

# MINUTE MEDITATIONS FOR EACH DAY

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By  
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*Illustrated*



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*In Christ Jesus you are all children of God through faith.*

—Gal 3:26

JAN.  
21

**REFLECTION.** As children of God, we must give ourselves in love, one to another. We must help each other in our troubles, as is proper for brothers and sisters.

Do I think of all human beings as my brothers and sisters, and that I have duties and responsibilities toward them?

**PRAYER.** *Jesus, my brother, grant that I may love all human beings as You love them, even to the point of giving myself up for them by total self-denial.*



*Whoever does the will of My Father in heaven is brother and sister and mother to Me.*

—Mt 12:50

JAN.  
22

**REFLECTION.** When God's will speaks everything else must remain silent. Even the greatest creature must humble himself. Above the ties of blood there exists the community of those who have done the will of God.

Christ belongs to them and they belong to Him, in the same way as brothers and sisters and mother belong one to the other.

**PRAYER.** *Lord, grant that I may do Your will and not mine, always and above all.*



*Go you too into My vineyard.*

—Mt 20:4

**FEB.  
14**

**REFLECTION.** God's vineyard is not only inside the soul but also outside. It is in the world that we manifest His grace in our soul by doing everything for the sake of His love.

In this way my ordinary deeds become work in the Lord's vineyard. Do I think about this every day?

**PRAYER.** *My Lord, I give You my entire life. May everything that I think, say, do, or suffer be consecrated to You and be blessed by You.*



*Those who love their life lose it, while those who hate their life in this world preserve it to life eternal.*

—Jn 12:25

**FEB.  
15**

**REFLECTION.** Natural life is the foundation of spiritual life; but it cannot become an end in itself because it bears within it the seed of death.

The spiritual life is active only where there is sacrifice for the sake of God's love.

**PRAYER.** *God of holiness, make me faithful and strong. Willingly I will sacrifice everything that is not pleasing to You, so that one day I may obtain life in You.*

**JULY** *It is by your words that you will  
26 be justified, and by your words  
that you will be condemned.*

—Mt 12:37



**REFLECTION.** God will judge us not only according to everything we have done, but also according to everything we have said. Words have great power. A single word may become for us either a blessing or a curse! It can be the reason for a person's perdition.

Therefore, care is necessary in all our speech—even in every single word we say!

**PRAYER.** *Lord, create in me a pure heart, so that even the words I say may be pure and pleasing to You.*

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**JULY** *If you return and be quiet, you  
27 shall be saved.*

—Is 30:15



**REFLECTION.** The human heart needs silence. Silence makes us strong and receptive to the inspiration of the Holy Spirit.

We must be careful not to disturb the work of Divine grace by useless or uncharitable talk.

**PRAYER.** *Lord, in You I put all my trust. Help me to spend time in quiet reflection each day to listen to Your inspirations.*



*The harvest is indeed great, but the laborers are few. —Mt 9:37*

**AUG.  
13**

**REFLECTION.** The plentiful harvest of God will necessarily be damaged if there are no people to gather it.

Have I myself not let pass precious moments to win souls for God? Have there not been times when God expected from me the fruits of His Divine grace in vain?

**PRAYER.** *Merciful God, forgive me all abuses of Your grace. Give me watchful eyes for the inspiration of Your Spirit, so that I may not hinder but foster its actions.*



*Do not be afraid of those who kill the body but can do nothing more after that. —Lk 12:4*

**AUG.  
14**

**REFLECTION.** Those who are afraid of human beings will lapse into submission to them and will not serve God's Kingdom.

However, those who fear God above all else are truly wise and nothing can disturb them even if they should have to suffer and die.

**PRAYER.** *Lord, give me the strength to abandon all human fear and to serve You only.*