

DAILY COMPANION FOR PEACE OF HEART

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING AN INSPIRATIONAL READING
FROM JOHN HENRY NEWMAN,
A SCRIPTURE, A REFLECTION,
AND A PRAYER

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CATHOLIC BOOK PUBLISHING CORP.
New Jersey

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NIHIL OBSTAT: Rev. Pawel Tomczyk, Ph.D.

Censor Librorum

IMPRIMATUR: ✠ Most Rev. Arthur J. Serratelli, S.T.D., S.S.L., D.D.

Bishop of Paterson

May 20, 2019

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(T-164)

ISBN 978-1-947070-47-9

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Printed in China

www.catholicbookpublishing.com



OUR help is in the name of the Lord, **JAN.**
the Maker of heaven and earth.

—Ps 124:8 **21**

Worship God Together

REFLECTION. It's important to realize the call and importance of worshipping God as a community. Where two or three are gathered in Jesus' name we know that He is present among us.

Christ is present in the Eucharist, but also present in the worshipping community, His Body. Let us strive to be the spotless bride, pure and ready to do the will of Jesus. —*Glory of the Church*

PRAYER. *Help me realize, O God, that when I join together with others at Mass, I am joined to others all over the world who praise You.*



BE EXALTED O God, above the heavens. **JAN.**

—Ps 57:12 **22**

Channels of Redemption

REFLECTION. The Scriptures make it clear that the gift of reconciliation is not given to individuals except through the ministry of the Church. Sacraments are the channels through which God conveys His grace to us and what a privilege it is to receive His grace.

Christ has defeated death on the Cross, yet we need to make use of the sacrament as individuals to receive the grace. —*Christian Ministry*

PRAYER. *Savior, may I receive the sacraments as a means of increasing Your grace in my soul.*



FOR the wedding day of the Lamb has come, and his bride has made herself ready.

—Rev 19:7

FEB.
14

Christ Lives Forever

REFLECTION. When Christ came in the flesh, the Incarnation, the Holy Spirit was evident in God's creative handiwork in the same way He was evident in God's creation of Eve. God's hand was evident in the formation of Christ in His mother's womb which was sinless and incorruptible.

Death has no power over Christ; He is the living among the dead. —*Christ, a Quickening Spirit*

PRAYER. *Christ's rising from the dead has filled the hearts of His followers with joy. May we experience this same joy.*



HE one who sat upon the throne said, "Behold, I make all things new."

—Rev 21:5

FEB.
15

Christ's Saving Grace

REFLECTION. God is so gracious to us through His Son, Jesus: being conceived by the Holy Spirit, rising from the dead, and exalted to eternal life in order to win for us eternal salvation. How wonderful is the grace of God!

It's strange that Adam should bring us death but greater still is that God Himself should bring us life. —*Christ, a Quickening Spirit*

PRAYER. *Jesus, my Savior, thank You for Your death and Resurrection and for loving me.*



BLESSED are those who find strength in you, who set their hearts upon your ways.

—Ps 84:6

JULY
25

Obedience Follows Belief

REFLECTION. The whole duty of living as a Christian is made up of these two parts, Faith and Obedience. We look to Jesus who is the Author and the Divine Object of our faith and strive to live according to His will.

A certain frame of mind, certain notions, affections are necessary in order to follow Christ. As we obey, our hearts will conform to Jesus.

—*Saving Knowledge*

PRAYER. O God, help me to know and love You more and to rejoice in Your commandments.



WILL listen for God's response; surely the Lord will proclaim peace.

—Ps 85:9

JULY
26

Conforming to the Gospel

REFLECTION. How can one decide if their actions are truly Christian or not?

It is necessary to go outside of oneself and measure one's principles with one's works and compare them to Scripture as the only evidence that one's heart is pure.

—*Saving Knowledge*

PRAYER. Christ, my Savior, let me always conform to Your teaching. Let the Scriptures and the Church be my guide.



YOU are not far from the kingdom of God. —Mk 12:34 **AUG. 12**

Proof of Our Love

REFLECTION. “How am I to know I am sincere”? I would suggest that we make some sacrifice, offer up something we may not ordinarily do.

Think often of the love you have for Christ. Hate sin and put aside this present world. Then you will have evidence that you are not using merely words but have love in action.

—*Test of Religious Earnestness*

PRAYER. *Mighty God, grant me the grace and courage to witness to Your love wherever I go.*



WHEN evening came, he arrived with the twelve. —Mk 14:17 **AUG. 13**

Renewal of the Lord's Death

REFLECTION. The daily prayers of the Christian flow from the Eucharist and return back to the Mass and one's participation in it.

Christ died once and this sacrament communicates this. We bring into our midst this Sacrifice which took away sins and enjoy the benefits of consuming Christ under the species of bread and wine.

—*Sins of Ignorance*

PRAYER. *Eucharistic Lord, come into my heart and rule over my whole life.*