

JOYFULLY LIVING THE GOSPEL DAY BY DAY

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

By
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Illustrated



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HOEVER humbles himself and becomes like this little child is the greatest in the Kingdom of Heaven. —Mt 18:4

JAN.
21

REFLECTION. We are given freedom, but we do not always know how to use it. Being only dimly aware of the power and the mystery of evil, we are like blind children playing near the cliff's edge.

God's answer to our dilemma is grace. Grace saves us from ourselves.

PRAYER. *Dear Lord, I know that Your grace is sufficient for me. Help me to forgive myself when I go astray, and not be too hard on myself. Help me to understand that the Saints were not Saints 24 hours a day every day.*



HOSE who wish to be My disciples must deny themselves, take up their cross daily, and follow Me. —Lk 9:23

JAN.
22

REFLECTION. The things that are going badly, are the work of the devil, and that is why I prefer you not to have too many scruples about your sins.

Think of them only so as to see God's forgiveness. —Archbishop de Provencheres

PRAYER. *Dear Lord, raise me up, and give me courage that I may carry my cross bravely.*



LOVE bears all things, believes all things, FEB.
hopes all things, endures all things.

—1 Cor 13:7 **14**

REFLECTION. Someone would have a poor idea of human and marital love by thinking that affection and joy vanish when difficulties come. This is when we really see what motivates people.

Here also is where gift and tenderness are consolidated, because true love does not think about itself, but about how to increase the good of the beloved.

—Pope John Paul II

PRAYER. Lord God, transform me into the compassionate, tender person I want to be. I give You my weakness in exchange for Your strength.



OUR present light afflictions, which FEB.
are for the moment, are achieving
for us an eternal glory that is be-
yond all measure. **15**

—2 Cor 4:17

REFLECTION. The secret to sanctity and happiness rests in our fidelity to the duty of the present moment.

—Jean Pierre de Caussaude

The will to bear discomfort in fulfilling that duty is the very basis of good character.

PRAYER. Dear Jesus, help me to stay focused on the present moment, as I offer You all my joys and sufferings.



HOEVER has seen Me has seen the Father. How can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in Me?

JULY
25

—Jn 14:9-10

REFLECTION. Faith is knowledge. One either knows or does not know that the supreme revelation of God is Jesus Christ. To know Jesus is to begin to understand God.

Whether or not you get daily briefings from on high is not the issue. To know Jesus is to know where to look to find the meaning of human happiness.

PRAYER. *Open my eyes, O Lord, that I may see Your glory.*



HEREFORE, if the Son sets you free, you then will be truly free.

JULY
26

—Jn 8:36

REFLECTION. If you want a deeper awareness of God the Father look to Jesus, look at His words and deeds. In His lifetime He reached out to the lepers, the prostitutes, the handicapped, the outcast.

He spoke of Himself as the Good Shepherd Who leaves the 99 to search for the lost one. He lays down His life for His sheep.

PRAYER. *Father, You watch over me even when I step off base. I want my own way so often. Thank You for following me when I wander off.*



O not be afraid. Just have faith.

—Lk 8:50

AUG.
12

REFLECTION. Fear ruins your perspective. There is a terrible fear of whites for the blacks and blacks for the whites, and there should not be.

People everywhere are really only asking to be treated like human beings. Be not afraid of your neighbor.

PRAYER. *Lord, with the help of Your grace I will put my faith in You, I will trust you. I need and I want the humility necessary to entrust all my cares to Your safekeeping.*



HE publican . . . kept striking his breast, saying, "O God, be merciful to me, a sinner."

—Lk 18:13

AUG.
13

REFLECTION. Jesus favored the publican even though others saw him as a traitor, a tax collector for the Romans.

Jesus saw that his heart was pure, and He showed him mercy.

PRAYER. *Lord, make my mind and heart like Your own. Let me see beyond first appearances. Make me an instrument of Your love.*