



Monthly Meditation

December, 2023

Monthly Theme

“Hope, Peace, Joy, Love.”

Scripture

Luke 2:8-11

“And in that region, there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, “Be not afraid; for behold, I bring you good news of great joy which will come to all the people; for to you is born this day in the City of David a Savior, who is Christ the Lord.”

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. How is the angel's message to the shepherds a sign of hope, peace, joy and love?
3. What aspect of the angel's message stands out to you, hope, peace, joy or love? Why?
4. Today, many people are unable to experience hope, peace, joy, or even love in their lives. Why do you think this is so difficult for them?
5. In our troubled world, how can you be a sign of God's hope, peace, joy and love to those around you?

Action

This month, make a point each day to share Christ's message of hope, peace, joy and love to someone around you. Especially those who are struggling in some way.

Prayer

Hail Mary, full of grace,
The Lord is with you,
Blessed are you among women,
And blessed is the fruit of your womb.

Blessed are you, O Holy Mary,
Blessed are you who trusted
That the Lord's word to you would be fulfilled.