



Monthly Meditation

June, 2023

Monthly Theme

“We are one in the Spirit.”

Scripture

Romans 8:14-17

“Those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption, through which we cry, Abba, ‘Father!’

“The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and fellow heirs with Christ, if only we suffer with Him so that we may also be glorified with Him.”

Reflection

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

1. What word or phrase from this scripture passage stands out to you? Why?
2. What does it mean to you to be “One in the Spirit”?
3. How does this scripture passage relate to the theme of “We Are One in the Spirit”?
4. What are some things that prevent Christians from feeling united as One in the Spirit today?
5. What are some things you can do to promote unity in our Church or community?

Action

1. This month, pray each day that all Christians may become One in the Spirit.
2. Make at least one conscious effort this month to promote unity in your family or community.

Prayer

Breathe into me, Holy Spirit, that my thoughts may be all holy.
Move in me, Holy Spirit, that my work, too, may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me, Holy Spirit, that I may always be holy.
Amen.

(Prayer of St. Augustine)