

# Mustard Seed Missionaries Movement

*Motuus Missionarium Grani Sinapis*



## Monthly Meditation

January, 2026

### Monthly Theme

“God is our refuge.”

### Scripture

Proverbs 18:10

“The name of the Lord is a strong tower; the just man runs to it and is safe.”

### 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**

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1. What word or phrase from this scripture passage stands out to you? Why?
2. What comes to mind when you think of God as being a refuge?
3. Do you think it is easy or hard to think of God as a refuge?
4. Can you think of some times that you have turned to God as a source of refuge for you?
5. What are some ways that you can help others to see Our Lord as a source of refuge for them?

## **Action**

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This month, reflect on the scripture passage from Proverbs and how Our Lord has been a refuge for you in your life. Then, spend some time in prayer thanking God for the times He has been that refuge for you.

## **Prayer**

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In You, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
Hear me and speedily rescue me.

Be a rock of refuge for me,  
A mighty stronghold to save me,  
For You are my rock, my stronghold.  
For Your Name's sake, lead me and guide me.

Into Your hands I commend my spirit.  
It is You, who will redeem me, Lord.

Amen.

(Psalm 31:1-4, 6)