

# God's Sorrowing and Meek People Receive a Special Promise

Keep these ideas in mind as you study *Chapter 22*.

❖ Jesus faced death with courage. The Father accepted his sacrifice for our salvation. Jesus' suffering saved us from our sin.

PAGE 183

❖ Mary has the title Mother of Sorrows because she suffered so much when Jesus died. Her sorrow changed to joy when Jesus rose from the dead.

PAGE 183

❖ Jesus taught us to trust that God our Father will comfort us in times of sorrow. In one of the beatitudes, he promises comfort to those who mourn.

PAGE 183

❖ Jesus looked out over Jerusalem and saw that many people suffered because they did not believe in him. He prayed for them and forgave them.

PAGE 184

❖ Jesus calls us to help those who suffer. By showing our love and concern for others, we show our love for Jesus.

PAGE 185

❖ In the Stations of the Cross, we hear about Veronica, who felt sorry for Jesus carrying the Cross. She comforted him by wiping his face with her veil.

PAGE 185

❖ Francis de Sales was not always meek and humble, but with God's help, he changed his ways. Francis asked Jesus for help when he started getting angry. He made up for hurting someone by doing something kind for that person. He became gentle.

PAGE 186

❖ When we are gentle and humble like Jesus, we show that we understand what Jesus said about meek people.

PAGES 186–187

❖ You can become more gentle and humble by being patient, using kind words, praying for others, and praising them.

PAGE 187

For more games, activities, and resources related to *Christ Our Life*, please visit [www.christourlife.com](http://www.christourlife.com).