



February 3, 2026

Matthew 5:1–12

Jesus sat down on a hillside and began to teach. He spoke to ordinary folks—people who were tired, grieving, worried, or unsure about what lay ahead.

Many of us remember a time when we were children or younger adults and got sick. We stayed home from school or work, tucked into bed. Maybe someone brought us soup, straightened the blankets, or simply sat quietly nearby. We didn't have to do anything. We didn't have to prove ourselves.

Just being cared for was enough.

In moments like that, we were not strong—but we were deeply loved.

Jesus' words in the Beatitudes sound a lot like that kind of care.

"Blessed are the poor in spirit."

"Blessed are those who mourn."

"Blessed are the meek."

Jesus isn't praising weakness. He is naming the truth that when we need care, God comes especially close.

Many people here know what it means to be on the receiving end of help now. You may no longer do the things you once did. You may grieve losses others cannot see. Jesus looks at lives like these and says,

You are not forgotten. You are blessed.

When Jesus says, "Blessed are those who mourn," He is saying: I sit with you in your sadness.

When He says, "Blessed are the meek," He is saying: Your quiet kindness still matters.

When He says, "Blessed are the poor in spirit," He is saying: You are safe in God's hands.

Jesus ends with a promise:

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

This is a promise of hope—not just someday, but even now. God's kingdom is already near. It shows up in care, in gentleness, in love given and received.

You are blessed. You are cherished. You are not alone.

## **Prayer**

Loving God, Thank You for caring for us when we are tired or hurting. Thank You for the hands that help us and the hearts that love us. Help us trust that we are blessed, even now. Hold us in your peace today and always. Amen.

In Christ's Love,

*Pastor Linda*

Pastor Linda McPeak  
Clinical Chaplain  
Eagle Crest Communities  
608.406.3927 | office  
[lmcpeak@eaglecrestlife.org](mailto:lmcpeak@eaglecrestlife.org)