



## Monthly Meditation

May, 2022

### Theme

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“My soul magnifies the Lord!”

### Scripture

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Luke 1:46-48

“My soul magnifies the Lord, and my spirit rejoices in God my Savior, for He has looked with favor on his lowly servant. From this day all generations shall call me blessed: The Almighty has done great things for me, and holy is His Name. He has mercy on those who fear Him in every generation.”

### Reflection

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1. Read the passage 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 passage 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 these scripture passages stood out to you? Why?
2. One of the four pillars of the Mustard Seed Missionary Movement is **Generosity**.  
“Generosity, related to the virtue of chastity, allows us to give of ourselves through our gifts of time, talent and treasure.”  
How does this month’s theme and the scripture passages relate to the Mustard Seed pillar of Generosity?
3. In what ways has God been generous to you in your life?
4. What are some ways that you are able to show your generosity to God in thanksgiving for all that He has given to you?

## **Action**

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This month, make an effort to act on the Mustard Seed pillar of Generosity.

- ✓ Where can you able to use your gifts of time, talent and treasure in a new way?
- ✓ Does your soul magnify the Lord in the way that you live your life?

## **Prayer**

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Remember O Most Gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother; to thee to I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me.  
Amen.

Mary, Pillar of Faith, pray for us!