

EVERY DAY IS A GIFT

MINUTE MEDITATIONS FOR
EVERY DAY TAKEN FROM THE
HOLY BIBLE AND THE WRITINGS
OF THE SAINTS

Introduction by
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Illustrated

**A Saint Joseph
GIANT TYPE EDITION**



Dedicated to Saint Joseph
Patron of the Universal Church

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Faith is the assurance of what we hope for, and the conviction of things we do not see.

—Heb 11:1

JAN.
21

REFLECTION. Unless we possess the light of faith, we will walk in darkness.

We will be like the blind for whom the day has become night. — *St. Catherine of Siena*

PRAYER. Faithful God, grant me the light of Your faith. Let me believe in You Who cannot deceive or be deceived, and ever enjoy the fruits of true faith.



Unless Your law had been my delight, I would already have perished in my affliction.

—Ps 119:92

JAN.
22

REFLECTION. Meditation renders life honest and well-ordered and imparts knowledge of human and divine things. — *St. Bernard*

PRAYER. Loving Father, help me to meditate on divine things every day. Grant that I may set aside special moments when I am conscious only of Your sacred presence and myself.



On that day you will know that I am in My Father, and you in Me, and I in you.

—Jn 14:20

FEB.
14

REFLECTION. Jesus Christ must live in us, and we must live only in Him.

His life must be our life, and our life must be a continuation and expression of His life.

— *St. John Eudes*

PRAYER. Lord Jesus, make me realize that You are living in me and I am in You. Enable me to radiate You in my outward life by being consciously united to You in my inner life.



The grace of God . . . trains us to renounce godless ways and worldly passions, and to live temperately, uprightly, and devoutly.

—Tit 2:11-12

FEB.
15

REFLECTION. The spirit of Jesus Christ is a spirit of righteousness and sincerity.

All who are called to glorify this saving God must act in accord with that spirit.

— *St. Vincent de Paul*

PRAYER. Lord Jesus, grant me the grace to act in accord with Your spirit of righteousness and sincerity. Enable me to reject godless ways and worldly passions in every form.

JULY *Everyone who believes in Him [has] eternal life in Him.*
26 —Jn 3:15



REFLECTION. Faith is in no way a burden or a yoke imposed on human beings. Far from it!

Faith is an immense benefit because it commences life in us even on this earth.

— *St. Thomas Aquinas*

PRAYER. *Heavenly Father, thank You for giving me the gift of faith. Help me to remain firm in my faith throughout my life and to strive to increase it day by day.*

JULY *I am the Bread of Life. . . . This is the Bread that comes down from heaven so that one may eat it and not die.*
27 —Jn 6:48-50



REFLECTION. How sad it is when those who have food before them let themselves die of hunger!

Take your food—the loving Lord Jesus, Who was crucified for us. — *St. Catherine of Siena*

PRAYER. *Heavenly Father, let me never go hungry for spiritual food. Help me to receive Your Son often in Communion, so that I may be brought together with You in the union of the Holy Spirit.*



[God] has given us a new birth . . . into an imperishable, unsullied, and unfading inheritance, kept in heaven for you.

—1 Pet 1:3-4

**AUG.
13**

REFLECTION. You have within you everything that you need to purchase the Kingdom of Heaven.

Joy will be purchased by your sorrow, rest by your labor, glory by your humiliation, and eternal life by your passing death. — *St. Augustine*

PRAYER. *Loving Father, teach me how to make every event on earth lay up treasures for me in heaven. Help me to endure sorrows, labors, humiliations, and death willingly so as to attain heaven.*



Counsel and sound judgment are mine; I have understanding and power.

—Prov 8:14

**AUG.
14**

REFLECTION. When we dedicate ourselves to Mary, we become instruments in her hands just as she is an instrument in God's hands.

Let us then be guided by her for she will provide for the needs of body and soul and overcome all difficulties and anxieties.

— *St. Maximilian Kolbe*

PRAYER. *Dear Jesus, in all my trials and difficulties, let me have recourse to You through Your holy Mother. Grant that she may comfort me and lead me to You.*