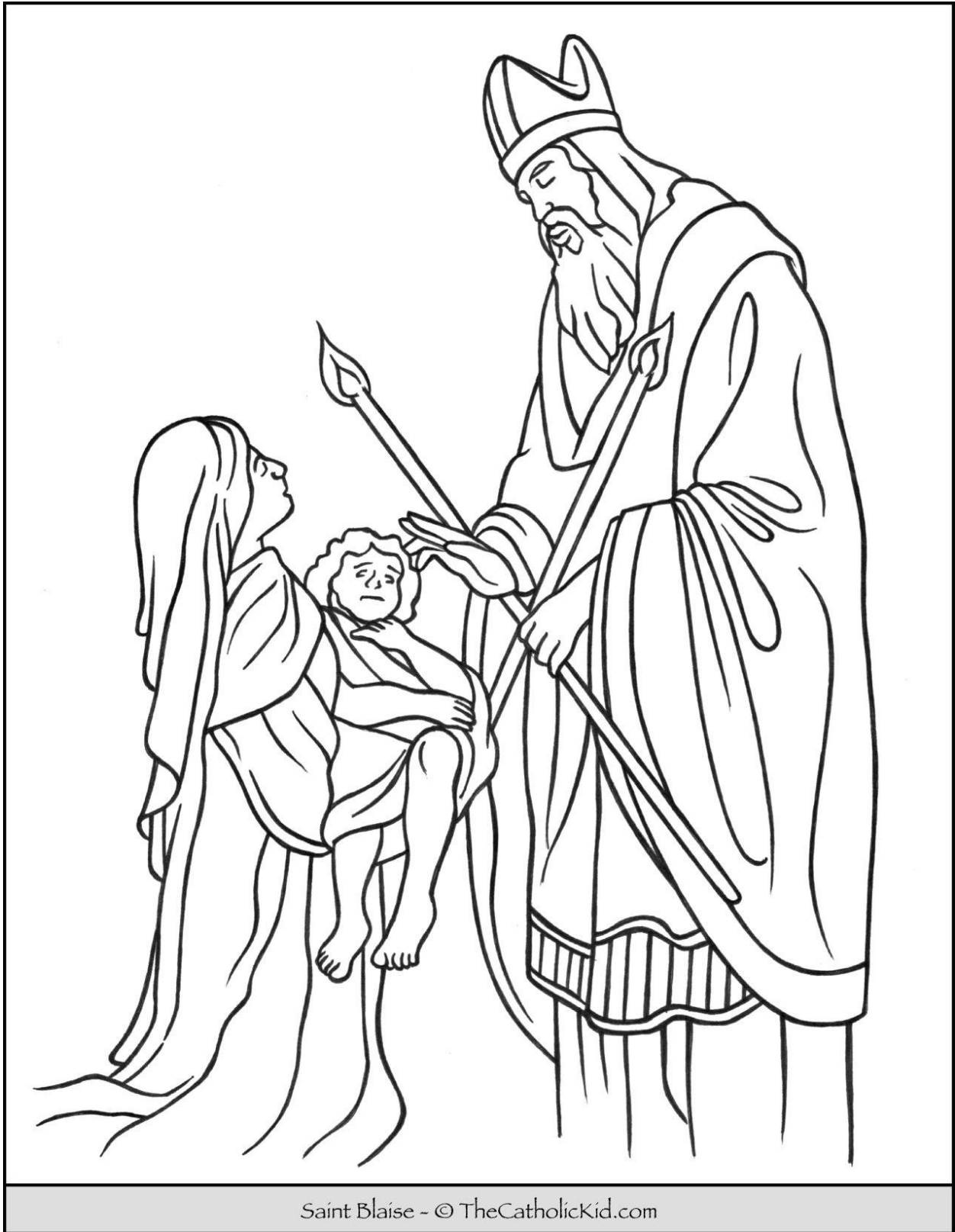
REWARD



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# Sunday Gospel Activities



Saint Blaise - © TheCatholicKid.com



# Sunday Gospel Activities



Saint Agatha - [TheCatholicKid.com](http://TheCatholicKid.com)

# SUNDAY GOSPEL ACTIVITIES

## Unscramble the Words

- |                               |                             |
|-------------------------------|-----------------------------|
| 1. nogdkmi <u>kingdom</u>     | 8. ledrcnih <u>children</u> |
| 2. achet <u>teach</u>         | 9. susej <u>Jesus</u>       |
| 3. eessbdl <u>blessed</u>     | 10. iitrsp <u>spirit</u>    |
| 4. fertcodom <u>comforted</u> | 11. hieritm <u>inherit</u>  |
| 5. rcyem <u>mercy</u>         | 12. arteh <u>heart</u>      |
| 6. iefissdat <u>satisfied</u> | 13. wrdare <u>reward</u>    |
| 7. jcoiree <u>rejoice</u>     | 14. sltuin <u>insult</u>    |

Use some of the words you unscrambled to complete Matthew 5:1-12a, The Beatitudes .

15. When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven.



# SUNDAY GOSPEL ACTIVITIES

