

DAILY MEDITATIONS ON THE PSALMS

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

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Illustrated



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BECAUSE my hands were pure, he has rewarded me. For I have kept the ways of the Lord and refused to turn away from my God. **JAN. 21**
—Ps 18:21b-22

REFLECTION. Adam and Eve could not keep their hands from sinning because in their hearts they desired to know or experience not only good but also evil. Doing evil things does not mature or develop us, but defile and distort us.

As Jesus was pure, we keep ourselves pure by recalling that we too are God's children and by keeping God's commandments.

PRAYER. *Lord, I thank You for Your commands. Help me to persevere in Your ways and to refuse to turn away from You.*



BEHOLD, children are a gift of the Lord, a reward of the fruit of the womb. **JAN. 22**
—Ps 127:3

REFLECTION. While the conception of any child depends on the sexual intercourse of a man and woman, their activity is insufficient to guarantee conception. Children are God's gift! Thus, their birth should not be prevented from occurring.

After birth and infancy and at every stage, children are God's gift to be welcomed and treated as Jesus Himself showed us.

PRAYER. *Lord Jesus, help me to welcome and embrace children, for to such as these belongs God's kingdom.*



MY Strength, I will sing your praises, for you, O God, are my fortress, the God who shows me love. —Ps 59:18

FEB.
14

REFLECTION. Many popular songs are about love. The one who loves expresses affection for the beloved in beautiful words. But sometimes romantic love does not go beyond words.

God, on the other hand, shows His love for us by His providence and mercy, by His gifts of Jesus and Holy Spirit and the Church. It is only right that we praise God and sing of His love.

PRAYER. *O God, may I see Your love more clearly and proclaim it more convincingly.*



HE CAUSES clouds to rise from the ends of the earth; he sends lightning with the rain and brings forth the wind from his storehouses. —Ps 135:7

FEB.
15

REFLECTION. Despite our ecological knowledge and technological savvy, we are hardly able to predict the weather—never mind control it! Severe weather conditions rightly humble us.

How great is the Lord Who created and set the elements in motion! If such wonders are in His hand, He could accomplish even greater things in our lives if we sought His help with humility and faith.

PRAYER. *Almighty God, let every storm remind me of Your great power and bring me to seek Your help.*



HOSE who go forth weeping, carrying the seeds to be sown, will return with shouts of joy, carrying their sheaves.

JULY
25

—Ps 126:6

REFLECTION. Farmers must part with some of their grain and sow it in order to reap the next harvest.

Observing that the seed must die to bear fruit, Jesus taught that whoever would gain life must lose it. This is most obvious in the martyrs whose death gained for them eternal life and acted as the seed of others' faith.

PRAYER. *O God, help me to give up my life like St. James did for the spread of God's word.*



HE kindness of the Lord is with those who fear him, and his righteousness with their children's children, with those who keep his covenant. —Ps 103:17-18a

JULY
26

REFLECTION. Parents transmit to their children more than their genes. They pass on their ideas, values, and behaviors. They also pass on their faith and obedience to God.

The young absorb consciously and unconsciously life's most important lessons from the adults they know. Such is our responsibility for future generations.

PRAYER. *O Lord, help me to live with greater reverence for You and with greater concern for the effect of my example on the young.*



LONG ago You laid the foundations of the earth, and the heavens are the work of your hands. They will pass away but you endure; they will all wear out like a garment. . . . However, you remain always the same.

—Ps 102:26-27a, 28a

AUG.
12

REFLECTION. Everything changes; everything passes away. Only God, the creator of all things, is eternal and unchangeable.

As God acted towards our ancestors so He acts towards us. God is constant—indeed, He is constancy itself—and thus the anchor of our fleeting lives.

PRAYER. *Almighty God, in the flux of life fix my attention and devotion on You.*



TAKE delight in the Lord, and he will grant you what your heart desires. Commit your way to the Lord; place your trust in him, and he will act.

—Ps 37:4-5

AUG.
13

REFLECTION. A misunderstanding shared by many is that those who focus on God miss out on life. On the contrary, the Lord gives them what they truly desire and more.

Another common misconception is that we must work feverishly in order to succeed. Rather, the Lord acts powerfully in the lives of those who trust Him.

PRAYER. *Help me, O God, to be as the farmer who after much work waits with hope for the rain to make his efforts fruitful.*