

**Outline for Eastern Illinois University Newman Catholic Community
Theology on Tap with Bishop Paprocki
Wednesday, March 25, 2026**

“Unlocking Happiness in Adulthood”

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I. The Beatitudes – The Sermon on the Mount (Matthew 5:1-12)

- 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. Thus they persecuted the prophets who were before you.

II. Bishop Robert Barron ([Gospel Reflection, Monday, June 10, 2024](#))

- A. Jesus begins his primary teaching with the Beatitudes, a title that stems from the Latin noun *beātitudō*, meaning “happy” or “blessed.”
- B. The Greek word *makarios*, rendered “blessed” or “happy” or perhaps even “lucky,” which is used to start each of the Beatitudes.

- C. And so, “Blessed are the poor in spirit.” We might say, “How lucky you are if you are not addicted to material things.” Here Jesus is telling us how to realize our deepest desire, which is the desire for God and not for passing things that only bring temporary comfort.
- D. The form “Blessed are” or “Blessed is” occurs frequently in the Old Testament in the Wisdom literature and in the psalms

III. Happiness in the Psalms

- A. Psalm 1:1-2 – “Blessed is the man who does not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in company with scoffers. Rather, the law of the **LORD** is his joy; and on his law he meditates day and night.”
- B. Psalm 2:11 – “Blessed are all who take refuge in him!”
- C. Psalm 32:1-2 – “Blessed is the one whose fault is removed, whose sin is forgiven. Blessed is the man to whom the **LORD** imputes no guilt, in whose spirit is no deceit.”
- D. Psalm 33:12 – “Blessed is the nation whose God is the **LORD**.”
- E. Psalm 34:9-10 – “Taste and see that the **LORD** is good; blessed is the stalwart one who takes refuge in him. Fear the **LORD**, you his holy ones; nothing is lacking to those who fear him. The rich grow poor and go hungry, but those who seek the **LORD** lack no good thing.”
- F. Psalm 37:4 – “Find your delight in the **LORD** who will give you your heart’s desire.”
- G. Psalm 40:5 – “Blessed the man who sets his security in the **LORD**.”
- H. Psalm 65:5 – “Blessed the one whom you will choose and bring to dwell in your courts. May we be filled with the good things of your house, your holy temple!”

- I. Psalm 84:5-6 - "Blessed are those who dwell in your house! They never cease to praise you. Blessed the man who finds refuge in you, in their hearts are pilgrim roads."
- J. Psalm 65:13 - "O **LORD** of hosts, blessed the man who trusts in you!"
- K. Psalm 94:12 - "Blessed the one whom you guide, **LORD**, whom you teach by your instruction."
- L. Psalm 106:3 - "Blessed those who do what is right, whose deeds are always just."
- M. Psalm 112:1 - "Blessed the man who fears the **LORD**, who greatly delights in his commands."
- N. Psalm 118:6 - "Blessed is he who comes in the name of the **LORD**."
- O. Psalm 117:1-3 - "Blessed those whose way is blameless, who walk by the law of the **LORD**. Blessed those who keep his testimonies, who seek him with all their heart. They do no wrong; they walk in his ways."
- P. Psalm 128:1-2 - "Blessed are all who fear the **LORD**, and who walk in his ways. What your hands provide you will enjoy; you will be blessed and prosper."
- Q. Psalm 144:15 - "Blessed the people so fortunate; blessed the people whose God is the **LORD**."
- R. Psalm 146:5 - "Blessed the one whose help is the God of Jacob, whose hope is in the **LORD**, his God."

IV. St. Josemaria Escriva said in *The Furrow*, 73: “There are men who have no faith, who are sad and hesitant because of the emptiness of their existence . . . How different that is from our trusting life as Christians, which is cheerful, firm and solid, because we know and are absolutely convinced of our supernatural destiny.”

V. Here’s the irony about the key to unlocking happiness in adulthood, from the Gospel of Saint Matthew:

“At that time the disciples approached Jesus and said, ‘Who is the greatest in the kingdom of heaven?’ He called a child over, placed it in their midst, and said, ‘Amen, I say to you, unless you turn and become like children, you will not enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven’” (Matthew 18:1-4).

VI. May God give us this grace. Amen.