

INSPIRATIONAL THOUGHTS FOR EVERY DAY

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE READING,
A REFLECTION, AND A PRAYER

By
REV. THOMAS J. DONAGHY

Illustrated



CATHOLIC BOOK PUBLISHING CORP.
New Jersey

CONTENTS

Introduction	5	August	113
January	7	September	128
February	22	October	143
March	36	November	159
April	52	December	174
May	67	Prayers of Inspiration	190
June	82		
July	97		

In honor of the living and deceased members of
Sigma Beta Kappa fraternity, La Salle College.

NIHIL OBSTAT: Rev. James M. Cafone, M.A., S.T.D.

Censor Librorum

IMPRIMATUR: ✠ Most Rev. John J. Myers, D.D., J.C.D.

Archbishop of Newark

The Nihil Obstat and Imprimatur are official declarations that a book or a pamphlet is free of doctrinal or moral error. No implication is contained therein that those who have granted the Nihil Obstat and Imprimatur agree with the contents, opinions, or statements expressed.

Scripture quotations from the Psalms and New Testament are taken from New Catholic Version ©2004 and 2015 by Catholic Book Publishing Corp., used by permission.

(T-194)

ISBN 978-1-937913-55-7

© 2004 Catholic Book Publishing Corp., N.J.

Printed in China

www.catholicbookpublishing.com



MYSELF have seen and have testified that **JAN.**
this is the Son of God.

—Jn 1:34 **21**

REFLECTION. The deep faith of John the Baptist is a model for modern Christians who walk in the midst of a firestorm of criticism, questioning, and sometimes bigotry.

Like John we stand firm in the midst of opposition, holding fast to our belief in the Redeemer Son of God.

PRAYER. *Lord, we cry out to You to protect us from the forces of evil that would dissuade us from Your Divine truth. May we live and speak the Faith, trusting in Your generous protection.*



DOES the Lord take as much delight in burnt offerings and sacrifices as in obedience to the voice of the Lord? **JAN.**
Surely obedience is better than sacrifice, and submissiveness is better **22**
than the fat of rams. —1 Sam 15:22

REFLECTION. When we generously accept God's Word, especially in the Commandments, we are doing God's Will in all things.

To live the Will of God is the greatest sacrifice and personal denial.

PRAYER. *Almighty God, we see in Your Son perfect conformity to Your Will. May we always seek to do what You command in a generous and joyful way.*



HERE will be only a few left of you who were as many as the stars in heaven because you would not obey the voice of the Lord, your God.

FEB.
14

—Deut 28:62

REFLECTION. When we listen to the voice of God, we shall keep out of harm's way.

Listening to God through prayer, Scripture, and preaching can keep us safe forever, and nothing of this world can touch us.

PRAYER. *O Lord, our God, be with us as we make our way to You. May the Holy Spirit watch over us and fill us with respect for Your Word.*



Y fruit is better than gold, even the finest gold, and My return better than choice silver.

—Prov 8:19

FEB.
15

REFLECTION. In God's eyes, His people are the ultimate wealth of creation. Once confirmed in good, we are the outcomes of God's Wisdom.

We will be the new silver and gold, higher than all creation.

PRAYER. *Almighty God, our Father, You call us to the unspeakable joys of heaven, abiding in Your presence forever. May we always overcome our weaknesses while keeping our eye steadfastly on the goal.*



MARY Magdalene then went and announced to the disciples, "I have seen the Lord," and repeated what He had said to her. —Jn 20:18

JULY
26

REFLECTION. It is good for us to be aware of the human intervention of Jesus following His Resurrection.

He stayed on earth for a time to prepare us for the challenges of life. Yet, He shared His Resurrection in a simple and understandable way.

PRAYER. *Jesus, our Lord, You gave humans Your assurances of Your Resurrection. We rejoice in the knowledge that the death of sin is overcome. May we live that truth to the best of our ability.*



YOU forgave the iniquity of Your people; You canceled all their sins. —Ps 85:3

JULY
27

REFLECTION. What a wonderful world we wake up to every day, knowing that our sins have been completely forgiven.

We face another opportunity to strive, to the best of our ability, to avoid sin each day.

PRAYER. *Almighty God, Father of light, we beg You to enlighten us in times of temptation. May the Eucharist we receive help nourish us on the way home to Your Kingdom.*



COME forth! Let us bow down to worship Him; let us kneel before the Lord, our Maker. For He is our God, and we are the people He shepherds, the flock He protects.

—Ps 95:6-7

AUG.
13

REFLECTION. Through His Apostles, Jesus established the Church to lead us home to everlasting life.

How appropriate to pause many times throughout the day to praise and thank God for His goodness.

PRAYER. *All-powerful Father, we praise and thank You for Your great goodness in preparing a place for us in Your Kingdom. May we always be worthy of Your great love and compassion for us.*



FROM then onward Jesus made it clear to His disciples that He must go to Jerusalem and endure great suffering at the hands of the elders, the chief priests, and the scribes, and be put to death, and be raised on the third day.

—Mt 16:21

AUG.
14

REFLECTION. In Jesus' instruction to His disciples, we come to a full understanding of the necessity of the Cross in our daily lives.

With the same simple reality manifested by Jesus, we follow Him in embracing our crosses.

PRAYER. *God of love and mercy, Your Son, Jesus Christ, suffered and died that we might be forgiven our sins against You. Help us to embrace crosses and contradictions as faithfully as did the Son of Man.*