



## Monthly Meditation

February, 2025

### Monthly Theme

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“Rejoice always!”

### Scripture

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1 Thessalonians 5:16-19

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. Do not quench the Spirit.”

Philippians 4:4,7

“Rejoice in the Lord always. I shall say it again: rejoice! Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.”

### Reflection

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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

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1. What word or phrase from this scripture passage stands out to you? Why?
2. What does the word "rejoice" mean to you?
3. When was the last time you really rejoiced in something?
4. Why do you think St. Paul says that we should rejoice always?
5. How can practicing the act of rejoicing help to bring you closer to Christ?

## Action

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This month, practice the act of rejoicing always. Each day, find one thing that can cause you to rejoice, thank God for that gift, and then spend some time reflecting on all Our Lord's blessings that should cause you to rejoice in His great love for us.

## Prayer

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This is the day the Lord has made;  
Let us rejoice and be glad in it!

*(Psalm 118:24)*