



Sunday 1 February 2026  
 4th Sunday in Ordinary Time  
**Matthew 5:1-12**  
 Saint Brigid, Abbess Secondary  
 Patron of Ireland Feast

In the  
**GOSPEL TODAY**

**BE HAPPY!**

How to be happy

Cross out anything that will not make you happy and colour the things that will.

rough  
 kind  
 hateful  
 forgiving  
 selfish  
 generous



Jesus tells us how we can be really happy. If we trust in God we will enjoy the sort of happiness that lasts forever.

**Jesus on the mountain**

Jesus climbed a mountain, sat down, and told the crowd of people how to be happy. Draw a picture of him teaching everyone.

**Word search**

H	A	P	P	Y	O	J
W	R	E	W	A	R	D
E	I	A	A	L	L	L
R	G	C	N	G	O	D
I	H	E	T	V	S	A
A	T	J	E	S	U	S
F	O	R	G	I	V	E

**JESUS** wants **US ALL** to be **HAPPY**. People who are **SAD**, **WANT** what is **RIGHT** and **FAIR**, **FORGIVE** others and work for **PEACE** will have a **REWARD**. When **WE LOVE GOD** we find **JOY**.

Find all the words in bold. Words can go in any direction and letters used more than once!

**A PRAYER TO SAY**

Thank you, Jesus, for showing us how to be happy. Please help me to trust you always. Amen.

**A picture puzzle**

God can change the way we see things. Find a way to make this picture look different. You won't have to draw on it!

