



Monthly Meditation **September, 2022**

Monthly Theme

“Embracing the Cross.”

Scripture

Luke 9:23-25
1 Corinthians 1:18

“If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself? Whoever is ashamed of me and my words, the Son of Man will be ashamed of when he come in his glory and in the glory of the Father and of the holy angels.”

“The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”

Reflection

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

1. What word or phrase from this scripture passage stood out to you? Why?
2. When Our Lord tells us that we must take up our cross and follow him, how does that make you feel?
3. What things in our culture today make the message of the cross still seem foolish?
4. Are there people you know who seem to be able to carry their crosses joyfully? Why do you think they are able to do that?
5. What are the crosses in your life and how might you be able to embrace them instead of fighting against them?

Action

This month, when you are faced with challenges or struggles, take a moment to thank God for that particular cross and ask for His grace to help you embrace it.

Then, pray: "Thank you Lord! Thy will be done!"

Prayer

Jesus, I surrender everything to you;
My joys, my sorrows, my challenges, my opportunities.
I accept everything that you give me and ask only for the grace to
do your will.
Thank you Lord, for all of your gifts, especially the gift of the crosses in
my life.
Show me how to embrace those crosses as you embraced your
cross.
Thank you Lord! Thy will be done!
Amen.