

Mustard Seed Missionaries Movement

Motuus Missionarium Grani Sinapis



Monthly Meditation

May, 2025

Monthly Theme

“You Have Found Favor With God.”

Scripture

Luke 1:30

“Then the angel said to her, ‘Do not be afraid, Mary, you have found favor with God.’”

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 have found "favor with God?"
3. Do you feel that you have found favor with God? Why or Why not?
4. St. Paul tells us that everything created by God is good (1 Timothy 4). How does this statement apply to you?

Action

This month, take time each day to reflect on the words "you have found favor with God," and what that means to you, personally.

Prayer

Thank you Lord, for the gift of life. I am fearfully and wonderfully made because I have found favor with you. Help me, each day, to grow deeper and deeper in love with you so that I may serve you more completely in all that I do, all the days of my life. Amen.