



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session One:
An Introduction to the Beatitudes

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In conjunction with the Father Kapaun Guild, Kapaun's Men is dedicated to spreading devotion to Servant of God Emil Kapaun and inspiring others to imitate his example in their own lives. For more information on Father Kapaun and his cause for Beatification and Canonization, visit the Father Kapaun Guild's website, www.FatherKapaun.org. If you have questions or would like assistance with the Kapaun's Men Series, please contact us at the information at the bottom of this page.

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Kapaun's Men

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SESSION ONE

An Introduction to the Beatitudes

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
spent himself in total service to you
on the battlefields and
in the prison camps of Korea,
until his death at the hands of his captors.

We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



MATTHEW 5:1-12

When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

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

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

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.”

INTRODUCTION

“The Beatitudes are at the heart of Jesus’ preaching....They express the vocation of the faithful associated with the glory of His Passion and Resurrection; they shed light on the actions and attitudes characteristic of the Christian life; they are the paradoxical promises that sustain hope in the midst of tribulations; they proclaim the blessings and rewards already secured, however dimly, for Christ’s disciples; they have begun in the lives of the Virgin Mary and all the saints.”

- Catechism of the Catholic Church, 1716-1717

VIDEO NOTES

DISCUSSION QUESTIONS

1. Read the Beatitudes aloud in your small group. Imagine yourself on the mount as Jesus gives this sermon. How would it have impacted you? What would have stood out to you?

2. Our life is a journey to return to God. At age 14 Father Kapaun clearly understood he was being called to holiness and directed his life toward it. Is your life directed completely toward the kingdom of heaven?

3. Father Kapaun accompanied his boys to help get them to heaven. What decisions or actions are you making to intentionally accompany those close to you to get them to heaven?

4. The Beatitudes given by Jesus place front and center who we should admire and what we should seek. What needs to change in who you admire and what you seek?

5. Father Lanzrath says that “Blessed” means whole, joyful, and fulfilled. In what ways have you experienced a blessing connected with one of the Beatitudes?

6. Why is surrendering to God so crucial to the Beatitudes?



WEEKLY CHALLENGE:

*Prayerfully read the
Beatitudes in Matthew 5.*



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BEATITUDE SERIES STUDY GUIDE

Session Two:
Blessed are the Poor in Spirit

SESSION TWO

*Blessed are the Poor in Spirit,
for Theirs is the Kingdom of Heaven*

OPENING PRAYER

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your servant, Chaplain Emil Kapaun,
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the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
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the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 31:7-11, 20-21

This poor one cried out and the LORD heard,
and from all his distress he saved him.
The angel of the LORD encamps around those who fear him,
and he saves them.
Taste and see that the LORD is good;
blessed is the stalwart one who takes refuge in him.
Fear the LORD, you his holy ones;
nothing is lacking to those who fear him.
The rich grow poor and go hungry,
but those who seek the LORD lack no good thing.
Many are the troubles of the righteous,
but the LORD delivers him from them all.
He watches over all his bones;
not one of them shall be broken.

FATHER KAPAUN'S WISDOM

"If we want the graces of God to come to us we must prepare our hearts to be humble. For God is the God of the humble and not of the proud. As a little Child, He chose to come into this world— humble, small, and poor. O let us prepare our hearts to be humble, that the humble child will find a truly humble home in our hearts."

- Homily by Father Emil Kapaun

VIDEO NOTES: ADAM RIOPEL'S STORY

"Jesus, I promise to submit myself to all that You permit to befall me, make me only know your will." - Prayer of St. Gianna Molla

"Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and everyday. Either He will shield you from suffering or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings." - St. Francis de Sales

DISCUSSION QUESTIONS

1. Jesus could have given the Beatitudes in any order, but he chose "Blessed are the poor in spirit," to be first. Why do you think this Beatitude is so important for the rest of the Beatitudes?

2. Adam didn't find peace until he handed over the outcome of his situation to God. In what ways do you try to control aspects of your life rather than surrendering to God's plan for you?

3. "The blessing you have received is that you know you are going to die. Most men deny that." How would your life be different if you found yourself in Adam's shoes?

4. What do you need to detach from to become poor in spirit?

5. Adam's prescription from the "Divine Physician" is confession every two weeks, weekly Adoration, and daily prayer. What is Jesus prescribing for you to stay close to Him?

6. The Greek word used for "poor" in spirit is not just poor but "begging poor". How does the act of humbling ourselves open us up to being made whole, joyful and fulfilled?



WEEKLY CHALLENGE:

Carve out 15 minutes to spend in prayer with God each day.



KAPAUN'S MEN

BEATITUDE SERIES STUDY GUIDE

Session Three:
Blessed are Those who Mourn

SESSION THREE

*Blessed are Those who Mourn,
for They will be Comforted*

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
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We now ask you, Lord Jesus,
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the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 42:2-4, 7-12

As the deer longs for streams of water,
so my soul longs for you, O God.
My soul thirsts for God, the living God.
When can I enter and see the face of God?

My tears have been my bread day and night,
as they ask me every day, "Where is your God?"
Deep calls to deep in the roar of your torrents,
and all your waves and breakers sweep over
me.

By day may the LORD send his mercy,
and by night may his righteousness
be with me!

I will pray to the God of my life,
I will say to God, my rock:
"Why do you forget me?
Why must I go about mourning
with the enemy oppressing me?"

It shatters my bones,
when my adversaries reproach me,
when they say to me every day:
"Where is your God?"

Why are you downcast, my soul,
why do you groan within me?
Wait for God, for I shall again praise him,
my savior and my God.

FATHER KAPAUN'S WISDOM

"Perhaps in our own lives, God has given us a good share of sorrow and mourning. Let us beg Him to help us carry this cross of sorrow in a truly Christian sense so that one day we too may reflect with joy and thanksgiving upon this beatitude: 'Blessed are they who mourn for they shall be comforted.'"

- Father Kapaun, *Beatitude Radio Address*

VIDEO NOTES: THE BERGKAMP FAMILY

DISCUSSION QUESTIONS

1. Men seem to be hardwired to avoid deep emotions, including mourning. How can we become more authentic and transparent in our deep emotions?

2. The community helped the Bergkamps in their process of mourning. How has speaking about loss given you or those you know comfort?

3. If you take the phrase "we are on our way to heaven" seriously, how does that change your view of death?

4. Father Andrew's message at Brian's memorial Mass was not to necessarily seek answers, but to trust in God's plan for us. Why is it so hard to trust in our faith when faced with challenges, especially death?

5. Father Andrew said, "When you mourn you are forced to rely on God, and your dependence on God becomes more evident. When we lean on God, He draws closer to us and it feels like home." Why is mourning essential to the spiritual life? Have you ever experienced this?

6. Father Kapaun accompanied those who were mourning by writing letters. How can you accompany others who are mourning?



WEEKLY CHALLENGE:

Reach out to someone who has lost a loved one and let them know you are still praying for them.



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session Four:
Blessed are the Meek

SESSION FOUR

*Blessed are the Meek,
for They will Inherit the Land*

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 37

Be still before the LORD; wait for him.
Do not be provoked by the prosperous,
nor by malicious schemers.
Refrain from anger; abandon wrath;
do not be provoked; it brings only harm.
Those who do evil will be cut off,
but those who wait for the LORD will inherit the earth.
Wait a little, and the wicked will be no more;
look for them and they will not be there.
But the poor will inherit the earth,
will delight in great prosperity.

FATHER KAPAUN'S WISDOM

“Some people regard the meek man as one who will not put up a fight for anything but he will let others run over him, yet Christ said: ‘Take My yoke upon you, and learn from Me, for I am meek and humble of heart.’ One does not take up His yoke, His duties in life, without having to put up a struggle and a fight. In fact from human experience we know that to accomplish anything good a person must make an effort; and making an effort is putting up a fight against the obstacles.”

- Father Kapaun, *Beatitude Radio Address*

VIDEO NOTES: DANIEL AND SARAH DELLASEGA

DISCUSSION QUESTIONS

1. Daniel's upbringing helped form his character. How has your formation shaped you?

2. When St. Paul talks about “meekness”, the word describes a stallion that submits to the bit and bridle and allows all its power and strength to be channeled in a positive direction. How did you see that in Daniel and Sarah? What would happen in your life if all your power and strength were guided in a positive direction?

3. How can we take difficult moments and allow them to make us more gentle rather than hard-natured?

4. How might meekness be an asset when accompanying a friend?

5. Using the example of a shepherd, how can we be protective of our families and relationships through meekness instead of becoming overbearing or controlling?

6. Jesus promises that the meek will inherit the land, meaning all things will work out for them in the end. When was a time when you found that things worked out better when you were meek than if you had been aggressive or controlling?



WEEKLY CHALLENGE:

Do one thing for your family that models your spiritual leadership.



KAPAUN'S MEN

BEATITUDE SERIES STUDY GUIDE

Session Five:

Blessed are They who Hunger and Thirst
for Righteousness

SESSION FIVE

*Blessed are They who Hunger and Thirst for
Righteousness, for They will be Satisfied*

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
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and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 63

O God, you are my God— it is you I seek!
For you my body yearns; for you my soul thirsts,
in a land parched, lifeless, and without water.
I look to you in the sanctuary to see your power and glory.
For your love is better than life; my lips shall ever praise you!

I will bless you as long as I live;
I will lift up my hands, calling on your name.
My soul shall be sated as with choice food,
with joyous lips my mouth shall praise you!

I think of you upon my bed,
I remember you through the watches of the night.
You indeed are my savior,
and in the shadow of your wings I shout for joy.
My soul clings fast to you;
your right hand upholds me.

FATHER KAPAUN'S WISDOM

"God gives us many blessings and graces every day. From these He expects us to produce the fruit of good works and the love of God, but how often is He not disappointed?... Oh, how precious is our time on this world, and how valuable it can be for us when we use the graces of God well."

- Homily by Father Kapaun

VIDEO NOTES: ANDY CHURRAY

DISCUSSION QUESTIONS

1. Andy talked about wanting to be a witness for Christ by the way he lives. What excites you about the faith that you would like other people to notice?

2. If you take inventory of your own life, what desires do you have that compete with righteousness?

3. The focus of Dirty Vagabond Ministry is relational ministry. How can you accompany people in their walk with God?

4. Who is on the peripheries of your world, and how is Jesus calling you to serve them?

5. Many of us are satisfied with just getting by in our relationship with God: being content to grab fast food instead of going for the steak. How do you stir up a hunger and thirst for God and others?

6. Recognizing the different roles in the Church, how do you see God calling you to use your gifts?



WEEKLY CHALLENGE:

Decide as a group what you can fast from this coming week. Offer up the suffering for the needs of others.



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session Six:
Blessed are the Merciful

SESSION SIX

*Blessed are the Merciful,
for They will be Shown Mercy*

OPENING PRAYER

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the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



COLOSSIANS 3:11-15

Here there is not Greek and Jew, circumcision and uncircumcision,
barbarian, Scythian, slave, free; but Christ is all and in all.

Put on then, as God's chosen ones, holy and beloved,
heartfelt compassion, kindness, humility, gentleness, and patience,
bearing with one another and forgiving one another, if one has a grievance against another;
as the Lord has forgiven you, so must you also do.

And over all these put on love, that is, the bond of perfection.

And let the peace of Christ control your hearts,
the peace into which you were also called in one body. And be thankful.

For God did not destine us for wrath, but to gain salvation through our Lord Jesus Christ,
who died for us, so that whether we are awake or asleep we may live together with him.

Therefore, encourage one another and build one another up, as indeed you do.

FATHER KAPAUN'S WISDOM

"God does not want to push the sinner down but he wants to lift him up to a life of holiness, love and faithfulness. God wants us to imitate Him in His mercy.... O Merciful God, help us to understand what it means to be merciful; help us to accept sufferings and difficulties according to Thy Will; help us to forgive those who injure and offend us; make us worthy of the reward You promised: 'Blessed are the merciful for they shall obtain Mercy!'"

- Father Kapaun, *Beatitude Radio Address*

VIDEO NOTES: MATT BROWN



DISCUSSION QUESTIONS

1. Luke 6:37-38: "Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. For the measure with which you measure will in return be measured out to you." How does Matt live this passage? How does this measuring stick idea change how you think about mercy and forgiveness?

2. It seems clear that the more you give mercy, the more you receive it from God. What do you receive by nursing grudges, hate and bitterness?

3. What does mercy mean to those who receive it? To those who give it?

4. Forgiveness is often one of the most challenging things we are called to do. Can you relate to this? How can you take steps in the direction of forgiveness, even if you struggle to forgive completely?

5. Father Kapaun asked for mercy as his last act. What can we learn from his example?



WEEKLY CHALLENGE:

Add the Lord's Prayer to your 3 Hail Mary's in the morning and evening this week. Pray the words slowly and reverently.



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session Seven:
Blessed are the Clean of Heart

SESSION SEVEN

*Blessed are the Clean of Heart,
for They will See God*

OPENING PRAYER

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your servant, Chaplain Emil Kapaun,
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ROMANS 8:5,9; 12:1-2

Those who live according to the flesh are concerned with the things of the flesh,
but those who live according to the spirit with the things of the spirit.
But you are not in the flesh; on the contrary, you are in the spirit.

I urge you therefore, brothers, by the mercies of God,
to offer your bodies as a living sacrifice,
holy and pleasing to God, your spiritual worship.

Do not conform yourselves to this age but be transformed by the renewal of your mind,
that you may discern what is the will of God, what is good and pleasing and perfect.

FATHER KAPAUN'S WISDOM

“Christ said of the Scribes and Pharisees: ‘This people honors Me with their lips, but their heart is far from Me. Hear and understand. What goes into the mouth does not defile a man: but that which comes out of the mouth, that defiles a man, the things that proceed out of the mouth come from the heart, and it is they that defile a man. For out of the heart comes evil thoughts, murders, adulteries, immorality, thefts, false witness, blasphemies.’ A heart which is pure is one which is not defiled. In the pure heart is the love of God and neighbor, true, solid and simple faith, and a firm hope in the goodness of God.”

- Father Kapaun, *Beatitude Radio Address*

VIDEO NOTES: MARK BAUMAN

DISCUSSION QUESTIONS

1. God put a desire for Him in our hearts, and only in seeking Him can we truly be happy. Why is it difficult to put Him in the center of our lives?

2. Mark's disciplines of going to daily mass, reading scripture and frequent confession help keep him focused on God. What disciplines can you emulate or take up that will help you cultivate a pure heart?

3. Mark's children are receiving a unique inheritance from their father. What inheritance will you pass on by being a single-hearted and pure-hearted man, husband, father, or friend?

4. Being divided in heart clouds our ability to see and hear God. What is clouding your heart? Are you afraid of giving up something that stands in the way?

5. How do we work to purify our internal intentions and to do all things out of love for God?

6. Mark has a relationship with Saint Augustine. Do you have a devotion to a particular saint, and why?



WEEKLY CHALLENGE:

*Discover your personal why.
Create a list of things that are
most important in your life.*



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session Eight:
Blessed are the Peacemakers

SESSION EIGHT

*Blessed are the Peacemakers,
for They will be Called Sons of God*

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
spent himself in total service to you
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We now ask you, Lord Jesus,
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the strength of our service to others,
and our final hope. Amen.

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EPHESIANS 4:1-6

I, Paul, a prisoner for the Lord,
urge you to live in a manner
worthy of the call you have received,
with all humility and gentleness,
with patience, bearing with one another through love,
striving to preserve the unity of the spirit
through the bond of peace:
one body and one Spirit,
as you were also called to the one hope of your call;
one Lord, one faith, one baptism;
one God and Father of all,
who is over all and through all and in all.

FATHER KAPAUN'S WISDOM

"All of us should try our best to be peaceable, to be willing to make sacrifices and undergo sufferings on our part for the sake of peace with others."

- Homily by Father Kapaun

VIDEO NOTES: ROBERT REICHENBERGER

DISCUSSION QUESTIONS

1. What do you believe is the significance that peacemakers are called "sons of God"?

2. Robert is a peacemaker by profession. How can you be a peacemaker in your life?

3. Robert had a unique interaction with Christ through a simple image that brought him great peace. Have you experienced Christ in a deep and personal way?

4. Robert's doctor prayed for Robert and his wife at the conclusion of an office visit, after which the peace of Christ washed over him. How does the simple act of praying with and for someone in the moment demonstrate peacemaking? Have you ever tried praying with someone in the moment, rather than just saying "I'll keep you in my prayers?"

5. Like Father Kapaun, Robert tries to bring peace to challenging situations. What do you do to keep the peace of Christ in your heart during a difficult or intense situation? What can you do better?

6. If you were to do an examination of conscience, would you find a relationship in your life that needs healing? Have you wounded someone that needs restoration?



WEEKLY CHALLENGE:

*Make peace with someone you
have fallen out with.*



KAPAUN'S --- MEN

BEATITUDE SERIES STUDY GUIDE

Session Nine:

Blessed are They who are Persecuted
for the Sake of Righteousness

SESSION NINE

*Blessed are They who are Persecuted for the Sake of
Righteousness, for Theirs is the Kingdom of Heaven*

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
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for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



MARK 8:34-37

He summoned the crowd with his disciples and said to them,
"Whoever wishes to come after me must deny himself,
take up his cross, and follow me.

For whoever wishes to save his life will lose it,
but whoever loses his life for my sake and that of the gospel will save it.
What profit is there for one to gain the whole world and forfeit his life?"

FATHER KAPAUN'S WISDOM

"In the early ages of the Church, the Christians were given their choice by the officials in the Roman Empire either of giving up their Christian faith or of being put to death. The martyrs would not give up their faith, consequently, they suffered death, even though they were innocent of any crime....We can surely expect that in our own lives there will come a time when we must make a choice between being loyal to the true Faith, or of giving allegiance to something else which is either opposed to or not in allegiance with our faith. O God, we ask of Thee to give us the courage to be ever faithful to Thee."

- Father Kapaun, *Beatitude Radio Address*

VIDEO NOTES: FATHER KAPAUN

DISCUSSION QUESTIONS

1. What is the significance that the Beatitude about persecution follows the one about peacemaking? What is Jesus telling us about the reality of evil in the world?

2. Father Kapaun stood up for the truth against those who didn't believe it. How do you handle the pressure of standing for the truth in a culture that no longer believes in it?

3. Fifty years from now, what will people say about your example of faith? Will we be talking about you as we are talking about Father Kapaun?

4. Father Lanzrath points out that the last Beatitude Jesus leaves is, "Blessed are those who have not seen but have believed." How does this relate to living the Beatitudes?

5. After going through this series, which Beatitude is most pertinent to you right now? Why?

6. In what ways are you able to walk with others and witness the blessing of any particular Beatitude?



WEEKLY CHALLENGE:

Pray the Father Kapaun prayer every day and keep in mind those who are persecuted for their faith.