

UPLIFTING THOUGHTS FOR EVERY DAY

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE READING,
A REFLECTION, AND A PRAYER

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Illustrated



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SEEK advice and accept instruction so that your wisdom may increase in the future.

—Prov 19:20

JAN.
21

Your Choices Will Define Who You Are

REFLECTION. The ancient philosopher Epictetus gave us some sage advice: “First say to yourself what you should be, and then do what you have to do.”

It sounds so simple, but try it. Staying faithful to your noble goals and aspirations takes will-power.

PRAYER. *There’s still time for me, Lord, to make my life really meaningful. Give me the grace to keep trying.*



OUR mouths were filled with laughter, and our tongues with songs of joy.

—Ps 126:2

JAN.
22

A Cheerful Heart Is a Shield against Adversity

REFLECTION. To develop an attitude of joy one must prepare long in advance. You don’t wait for good things to happen in order to be of good cheer.

Decide now to rejoice in all circumstances, and hold on to that intention. Joy will follow in time. Trust me on that.

PRAYER. *Father, lift me above the turmoil of this world; help me to be a cheerful person.*



As the Father has loved Me, so have I loved you. Remain in My love.

—Jn 15:9

FEB.
14

Happy Valentine's Day

REFLECTION. To love others well, you have to love yourself. Love of self is not self-centered. Rather it is a love that reflects the mystery of God's unchanging love for you.

Don't put yourself down, and don't abuse your body with excessive eating and drinking.

PRAYER. *Help me, Lord, to love myself in the proper way.*



All things work together for good for those who love Him and who are called according to His purpose.

—Rom 8:28

FEB.
15

You Are So Lovable

REFLECTION. It's true, once you have faith deep enough to realize how much God loves you, you will have to feel good about yourself.

God thinks you are lovable, and He is never wrong.

PRAYER. *Dear Lord, thank You for loving me.*



AY the God of hope fill you with all joy and peace in believing, so that you may grow rich in hope by the power of the Holy Spirit.

JULY
25

—Rom 15:13

If You Are Happy, Please Notify Your Face

REFLECTION. Be happy within yourself so that you can be happy with those around you.

The ultimate goal is to be happy with God for all eternity.

PRAYER. *Dear God, help me to be a sign of Your love and joy to others.*



OD is love, and whoever abides in love abides in God, and God in him.

JULY
26

—1 Jn 4:16

Even at Midnight the Sun is Still Shining

REFLECTION. Whether you feel the sun or not doesn't matter, it is still shining.

The same is true for God. His love is always present, whether you feel it or not.

PRAYER. *Dear Lord, help me to trust Your love no matter what.*



OUR own conscience is clear, and our desire is to act honorably in everything we do.

—Heb 13:18

AUG.
12

Stand Up for the Truth

REFLECTION. If something hits you the wrong way, express your opinion. Don't be afraid to say, "This is wrong and I won't stand for it."

People will never forget your courage.

PRAYER. *Holy Spirit, give me the courage I need to be a faithful witness to the truth.*



RIDE goes before disaster, and a haughty spirit goes before a fall.

—Prov 16:18

AUG.
13

Self-Confidence Is Not Pride

REFLECTION. Pride is an inordinate love of self. A proud person puts other people down, whereas a self-confident person is humble as he proudly raises them up.

In using your talents for others, you show your kindness and love.

PRAYER. *Father, You are the giver of all gifts. I bow humbly before You and pray for the grace to serve You well.*