

WORDS OF COMFORT FOR EVERY DAY

“I Love You, Lord”

MINUTE MEDITATIONS FEATURING
SELECTED SCRIPTURE TEXTS
AND SHORT PRAYERS TO THE LORD

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Illustrated



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CONTENTS

Introduction.....	5	October	144
January	7	November	159
February.....	22	December.....	174
March	37	Prayer to Achieve Inner Peace	190
April	52	Prayer for the Family	191
May.....	67	Prayer to the Triune God	192
June	83	The Glory Be	192
July	98		
August.....	113		
September.....	129		

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THE Lord will give you rest and you shall be like a watered garden. **JAN.**

—Isa 58:11

21

Love Is Like Life

Life is like a garden, Lord. It has to be cultivated. Farmers plant the seeds, then fertilize and weed, and they pray for rain.

Living relationships, too, call for cultivation. Jesus Christ, Who is “the Way, and the Truth, and the Life” (Jn 14:6), defines the path of life. Loving You, Lord, with our whole heart and soul, and loving our neighbor as ourselves, summarizes all Your commandments. Our relationship is alive. It matures graciously in the sunshine. You give us life and love. I love You, Lord.



WE have received not the spirit of the world, but the Spirit that is from God, that we may know the things given us by God. **JAN.**

—1 Cor 2:12

22

The Totality of God

There are snatches of happiness in life. We experience small delights day after day. Sometimes we reward ourselves after diligent labor. Maybe we eat a sweetmeat after dieting. Old friends get together on occasion to reminisce about how wonderful it used to be.

Lord, whatever is included in our notions about happiness—health, wealth, security—all the blessings of life have their origin in You. The totality of good things is from You. I love You, Lord. Thank You for everything.



HE ways of God are perfect, the word of the Lord is proved by fire.

— Ps 18:31

FEB.
14

God's Ways Are Perfect

Wisdom radiates through the psalms, songs of praise. Lord, as limited as humans are, we have some concept that You are God, magnificent, and awesome.

When You say something, it is absolute truth. It is a sure guide, never to be doubted. We should read the Bible prayerfully. There is a need for authoritative interpretation—Your living voice exercised in the Church. We learn from You. You speak the language of love. And I love You, too, Lord.



YOU who abide in the shadow of the Almighty, say to the Lord, "My refuge and fortress, my God in Whom I trust."

— Ps 91:1-2

FEB.
15

Abiding in God

Praying out of love puts us in touch with You, Lord. There are times when I fly to You in desperation. Pain and suffering brings me to my knees. But I want to pray simply out of love.

You love me. This realization is overwhelming. You are the source and epitome of love. No person, place, or thing compares with You, Lord. To see clearly, to comprehend, is a blessing. To arrive at this perfect state of mind and soul calls for Your grace. I love You, Lord.



FALLING into an agony He prayed more earnestly. And His sweat became as drops of blood falling to the ground.

— Lk 22:43-44

**JULY
25**

Psychological Pressure

Has there ever been an agony so intense as Christ's? Lord, in the Garden of Olives, Jesus perspired blood. He foresaw His torture and execution. He prayed for strength. Even His friends would flee in fear.

The psychological pressure exceeded human endurance. Christ knew what awaited Him on the summit of Calvary. But the Son of God proclaimed His unconditional love. How soul-stirring are our meditations on His Passion! I love You, Lord.



EVEN as Jonah was a sign to the Ninevites, so will the Son of Man be to this generation.

— Lk 11:30

**JULY
26**

The Sign of the Cross

“No one has greater love than this, that one lays down his life for his friends” (Jn 15:13). Lord, there is nothing more to give than one's very life. Let the sight of the crucifix renew our hearts. Christ shed the last drop of His Precious Blood for us.

Christians kiss the crucifix in reverence. They hang it prominently in their homes. Respectfully, they trace the sign of His Cross on themselves. The wood and metal of this religious symbol proclaim that there is no greater love. I love You, Lord.



AY the peace of God, which surpasses all understanding, guard your hearts and your minds in Christ Jesus.

— Phil 4:7

AUG.
12

God's Peace

Vengeful people place obstacles in the way of their own forgiveness. Jesus called peacemakers blessed and children of God. But interior peace eludes the angry and the adamant. If they do not take to heart the need to be forgiving, bitterness sours their souls.

Well did Christ teach His disciples to pray: "Forgive us our trespasses as we forgive those who trespass against us." These are not just pious words. They are prescriptions for personal wholeness. I love You, Lord.



OD anointed Jesus of Nazareth with the Holy Spirit and with power, and He went about doing good.

— Act 10:38

AUG.
13

Power

Christ's followers learned that they were to testify worldwide. After His Resurrection, Jesus made this promise: "You shall receive power when the Holy Spirit comes upon you, and you shall be witnesses for Me . . . even to the ends of the earth" (Act 1:8).

They would proclaim Jesus Christ. The environment was hostile. Persecution and torture threatened. How would they overcome? Who would provide the energy? Nothing is impossible with You. Love conquers fear. I love You, Lord.