

# MINUTE MEDITATIONS FROM THE POPES

MINUTE MEDITATIONS FOR EVERY DAY  
TAKEN FROM THE WORDS OF POPES  
FROM THE TWENTIETH CENTURY

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*by*  
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**Illustrated**



CATHOLIC BOOK PUBLISHING CORP.  
New Jersey

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Dedicated to Fr. Bonaventure Jezierski, O.F.M. Conv.,  
and Sr. Vincentia Jachemska, F.S.S.J., who through  
their simplicity and gentleness taught me to love the  
Church.

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*Censor Librorum*

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(T-175)

© 1994 Catholic Book Publishing Corp., N.J.

Printed in Korea ISBN 978-0-89942-175-9



OR the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

JAN.  
21

—1 Cor 1:25

**REFLECTION.** Despite her youth, St. Agnes experienced the victorious strength of the love of Christ. Sustained by that inner force, she was able to “conquer overwhelmingly.”

May she be your model of courage and generosity in every event of your life.

—Pope John Paul II

**PRAYER.** *Teach me to trust in Your strength, O Lord, especially when I feel overwhelmed by my weakness. Help me to recall that I can conquer only by surrendering to Your love.*



O servants are greater than their master. If they have persecuted Me, they will persecute you also.

JAN.  
22

—Jn 15:20

**REFLECTION.** You must understand that faithful service to Christ and His Church will not always earn you the world’s praise.

On the contrary, you will sometimes receive the same treatment as the Lord: rejection, contempt, and even persecution.

—Pope John Paul II

**PRAYER.** *O Lord, when I suffer the price of being Christian, especially at work, at school, or even in my family, remind me that You will never abandon those who suffer in Your Name.*



HEAL the sick. . . . Freely you have received; freely give.

—Mt 10:8

FEB.  
14

**REFLECTION.** The person who has been evangelized goes on to evangelize others.

It is unthinkable that people should accept the Word and give themselves to the Kingdom without becoming persons who bear witness to it and proclaim it in turn. —Pope Paul VI

**PRAYER.** *O Lord, Sts. Cyril and Methodius spent their lives to share the Word of God. Teach me to share that Word, especially with those who are living without hope.*

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SING praise to the Lord with the harp, with the harp and melodious song. With trumpets and the sound of horns sing joyfully.

—Ps 98:5-6

FEB.  
15

**REFLECTION.** As a manifestation of the human spirit, music performs a function that is noble, unique, and irreplaceable.

When music is truly beautiful and inspired, it speaks to us more than all the other acts of goodness, virtue, and peace.

—Pope John Paul II

**PRAYER.** *When I hear beautiful music, O Lord, it lifts up my spirit. May I always cherish things of beauty, music, art, nature, and anything else that can draw me closer to You.*



EVERYONE who has left house, or [family] . . . or lands for My Name's sake, shall receive a hundredfold and shall possess life everlasting. —Mt 19:29

JULY  
25

**REFLECTION.** The coming of the Holy Spirit does not take the Cross away from human reality.

It is not a talisman that immunizes human life from sufferings and misfortunes. —Pope Paul VI

**PRAYER.** Lord Jesus, You promised those who follow You a reward of a hundredfold. Yet so many who have committed themselves to You, like St. James the Greater, have suffered greatly. Help me to understand the meaning of the Cross You share with us.



LISTEN to your father, who gave you life, and despise not your mother when she is old.

—Prov 23:22

JULY  
26

**REFLECTION.** Heat and food are not enough; there is also the heart; we must think of the heart of our old people.

The Lord said that parents must be respected and loved, even when they are old.

—Pope John Paul I

**PRAYER.** Lord God, thank You for the wonderful gift of my parents. Let me always honor them—with love and care while they are alive and with my prayers when they have returned to You.



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

AUG.  
12

—Lk 18:13

**REFLECTION.** Let us restore in ourselves the right awareness of sin, which is not frightening. The awareness of good will grows in opposition to the awareness of evil.

The sense of responsibility will grow, rising from inner moral judgment and widening to the sense of our duties, personal, social, and religious.

—Pope Paul VI

**PRAYER.** *Lord Jesus, like the publican, I accuse myself of being a sinner. I have hurt myself and others by what I have done, and even more often, by what I have failed to do. Forgive me, O Lord.*



ESUS went about . . . curing every kind of disease and infirmity. And seeing the crowds, He had compassion on them.

AUG.  
13

—Mt 9:35-36

**REFLECTION.** Whenever you help a sick person, you are a sign of Christ's compassion for all who suffer.

—Pope John Paul II

**PRAYER.** *Lord Jesus, You taught that whenever we do something for one of Your least ones, we are doing it for You. May I always reach out to those who need my help and my comfort.*