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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.