

# Mustard Seed Missionaries Movement

*Motuus Missionarium Grani Sinapis*



## Monthly Meditation

July, 2025

### Monthly Theme

“Freely you have received.”

### Scripture

Matthew 10:8

“Without cost you have received; without cost you are to give.”

### 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. Name at least five things that Our Lord has blessed you with today.
3. When was the last time you gave of yourself in response for God's generosity to you?
4. What prevents you from taking time to help others?
5. Name three ways that you can use your gifts to reach out to another person as an act of love for Our Lord.

## Action

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Make an effort this month to reach out to someone to help them, and do it in thanksgiving for all that Our Lord has done for you.

## Prayer

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Thank you Lord, for watching over us.  
Through our trials you've made us victorious.  
We praise your name, most great and glorious.  
Thank you Lord, for one more day!  
Amen!