

DAILY COMPANION FOR MEN

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

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INDEED, the word of God is living and active. **JAN.**

—Heb 4:12

21

The power of God's word

REFLECTION. There are many great novels and various forms of literature that have been passed on down through the ages. The authors and their works are often studied throughout high school and college.

The Word of God differs because it has the power to transform us and connect us to the heart of God the Father. Take and read!

PRAYER. *Jesus, Word of God, give me a growing hunger for Your Word.*



IET us hold fast to our profession of faith **JAN.**

—Heb 4:14

22

Hold on tight, don't let go!

REFLECTION. When Catholics join together for worship we recite the Creed, a statement of what we believe. The very first line is controversial in our secular society for it reads, "I believe in God."

What a great gift indeed to proclaim that we believe in God. A God of love, mercy, and justice. Hold on to your faith, and don't deny Him who died for you.

PRAYER. *Lord God, may my faith be proclaimed by my words and in how I live my life.*



TAKE heart, son. Your sins are forgiven.

—Mt 9:2

FEB.
14

Forgiveness before healing

REFLECTION. Jesus heals and restores a man who was brought to him by four friends. These four friends overcame obstacles, collaborated, and were persistent in their desire to get to Jesus. Before Jesus healed the man He first forgave his sins.

Many people desire a healing but few take the time to forgive. Who might God be calling you to forgive?

PRAYER. *Lord Jesus, may I forgive as freely as You forgive.*



WHY do you harbor evil thoughts in your hearts?

—Mt 9:4

FEB.
15

Have versus harbor

REFLECTION. It's not uncommon to have evil thoughts. Someone cuts you off in traffic, cuts in line ahead of you, and more serious offenses can prompt evil thoughts. Jesus warns against harboring them which is different.

What do you allow space in your heart for? Ask for the grace to let go of evil thoughts and be filled with the Holy Spirit.

PRAYER. *God of Mercy, assist me in letting go of evil thoughts.*



IS mother said to the servants," Do whatever he tells you."

—Jn 2:5

JULY
25

Famous last words

REFLECTION. The first miracle of Jesus was precipitated by the words of Mary, His Mother. The servers in fact do what Jesus says and a miracle occurs. These servers did the ridiculous and witnessed the miraculous.

As a disciple of Jesus we are called to do whatever He tells us which means we must be attentive to the Holy Spirit and to His words which are recorded in scripture.

PRAYER. *Mary, Mother of our Lord, assist me in doing whatever Jesus calls me to do.*



OR God did not send his Son into the world to condemn the world but in order that the world might be saved through him.

—Jn 3:17

JULY
26

Mercy is His mission

REFLECTION. The clear intention of God the Father is that all people come into a saving relationship with Him through Jesus. This is the reason why Jesus came: to save us.

If we decide not to accept the free gift of eternal life or we turn away from Christ then it is we who choose to be separated from God, not He from us.

PRAYER. *Our Father, as You sent Jesus, so send me to announce Your love and mercy.*



OW can he say, "I have come down from heaven?"

—Jn 6:42

AUG.
12

Don't "pigeon hole" people

REFLECTION. One of the first questions we ask one another socially is, "Where are you from?" Our answer may be a state, country, or parish.

Often people make assumptions if they know where we are from. The religious leadership tried to do this with Jesus. They thought they knew where Jesus was from. Our answer is like His; we are all from the heart of the Father.

PRAYER. *Father, remind me that I came from You and I'm a beloved son.*



N ADULT faith does not follow the waves of fashion and the latest novelties.

—Pope Benedict XVI

AUG.
13

Stay the course

REFLECTION. Every three to five years there seems to be another "paradigm shift" whether it be in business, dieting, or even in models of faith. Pope Benedict XVI reminds us that the man of faith does not get caught up in new trends of belief and novelties in liturgy.

Christ has shown the way and we have the Catechism which lays out what we believe.

PRAYER. *Holy Spirit, the Paraclete, keep me from novelties that draw me away from the Church.*