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(Unsplash/Clay Banks)



by John Dear

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What if living the Beatitudes weren't just about faith — but about transforming the world?

In this second conversation on "[The Nonviolent Jesus Podcast](#)," Benedictine Sr. Joan Chittister dives into the next three Beatitudes, showing how they call us to radical compassion, unshakable justice and undivided hearts.

"Americans have a hard time with humility, and what goes around, comes around," Sister Joan tells me. She reflects on:

- Blessed are the merciful — how do we practice radical forgiveness and mercy in a world filled with violence and division?
- Blessed are those who hunger and thirst for justice — what does it mean to crave justice so deeply that it drives every part of our lives?
- Blessed are the single-hearted — how do we stay focused on love and truth when the world pulls us in every direction?

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Sister Joan lives her faith. "They will see God ... it is so easy! God is manifest in everything, of everything," she said.

Chittister — a Benedictine sister, advocate for human dignity and justice, and the author of more than 60 books — reminds us that the Beatitudes aren't just spiritual ideals; they're the key to finding God, serving others and living a life of deep joy.

Listen to her speak out against the growing injustice, authoritarianism, permanent warfare and systemic violence — and to follow the nonviolent Jesus ever more faithfully. [Listen now](#).

This story appears in the **The Nonviolent Jesus Podcast** feature series. [View the full series](#).