



Monthly Meditation September, 2026

Monthly Theme

“Trust in the Lord.”

Scripture

Proverbs 3:5-6

“Trust in the Lord with all your heart, on your own intelligence do not rely; in all your ways be mindful of him, and he will make straight your paths.”

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. Do you find it easy or difficult to trust others?
3. Do you find it easy or difficult to trust in the Lord at all times? Why or why not?
4. When do you find it most difficult to trust in God?
5. St. Padre Pio used to say, "Pray, trust and don't worry." How do you feel about this advice?

Action

This month, find a picture of the Divine Mercy image with the words "Jesus I trust in you" on it. Then, spend some time reflecting on that image and those words.

Prayer

Lord, I believe. Help my unbelief.
Jesus, I trust in you.
Jesus, I trust in you.
Jesus, I trust in you.