



Monthly Meditation

October, 2024

Monthly Theme

“Salvation is the crown of the humble.”

Scripture

Psalms 149:4-5

“The Lord takes delight in His people.
He crowns the humble with salvation.
Let the faithful rejoice in their glory,
Shout for joy and take their rest.”

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. Our culture often views humility as weakness but, humility is *not* weakness. What is the difference between humility and weakness?
3. Why do you think God sees humility as being important and deserving of salvation?
4. What are some things that prevent you from practicing humility in your life?
5. What are some ways that you can begin to practice more humility in your life?

Action

This month, reflect on your answer to Question #5 above. Then, begin to put into practice the things you have identified in that reflection.

Prayer

O Jesus, meek and humble of heart,
Make my heart like yours!