

THE SAINTS DAY BY DAY

MINUTE MEDITATIONS FOR EVERY DAY
TAKEN FROM THE WRITINGS
OF THE SAINTS



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by
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Illustrated



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CONTENTS

Introduction	5	July	98
January	7	August	113
February	22	September	129
March	37	October	144
April	52	November	159
May	67	December	174
June	83	Prayers	190

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St Agnes +350

JAN. 21



EXHORT you as strangers and pilgrims to abstain from carnal desires, which war against the soul.
— 1 Pet 2:11

REFLECTION. Today is the birthday of a virgin; let us imitate her purity.

It is the birthday of a martyr; let us offer ourselves in sacrifice.
—*St Ambrose*

PRAYER. *St. Agnes, you gave up your life to safeguard your purity. Pray that I too may be willing to give up anything that imperils my purity.*

St. Vincent of Saragossa +304

JAN. 22



IN THE world, you will have affliction. But take courage, I have overcome the world.
—Jn 16:33

REFLECTION. When we feel too bold, let us remember our feebleness.

When we feel too weak, let us remember Christ's strength.
—*St. Thomas More*

PRAYER. *St. Vincent, help me to put all my trust in my Redeemer so that I may overcome all adversity.*

St. Cyril ⁺⁸⁶⁹ and
St. Methodius ⁺⁸⁸⁵

FEB. 14



YOU established the earth on its foundations . . . You covered the deep like a cloak; the waters rose above the mountains. —Ps 104:5-6

REFLECTION. I began to praise the Creator as I saw the stability of the earth and variety of living creatures in it.

Nothing is eternally co-existent with God except God Himself but . . . whatever exists has its origin in Him. —*St. Methodius*

PRAYER. *Sts. Cyril and Methodius, with you I praise God's creation and strive to care for it well.*

St. Claude de la Colombiere ^{+1682*} **FEB. 15**



AND I will ask the Father, and He will give you another Advocate to be with you forever. —Jn 14:16

REFLECTION. You are my true friend, my only friend, dearest Jesus. You take my misfortunes upon Yourself and You change them into blessings.

With the greatest kindness You listen to me when I tell You my troubles. —*St. Claude*

PRAYER. *St. Claude, counselor and converter of saints and royalty, let me turn to Jesus for wisdom and comfort.*

JULY 25

St. James +44



ING Herod persecuted certain members of the church. He had James, the brother of John, killed by the sword. —Acts 12:1-2

REFLECTION. “You will indeed drink My cup. But to sit at My right hand and at My left, this is not Mine to grant, but it is for those for whom it has been prepared by My Father.”

—Jesus, in response to James and John’s request to sit next to Him in heaven

PRAYER. *St. James, may I learn humility and self-sacrifice in my devotion to Jesus.*

JULY 26

**St. Anne and
St. Joachim** +First Century



Y MOUTH is filled with Your praises as I relate Your glory all day long.

—Ps 71:8

REFLECTION. Today we give thanks for the parents of the Mother of God. They are at the very beginning of the salvation of us all.

The Lord . . . blessed the house of the righteous Joachim and Anne because of their holy daughter, Mary, Mother of God. —Bl. Cosmas

PRAYER. *Sts. Anne and Joachim, remind me to bless all of my “parents” in faith.*

St. Euplius +304*

AUG. 12



I AM not ashamed of the gospel, since it is the power of God that offers salvation to everyone who has faith—to Jews first, and then to Gentiles as well. —Rom 1:16

REFLECTION. “If anyone will come after Me, let him deny himself and take up his cross and follow Me.” It is the law of my Lord, which has been delivered to me by Jesus Christ, the Son of the living God.

I repeat what I said before: I am a Christian and I read the Sacred Scriptures. —*St. Euplius*

PRAYER. *St. Euplius, let your love for the Gospels inspire me to read them carefully in the Spirit.*

**St. Pontian and
St. Hippolytus** +c. 236

AUG. 13



WHEN the Son of Man comes in His glory, and all the angels with Him, then He will sit on the throne of His glory. —Mt 25:31

REFLECTION. Christ, like a well-trained physician, knows the failings of men. He loves to turn the sinful back to His own true way.

To those of pure eye and holy heart, who knock at the door, He opens immediately.

—*St. Hippolytus*

PRAYER. *Sts. Pontian and Hippolytus, remind me to avoid judging others.*