

DAILY MEDITATIONS ON GOD'S LOVE

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

By
Marci Alborghetti

Illustrated



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COME to Me, all you who are weary and overburdened, and I will give you rest.

—Mt 11:28

JAN.
21

REFLECTION. What does love actually mean? How are we to practice it? Because Jesus loves us, He offers to give us rest from our burdens.

Today, take upon yourself at least a bit of someone's burden. Show your love by giving them a rest from physical, emotional, or financial hardship.

PRAYER. *Lord, help me to notice when those around me need help and to offer myself willingly in the spirit of love.*



RISE, my love . . . for now the flowers appear on the earth; the time of singing has come . . . the vines are in blossom; they give forth fragrance.

—Song 2:10, 12

JAN.
22

REFLECTION. We see God's love for us in the wonders of the earth; flowers blooming in the garden, fruit hanging on branches and vines, sunsets, earth-drenching storms.

Today, notice God's love in creation, and point out a sign of this love to another, as a token of *your* love.

PRAYER. *Creator God, open my eyes to the wonders that surround me every day, and let my love go out to the world You made and to all its creatures.*



HE BROUGHT me to the banqueting table, and His intention toward me was love.

—Song 2:4

FEB.
14

REFLECTION. Valentine's Day is the day for romantic love, abundantly expressed in the Song of Solomon.

But romantic love doesn't always last. Sometimes our best intentions can't keep the love light burning. God's love never changes, and the love we show others must strive to be like His.

PRAYER. *Loving God, let me nurture the intention of love and perform the actions of love.*



JESUS was moved with love and said, ". . . sell what you own and give to the poor Then come, follow Me."

—Mk 10:21

FEB.
15

REFLECTION. The rich youth to whom Jesus directed these remarks probably didn't feel loved. About the last thing he—or we—want to do is give up possessions.

And yet, Jesus is moved by love to instruct him—and us—in this. Too much stuff makes it hard to follow Jesus.

PRAYER. *Jesus, Teacher, let me never be so weighed down with possessions that I cannot follow the path of Your love.*



I F YOU love Me, you will keep My commandments. **JULY**

—Jn 14:15 **25**

REFLECTION. And what are the commandments Jesus has given us? To love God and to love one another.

There is nothing complicated about Jesus' commandments. There is also nothing easy about them! Put on the mind and heart of God and all things are possible.

PRAYER. *Jesus, Your instructions are simple, but following them can be hard! Let my love for You teach me love for others.*



I WILL sing Your praises among the nations. **JULY**
For Your kindness extends above the heavens; Your faithfulness, to the skies. **26**

—Ps 108:4-5

REFLECTION. For thousands of years, people have tried to measure God's love. Perhaps today the psalmist would compare God's love to the size of the universe or even space itself.

But even that wouldn't be enough. The truth is we can't imagine the extent of God's love.

PRAYER. *God Who loves beyond all measure, let just a spark of Your love be lighted in me. May the Holy Spirit set me afire to proclaim Your glory.*



HAVE much more to tell you, but you would not be able to bear it now. **AUG.**

—Jn 16:12 **12**

REFLECTION. In His love for the disciples, Jesus was acutely aware of their limitations. He knows that Peter will deny Him, Judas will betray Him, the rest will desert Him.

And so He accommodates them by lightening their burden and by forgiving them.

PRAYER. *Jesus, in my love for others, teach me to never demand more than they can bear. Help me to be a compassionate listener and a powerful forgiver.*



YIELD yourselves to the Lord and come to His sanctuary . . . and serve the Lord your God. **AUG.**

—2 Chr 30:8 **13**

REFLECTION. To serve God and joyfully enter His sanctuary, we must yield ourselves to Him. That's not easy for us! We don't like to yield, or give in, to anyone!

But for God, we must thrust aside our egos, our pride, our self-regard and yield to our Creator.

PRAYER. *Lord, grant me the humility to yield myself to You for service, and let me find a place in Your sanctuary for comfort and courage to act in love.*