

A New Liturgy No 9: Beatitudes  
Lyrics

FOLLOW ME

Humanity moans and creation weeps, Jesus  
The heavens declare while the church just sleeps, Jesus  
Still you say Follow me, follow me, follow me, follow me

You never told us to be right for you, Jesus  
You never said to sing or to fight for you, Jesus  
But you said Follow me, follow me, follow me, follow me

Follow me into a new life  
Do what I do make the world right  
Love who I love and then be crucified  
Follow me into a new life

We long to be strong in our certainty, Jesus  
You show us how to swim in your mystery, Jesus  
When you say Follow me, follow me, follow me, follow me

Follow me into a new life  
Do what I do make the world right  
Love who I love and then be crucified  
Follow me into a new life

Follow me into a new life  
Learning to lose is the new fight  
Break yourself open and learn how to die  
Follow me into a new life

Dance and be free as you lay down your rights  
For all who are weary, my burden is light  
Follow me into a new life.

WELCOME AND CENTERING

MATTHEW 5:1-12

Teach me your ways, O God  
Teach me your ways;  
Teach me your ways, O God  
Teach me your ways.

FOLLOW ME (reprise)

Will you come home to love and recover your life

Meet me where heaven and earth can collide

Follow me into a new life

A GUIDED MEDITATION THROUGH THE BEATITUDES (by Mark Scandrette)

Blessed are the poor in spirit...

Where in your life do you feel like don't have enough or that you are not enough? How have you closed your hands in worry or striving?

Blessed are those who mourn, for they will be comforted.

When you look out at our world, what breaks your heart? What makes you sad? Where do you feel loneliness, pain, disappointment or loss?

Blessed are the meek, for they will inherit the earth.

Where do you struggle with competition or comparisons? How do you get caught in the trap of feeling greater than or less than others?

Blessed are those who hunger and thirst for righteousness...

What is the thirst for justice that's inside of you? How would you like the world to become different and better?

Blessed are the merciful...

For what in your life do you need mercy? Who do you struggle to forgive or find yourself judging?

Blessed are the pure in heart...

What masks do you tend to wear? Where is there a divide between what is in your heart and what you are willing to show to others?

Blessed are the peacemakers...

Where do you feel conflict or difference from others? Who do you tend to put on the other side of us and them?

Blessed are those who are persecuted for righteousness...

How have you been mistreated for doing good? Where is there suffering in your life right now?

## BEATITUDES COLLECT

Almighty and Everlasting God, You are the King of a Kingdom that belongs to the poor. You comfort the brokenhearted and empower the meek. You satiate those who thirst for justice and show mercy to the merciful. You illuminate the imaginations of the pure in heart, are the Father and Mother of peacemakers, and the tireless advocate of the persecuted. Praise You from whom all blessings flow!

Lead us in your life-giving way.

## FINAL REPRISE

Follow me into a new life

Do what I do make the world right

Love who I love and then be crucified

Follow me into a new life

Follow me into a new life

Break every lock, throw the doors wide

All who are weary, my burden is light

Follow me in.

Amen

Amen

Amen

Amen

## CREDITS:

“Follow Me”, “Teach Me Your Ways”, and “Beatitudes Collect” written by Aaron Niequist.

“Guided Beatitudes Meditation” adapted from The Ninefold Path of Jesus: Hidden Wisdom of the Beatitudes (IVP 2021) by Mark Scandrette ([markscandrette.com](http://markscandrette.com)), and from The Ninefold Path Notebook (Mark Scandrette with Danielle Welch) - a NINE BEATS Collective resource, published by Lifewords. More info at [9beats.org](http://9beats.org) & [ninefoldpath.org](http://ninefoldpath.org)

# Follow Me

Aaron Niequist

A sus A A sus A A sus A A sus A

Hu -  
We

**A** A sus A A sus A Dm7

man - it - y moans and cre - a - tion weeps, Je - sus  
ne - ver told us to be right for you, Je - sus  
long to be strong in our cer - tain - ty, Je - sus

8 A sus A A sus A A sus A

— The hea - vens de - clare — while the church — just sleeps,  
— You ne - ver said to sing or to fight — for you,  
— You show us how to swim in your my - ster - y, —

11 Dm7 A sus A E

Je - sus — Still you say Fo - llow me, — fo -  
Je - sus — But you said Fo - llow me, — fo -  
Je - sus — When you say Fo - llow me, — fo -

14 F#sus F# G E A

- llow me, fo - llow me, fo - llow me — You - llow me,  
- llow me, fo - llow me, fo - llow me, — - llow me,  
- llow me, fo - llow me, fo - llow me, — - llow me —

**B** B

Fo-llow me in - to a new li-fe — Do what I do — make the world ri-ght

22 G#m A E F#

Love who I love — and then be — cru-ci-fied — Fo-llow me in - to a new life —

# Follow Me

26 B<sup>sus</sup> B B<sup>sus</sup> B

**C** B We

Fo-llow me in - to a new li-fe\_\_\_ Do what I do\_\_\_make the world ri-ght

32 G#m A E F#

Love who I love\_\_\_and then be\_\_\_ cru-ci-fied\_\_\_ Fo-llow me in - to a new life\_\_\_

36 B

Fo-llow me in - to a new li-fe\_\_\_ Learn-ing to lose\_\_\_ is the new fi-ght\_\_\_

40 G#m A E F# B

Break your-self o - pen and learn how to die\_\_\_ Fo-llow me in - to a new life\_\_\_

45 G#m A E

Dance and be free\_\_\_ as you lay\_\_\_ down your rights\_\_\_

49 F# G#m A E

For all who are wea - ry, my bur - den is light\_\_\_ Fo-llow me in -

53 F# B

- to a new\_\_\_ life.\_\_\_\_\_

# Follow Me

from A New Liturgy No 9: The Beatitudes

by Aaron Niequist

Asus A Asus A Dm7 Asus A  
Humanity moans and creation weeps, Je — — sus  
Asus A Asus A Dm7 Asus A  
The heavens declare while the church just sleeps, Je — — sus  
E F#sus F# G E  
Still you say Follow me, follow me, follow me, follow me

You never told us to be right for you, Jesus  
You never said to sing or to fight for you, Jesus  
E F#sus F# G A  
But you said Follow me, follow me, follow me, follow me

B  
Follow me into a new life  
Do what I do make the world right  
G#m A E  
Love who I love and then be crucified  
F# Bsus B Bsus B  
Follow me into a new life

Asus A Asus A Dm7 Asus A  
We long to be strong in our certainty, Je — — sus  
You show us how to swim in your mystery, Jesus  
E F#sus F# G A  
When you say Follow me, follow me, follow me, follow me

B

Follow me into a new life

Do what I do make the world right

G#m            A                            E

Love who I love and then be crucified

F#

Follow me into a new life

B

Follow me into a new life

Learning to lose is the new fight

G#m            A                            E

Break yourself open and learn how to die

F#            B

Follow me into a new life

G#m            A                            E            F#

Dance and be free as you lay down your rights

G#m            A                            E

For all who are weary, my burden is light

F#            B

Follow me into a new life.

# A New Liturgy No 9: The Beatitudes

## Guided Beatitude Meditation

by Mark Scandrette

*adapted from The Ninefold Path of Jesus: Hidden Wisdom of the Beatitudes (IVP 2021) by Mark Scandrette ([markscandrette.com](http://markscandrette.com)), and from The Ninefold Path Notebook (Mark Scandrette with Danielle Welch) - a NINE BEATS Collective resource, published by Lifewords. More info at [9beats.org](http://9beats.org) & [ninefoldpath.org](http://ninefoldpath.org)*

### **Blessed are the poor in spirit...**

Where in your life do you feel like don't have enough or that you are not enough?  
How have you closed your hands in worry or striving?

### **Blessed are those who mourn, for they will be comforted.**

When you look out at our world, what breaks your heart? What makes you sad?  
Where do you feel loneliness, pain, disappointment or loss?

### **Blessed are the meek...**

Where do you struggle with competition or comparison.  
How do you get caught in the trap of feeling greater than or less than others?

### **Blessed are those who hunger and thirst for righteousness and justice...**

What is the thirst for justice that's inside of you? How would you like the world to become different and better?

### **Blessed are the merciful...**

For what in your life do you need mercy?  
Who do you struggle to forgive or find yourself judging?

### **Blessed are the pure in heart...**

What masks do you tend to wear? Where is there a divide between what is in your heart and what you are willing to share with others?

### **Blessed are the peacemakers...**

Where do you feel conflict or difference from others?  
Who do you tend to put on the other side of us and them?

### **Blessed are those who are persecuted for righteousness...**

How have you been mistreated for doing good?  
Where is there suffering in your life right now?



EXTENDED VERSION:

**Blessed are the poor in spirit...**

Where in your life do you feel like don't have enough or that you are not enough?  
How have you closed your hands in worry or striving?

Open your hands to the care and presence of your Creator.  
What are you appreciating about this day and this moment?  
What are your desires? Ask. Seek. and Knock.  
Everything you need is here.

**Blessed are those who mourn...**

When you look out at our world, what breaks your heart? What makes you sad?  
Where do you feel loneliness, pain, disappointment or loss?

God is here. Don't run away. Face the pain and wait for the comfort that is near.  
It may come when you least expect it.

**Blessed are the meek...**

Where do you struggle with competition or comparison. How do you get caught  
in the trap of feeling greater than or less than others?

Gently place your hand on your heart. You are made in God's image  
and you have inherent dignity and worth.

Honor the equal dignity and worth of others today.

**Blessed are those who hunger and thirst for righteousness and justice...**

What is the thirst for justice that's inside of you? How would you like the world  
to become different and better?

You are a powerful being. You shape the world by your choices.  
How will you join the work God is doing to make all things new today?

**Blessed are the merciful...**

For what in your life do you need mercy?

Who do you struggle to forgive or find yourself judging?

You are deeply loved. Mercy dares us to believe that the truest thing about us  
is not that we are broken or flawed, but that we are beloved.

Is there any resentment you need to let go of? See yourself and others  
through eyes of compassion today.

**Blessed are the pure in heart...**

What masks do you tend to wear? Where is there a divide between what is in your heart and what you are willing to show to others?

God sees all. Step into the light of the Creators tender gaze. Allow yourself to be seen and known. Examine your motives. How can you be more honest, true and whole hearted today?

**Blessed are the peacemakers...**

Where do you feel conflict or difference from others? Who do you tend to put on the other side of us and them?

Reality is that we are all sons and daughters of one Divine parent, members of one family. There are no sides. We belong to one another.

Who do you feel invited to reach out to reconcile or connect with today?

**Blessed are those who are persecuted for righteousness...**

How have you been mistreated for doing good? Where is there suffering in your life right now?

We are each part of a cosmic struggle between good and evil. This means that suffering is inevitable but not final. God is with those who suffer. Resist evil. Embrace suffering. Commit to doing good no matter what the cost. Because in the end, love will finally win.