



## **Monthly Meditation**

**January, 2024**

### **Monthly Theme**

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“Imitating Christ.”

### **Scripture**

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Philippians 2:5-11,14-15

“Have among yourselves the same attitude that is also yours in Christ Jesus who, though He was in the form of God, did not regard equality with God something to be grasped. Rather, He emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted Him and bestowed on Him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father . . . Do everything without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine like lights in the world.”

### **Reflection**

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1. Read the passages aloud and then one more time, slowly and thoughtfully.
2. Reflect on what word or phrase from these words of Jesus stand out to you.
3. Read the passages once more, slowly and thoughtfully.
4. What do you feel the Lord is trying to tell you in this word or phrase?

## **Discussion**

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1. What word or phrase from this scripture passage stands out to you? Why?
2. What comes to mind when we speak of imitating Christ?
3. As you examine your own life, what are some things you are doing that imitate Christ?
4. As you examine your life, what are some things you need to improve upon in order to truly imitate Christ?
5. What does it mean to you when St. Paul calls us to shine like lights in the midst of a “crooked and perverse generation”?

## **Action**

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This month, make a conscious effort to imitate Christ in your daily activities. (Remember, Jesus lived an ordinary day-to-day routine, just like us, for most of His life!)

## **Prayer**

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Take Lord, and receive all my liberty, my memory,  
My understanding, and my entire will; all that I have and possess.  
You have given all to me. To You, O Lord, I return it.  
All is Yours, dispose of it wholly according to Your will.  
Give me Your love and Your grace, for this is sufficient for me.

*(Suscipe Prayer by St. Ignatius of Loyola)*

Jesus, I surrender everything to You!