



Monthly Meditation

March, 2024

Monthly Theme

“My soul thirsts for God.”

Scripture

Psalm 42:2-3

“As a deer longs for streams of water, so my soul longs for you O God.
My soul thirsts for God, the living God.”

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 this scripture passage stands out to you? Why?
2. What does it mean to you for your soul to “thirst for God”?
3. Do you feel that your soul thirsts for God? Why or Why not?
4. The Season of Lent invites us to deepen our relationship with God. What are some things you might do this month to grow closer to Our Lord?
5. What are some things you might do this month to help draw others closer to God?

Action

This month, take time each day to reflect on Jesus' last words from the cross, especially “I thirst.” (John 19:28-30)

Prayer

All your life I have been looking for your love; I have never stopped seeking to love you and be loved by you. You have tried many other things in your search for happiness; why not try opening your heart to Me, right now, more than you ever have before?

Whenever you do open the door of your heart, whenever you come close enough, you will hear Me say to you again and again, not in mere human words but in spirit: “No matter what you have done, I love you for your own sake. Come to Me with your misery and your sins, with your troubles and needs, and with all your longing to be loved. I stand at the door of your heart and knock. . . . Open to Me, for I THIRST FOR YOU . . .”

(St. Mother Teresa of Calcutta)