

DAILY COMPANION FOR YOUNG CATHOLICS

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

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Illustrated



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SEEK the Lord while he may be found, JAN.
call upon him while he is near.

—Isa 55:6 21

The time is now!

REFLECTION. Jesus is always just a prayer away. Whether we pray by ourselves or with a group, God is always close at hand.

Praying with others at Mass, at school, or at a youth gathering allows us to realize that we are not alone in our search for God. We may be surprised to discover that we are the answer to another's prayer.

PRAYER. *Jesus, thank You for being close and ready to listen.*



THE prayer of the upright is his delight. JAN.

—Prov 15:8 22

God knows it can be difficult

REFLECTION. It can be difficult to follow Jesus and to do the right thing especially when others around us are not. We can feel weird when choosing to go against the crowd.

God knows our desire to do the right thing, and He delights in us when we are courageous.

PRAYER. *Jesus, keep me focused on You especially when I'm tempted to do wrong and others try to lead me astray.*



LOVE never ends.

—1 Cor 13:8 **FEB.**
14

It goes on and on and on

REFLECTION. Some endings can be difficult. The ending of a relationship or the death of a loved one can bring pain and sorrow.

We are assured however that love lasts forever because God is eternal. Not even death can defeat love because Jesus has defeated death on the Cross. Love always wins out in the end.

PRAYER. *Jesus, remind me that no action done in love escapes Your notice.*



BELIEVE the love that God has for us.

—1 Jn 4:16 **FEB.**
15

You are lovable!

REFLECTION. It may be easier to forgive others than to forgive yourself. It may also be true that it is easier to love others than to love ourselves because we are very aware of our own faults. Yet, God loves us anyway!

When life gets you down remember that God's love has no limits.

PRAYER. *Jesus, allow me the grace to see myself through Your eyes and to know that I am loved.*



o faith by itself, if it has no works, is dead.

—Jas 2:17

JULY
25

Put faith in action

REFLECTION. Love, by its very nature, longs to be expressed. So to, with faith. Telling people that you have faith without expressing it through action is not faith at all.

Each day will provide opportunities for prayer, service, a kind word, and other concrete ways to express our love for God and neighbor.

PRAYER. *Jesus, let me approach every day with a readiness to roll up my sleeves and put my faith in action.*



ONDUCT yourselves honorably among the Gentiles.

—1 Pet 2:12

JULY
26

People are watching

REFLECTION. In the early Church the word Gentile was synonymous with not believing in God. St. Peter gives us some good advice which we can put into practice today because people may not always believe what you say but they will believe what you do.

If we let it be known that we believe in God people will watch our conduct and judge for themselves.

PRAYER. *Lord, let my actions and the words I speak reflect what I believe.*



TAKE my yoke upon you, and learn from me for I am gentle and humble in heart, and you will find rest for your souls.

—Mt 11:29

AUG.
12

Lead by example

REFLECTION. Educators have identified multiple learning styles—visual, auditory, and tactile learning are but a few. Research has found that those who learn through example and a “hands on” approach retain more information.

Jesus calls us to learn our faith and to learn from Him by putting our faith into practice. Even when we stumble, He is there cheering us on.

PRAYER. *Jesus, speak to me in Your Word that I may learn from You.*



BUT they were filled with fury and discussed with one another what they might do to Jesus.

—Lk 6:11

AUG.
13

Jesus faced opposition

REFLECTION. Sometimes it seems that no good deed goes unpunished. We try to please our parents or teachers and somehow it comes back to hurt us. Jesus, too, experienced opposition when He healed people and spoke of God.

Opposition never stopped Jesus from speaking the truth or doing good and it shouldn't stop us either.

PRAYER. *Lord God, never allow the negative voices of others to discourage me from following Your example.*