



Monthly Meditation

May, 2026

Monthly Theme

“Perseverance through faith.”

Scripture

Romans 5:3-5

Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and 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

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. Can you think of a time when you had to rely only on faith instead of on your own capabilities?
3. Do you find it hard to rely on your faith when difficult situations arise in your life?
4. How do you think it is possible to “boast of our afflictions”?
5. What are some examples of times you were able to persevere because of your faith?

Action

This month, reach out to someone who is struggling and share words of encouragement and faith with them.

Prayer

Come to me, all you who labor and are burdened,
and I will give you rest.
Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves.
For my yoke is easy, and my burden light.

(Matthew 11:28-30)