



Monthly Meditation

August, 2023

Monthly Theme

“Sacred Heart of Jesus.”

Scripture

John 19:31-35

“Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and the of the other one who was crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs, but *one soldier thrust his lance into His side and immediately blood and water flowed out.*”

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 these scripture passages stands out to you? Why?
2. Sacred Tradition tells us that the blood and water that flowed from the side of Jesus represents His love and mercy for us. What does that mean to you?
3. What are some signs of Our Lord's mercy in love in our world today?
4. What are some ways you can be a sign of Our Lord's love and mercy to those around you?

Action

1. This month, pray each day for a greater appreciation of the love and mercy of Jesus by reciting the following prayer three times each day:

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in you!

Prayer

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in you!

(Opening prayer of the Divine Mercy Chaplet of St. Faustina)