

Mustard Seed Missionaries Movement

Motuus Missionarium Grani Sinapis



Monthly Meditation
December, 2024

Monthly Theme

“Love, Joy, Hope and Peace.”

Scripture

Sirach 2:8-9

“You who fear the Lord, trust in him,
and your reward will not fail.
You who fear the Lord, hope for good things,
for everlasting joy and mercy.
You who fear the Lord, love Him,
and your hearts will be made radiant.”

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. How are you called to practice the virtues of love, joy, hope and peace in your life?
3. As you reflect on these four virtues, which one stands out to you as most needed in our world today?
4. As you reflect on these four virtues, which one stands out to you as most needed for you to practice in your life right now?
5. As we prepare to celebrate the birth of Our Lord once again, how can you share these four virtues with others?

Action

This month, prepare for Christmas by taking time to share the gifts of love, joy, hope and peace with someone who is struggling.

Prayer

Lord, make me an instrument of your **peace**:
where there is hatred, let me sow **love**;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, **hope**;
where there is darkness, light;
where there is sadness, **joy**.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

(Prayer of St. Francis)