



## **Monthly Meditation**

**March, 2026**

### **Monthly Theme**

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“Washed in His Blood.”

### **Scripture**

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Revelation 7:14-15

“These are the ones who have survived the time of great distress; they have washed their robes and made them white in the blood of the Lamb. For this reason they stand before God's throne and worship Him day and night in His temple. The One who sits on the throne will shelter them.”

### **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 do you think is the "time of great distress" that St. John speaks about in this scripture passage?
3. What does it mean to you to be "washed in the blood of the Lamb?"
4. What are some ways you might experience being washed by the blood of the Lamb?
5. Do you feel that God shelters you in times of trial or distress? Why or why not?

## **Action**

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Make a point of going to Confession this month. Afterwards spend some time reflecting on how it feels to be washed in the blood of the Lamb.

## **Prayer**

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Precious Blood, ocean of divine mercy: flow upon us!  
Precious Blood, most pure offering: procure us every grace!  
Precious Blood, hope and refuge of sinners: atone for us!  
Precious Blood, delight of holy souls: draw us!  
Amen.

*(Prayer of St. Catherine of Siena)*