



Monthly Meditation

November, 2023

Monthly Theme

“Give thanks with a grateful heart!”

Scripture

1 Thessalonians 5:16-18

“Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Reflection

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

1. What word or phrase from these scripture passages stands out to you? Why?
2. What does it mean to have a “grateful heart”?
3. How are some ways you can begin to develop a grateful heart in your life?
4. What does the phrase “give thanks in all circumstances” mean to you?
5. St. Alphonsus Liguori once said that “a prayer of thanksgiving is the most powerful of all prayers.” Why do you think he believed that?

Action

This month, at the end of each day take time to reflect on your day and say a prayer of thanksgiving to Our Lord for all the things that you are grateful for that day.

Prayer

Thank you Lord, for watching over us,
Through our trials you've made us victorious.
We praise your Name, most great and glorious.
Thank you Lord, for one more day.