

## Day 5: Letting oneself be transformed by the Word: "You have already been pruned by the word..." (John 15:3)

Scripture (see readings over the page)

- **Deuteronomy 30:11-20**, The word of God is very close to you
- **Matthew 5:1-12**, Blessed are you

### Meditation

The Word of God is very close to us. It is a blessing and a promise of happiness. If we open our hearts, God speaks to us and patiently transforms that which is dying in us. God removes that which prevents the growth of real life, just as the vine grower prunes the vine.

Regularly meditating on a biblical text, alone or in a group, changes our outlook. Many Christians pray the Beatitudes every day. The Beatitudes reveal to us a happiness that is hidden in that which is unfulfilled, a happiness that lies beyond suffering: blessed are those who, touched by the Spirit, no longer hold back their tears but let them flow and thus receive consolation. As they discover the wellspring hidden within their inner landscape, the hunger for justice, and the thirst to engage with others for a world of peace, grows in them.

We are constantly called to renew our commitment to life, through our thoughts and actions. There are times when we already taste, here and now, the blessing that will be fulfilled at the end of time.



### Prayer

Blessed are you, God our Father, for the gift of your word in Holy Scripture. Blessed are you for its transforming power. Help us to choose life and guide us by your Spirit, so that we can experience the happiness which you want so much to share with us. Amen.

# Deuteronomy 30:11-20

## Exhortation to Choose Life

<sup>11</sup> Surely, this commandment that I am commanding you today is not too hard for you, nor is it too far away. <sup>12</sup> It is not in heaven, that you should say, 'Who will go up to heaven for us, and get it for us so that we may hear it and observe it?' <sup>13</sup> Neither is it beyond the sea, that you should say, 'Who will cross to the other side of the sea for us, and get it for us so that we may hear it and observe it?' <sup>14</sup> No, the word is very near to you; it is in your mouth and in your heart for you to observe.

<sup>15</sup> See, I have set before you today life and prosperity, death and adversity. <sup>16</sup> If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess. <sup>17</sup> But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, <sup>18</sup> I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. <sup>19</sup> I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, <sup>20</sup> loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the LORD swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.

# Matthew 5:1-12

## The Beatitudes

<sup>5</sup> When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. <sup>2</sup> Then he began to speak, and taught them, saying:

<sup>3</sup> 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup> 'Blessed are those who mourn, for they will be comforted.

<sup>5</sup> 'Blessed are the meek, for they will inherit the earth.

<sup>6</sup> 'Blessed are those who hunger and thirst for righteousness, for they will be filled.

<sup>7</sup> 'Blessed are the merciful, for they will receive mercy.

<sup>8</sup> 'Blessed are the pure in heart, for they will see God.

<sup>9</sup> 'Blessed are the peacemakers, for they will be called children of God.

<sup>10</sup> 'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

<sup>11</sup> 'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup> Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.