



## **Monthly Meditation**

**March, 2022**

### **Monthly Theme**

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“Come, follow me.”

### **Scripture**

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Matthew 16:24-27

“Then Jesus said to his disciples ‘Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or, what can one give in exchange for his life? For the Son of Man will come with his angels in his Father’s glory, and then he will repay everyone according to his conduct.’”

### **Reflection**

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1. Read the passage 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 passage 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 stood out to you? Why?
2. One of the commissions of the Mustard Seed Missionary Movement is **Surrender**.  
“We surrender to God’s will by listening to His voice through prayer. As we pray, we are challenged to respond to God’s call by following his plan for our life.”

How does this month’s theme and scripture passage apply to the Mustard Seed commission of surrender?

3. How does the theme, scripture passage and commission of Surrender apply to my life?

## **Action**

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This month, take time each week to reflect on Jesus’ words “follow me.” Then pray for the grace to be open to Our Lord’s call and to follow him wherever he leads.

- ✓ Am I following Jesus in my life right now?
- ✓ Where might Jesus be asking me to follow him in a new way?
- ✓ What holds me back right now from where the Lord might be leading me?

## **Prayer**

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Jesus, I am yours. Show me the way.

Jesus, I trust in you. I am yours. Show me the way.

Jesus I love you. I am totally yours. Show me the way.

Jesus I surrender everything to you. Show me the way.

Amen.