



## Monthly Meditation

February, 2026

### Monthly Theme

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“Hope Does Not Disappoint.”

### Scripture

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Romans 5:5

“Hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.”

### Reflection

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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 is Hope?
3. Why do you think St. Paul tells us that Hope does not disappoint?
4. Do you find it easy or hard to maintain hope in your daily life right now? Why or why not?
5. What are some things you can do to help restore hope in your life and/or in the lives of others?

## **Action**

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Spend some time this month reflecting on Our Lord's gift of Hope, especially as it applies to your life right now. Then, resolve to live a more hopeful life, trusting completely in God's love and mercy.

## **Prayer**

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### **Act of Hope**

O my God,  
trusting in Your infinite goodness and promises,  
I hope to obtain pardon of my sins,  
the help of Your grace,  
and life everlasting,  
through the merits of Jesus Christ,  
My Lord and Redeemer.  
Amen.