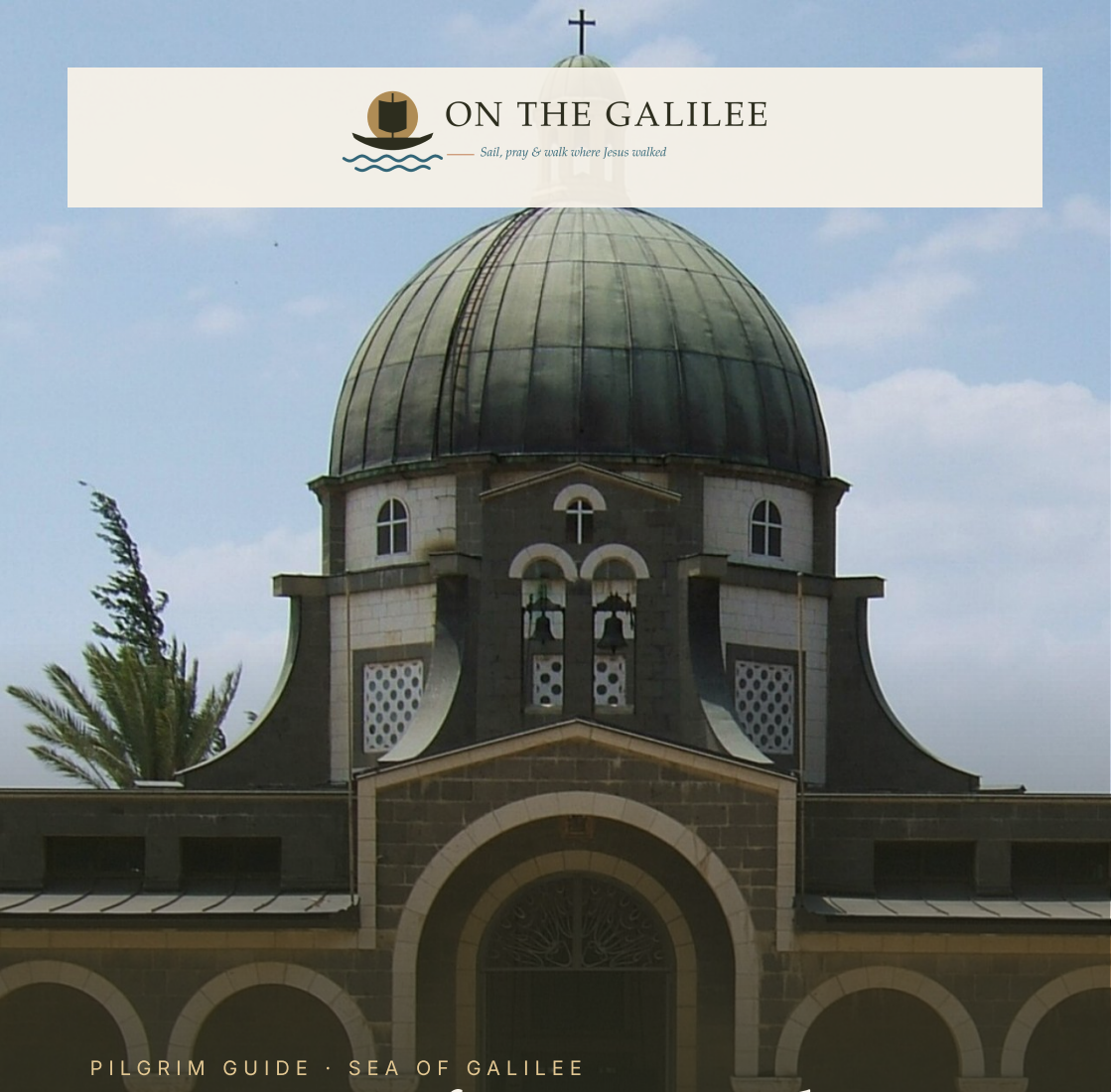
ON THE GALILEE

Sail, pray & walk where Jesus walked



PILGRIM GUIDE · SEA OF GALILEE

Mount of Beatitudes

The Sermon on the Mount

The story, the Scriptures, a walking tour of the church and gardens, meditations on the eight Beatitudes and prayers for the hill where Jesus taught.

Cover: the Church of the Beatitudes. Public domain.

MOUNT OF BEATITUDES

At a Glance

Gospel link	The Sermon on the Mount (Matthew 5–7) and the Sermon on the Plain (Luke 6).
The church	An elegant eight-sided church built in 1938, one side for each Beatitude.
Time needed	45 minutes to 1 hour, longer if you sit and read in the gardens.
Best time	Early morning, when the lake below is calm and the light is soft.
Good to know	A place of silence. Modest dress required, and the site closes at midday.

THE STORY

A Sermon on a Hillside

Jesus had been teaching and healing in the towns around the lake, and "great multitudes" followed him from Galilee, Jerusalem and beyond the Jordan. Matthew tells us what happened next: "Seeing the multitudes, he went up onto the mountain. When he had sat down, his disciples came to him" (Matthew 5:1, WEB).

What followed is the longest and best-known teaching of Jesus in the Gospels. It begins not with commands but with blessings: "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. Blessed are those who mourn, for they shall be comforted" (Matthew 5:3–4).

The Gospels do not name the hill. But since the 4th century, Christians have remembered the sermon on these slopes between Capernaum and Tabgha, where a natural amphitheater looks down on the water. Stand here in the

IN THE SCRIPTURES

Gospel Moments on the Mount

MATTHEW 5:1–2

He Sat Down and Taught

> *"Seeing the multitudes, he went up onto the mountain. When he had sat down, his disciples came to him."*
>
> MATTHEW 5:1

Like a rabbi of his day, Jesus sits to teach. The setting recalls Moses giving the Law on a mountain, but now the teacher speaks with his own authority.

Read here → the church steps, looking at the lake (Stop 2)

MATTHEW 5:3–12

The Eight Beatitudes

> *"Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. Blessed are those who mourn, for they shall be comforted."*
>
> MATTHEW 5:3–4

Eight blessings for the humble, the gentle, the hungry for justice, the merciful, the pure in heart, the peacemakers and the persecuted. Each window of the church carries one of them.

Read here → inside the church (Stop 3)

MATTHEW 5:13–16

Salt and Light

> *"You are the light of the world. A city located on a hill can't be hidden."*
>
> MATTHEW 5:14

Jesus may have pointed to a hilltop town visible across the lake. His followers are not to hide, but to shine.

PAUSE & PRAY

A Prayer of the Beatitudes

Lord Jesus, teacher on the hillside,
make me poor in spirit, that I may need you;
comfort me when I mourn;
make me gentle and hungry for what is right;
teach me mercy, give me a pure heart,
and make me a maker of peace.
When I am mocked for your sake,
let me rejoice that I belong to you.
Amen.

Reflect: Which Beatitude speaks to you most today? Which one do you find hardest to believe?

PRAY THE LORD'S PRAYER HERE

Our Father in heaven, may your name be kept holy. Let your Kingdom come. Let your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also forgive our debtors. Bring us not into temptation, but deliver us from the evil one. Amen. (Matthew 6:9–13, WEB)

FREE SAMPLE

Continue the journey

You have just read a few pages from our pilgrim guide to the Mount of Beatitudes. The full guide has 24 pages.

- ✓ The story of the place, in the days of Jesus and today
- ✓ All the Gospel readings, with the spot to read each one
- ✓ A walking tour, stop by stop
- ✓ Three meditations and a prayer for the place
- ✓ A ready-to-use service for groups
- ✓ Practical tips and a pilgrim journal

Get the full guide

Instant PDF download · Read on your phone, even offline · Print at home

> Visiting more than one holy site? **The Complete Pilgrim's Guide** includes all 7 guides in one PDF, and saves you more.

ON THE GALILEE

PILGRIM GUIDES TO THE SEA OF GALILEE