

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION: DO THE RIGHT THING

Fourth Sunday in Ordinary Time • Year A • February 1, 2026

Lord,
teach us to be poor in spirit,
so we can pave the way.

Teach us to be meek,
so we can pave the way.

Teach us to be merciful,
so we can pave the way.

Teach us to be clean of heart,
so we can pave the way.

Teach us to be peacemakers,
so we can pave the way
for the Kingdom of God.
Amen.



Sunday Word

Zephaniah 2:3; 3:12-13

Psalms 146:6-7, 8-9, 9-10

1 Corinthians 1:26-31

Matthew 5:1-12a

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. In today's First Reading, we are invited to seek the Lord, to seek justice, and to seek humility.
2. Saint Paul reminds us that God chose the foolish, the weak, the lowly, and the despised so that there could be no boasting except in the Lord.
3. Jesus preached from the mountain. In the Bible, a mountain is a place of importance. The words Jesus says are important. They tell us of God's love, and they tell us how we are to live.

Key Teachings



The Moral Life

All of the Church's teachings on moral living—the teachings that explain what is right and what is wrong, what is good behavior and what is not—are based on God's Law. God's Law and the Church's teachings include the Ten Commandments, the Great Commandment, and the Beatitudes.

Imitate Jesus

We are created to live for others by helping others, sacrificing for others, and giving of ourselves for the sake of others. This is what it means to imitate Jesus. When we imitate him in our words and in our actions, we are blessed in this life and in eternal life with God in Heaven.

Faith Word



Beatitudes

The Beatitudes are the teachings of Jesus that describe the people who are blessed by God. The word *beatitude* means "blessed" or "happy."

The Examen

Many Catholics take time at the end of the day to pray an examen. An examen is looking back over the day and thinking about how one's words and actions were or were not in keeping with God's Laws and Jesus' example. Here are some questions you can use when praying an examen:

1. For what do I give thanks to God today?
2. What did I do and say today that was loving and kind?
3. Did I do or say anything today that was not loving and kind?
4. Do I need to say I am sorry to another person or to God?

With My Family



We Listen

In today's Gospel, we hear the beginning of the Sermon on the Mount. Jesus sits down with his disciples and teaches the crowd of people. This section of Matthew's Gospel, chapters 5–7, contains some of Jesus' most important teaching. The Beatitudes teach us how to live our lives and be happy people.

We Believe

Because God gives us free will, we have the ability to choose goodness or evil. Morality refers to the goodness or evil of our actions.

We Live As Disciples

Jesus' disciples live the Beatitudes. Living the Beatitudes means we try to adopt the attitudes described in the Gospel. One of the Beatitudes says that we are blessed when we hunger and thirst for righteousness. Do you have a hunger for righteousness? As you sit down for dinner tonight, talk about what it means for you and your family to hunger for righteousness. Give an example.

We Pray

Praying an examen can help us to live a moral life. Before you go to bed tonight, pray the examen given in the bottom box on this page. Close your examen with these words of blessing from a traditional Catholic prayer at night:

***May God grant us a peaceful night
and a perfect end. Amen.***