Mustard Seed Missionaries Movement

Motuus Missionarium Grani Sinapis

Monthly Meditation
October, 2026

Monthly Theme

"Do not be afraid!"

Scripture

Isaiah 41:10

"Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."

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. When are the times that you feel most afraid?

3. When you feel afraid, it is easy to turn to God at those times, or to seek help in other ways? Why is that?

4. Is it easy or hard for you to reach out to others when they seem afraid?

5. It has been said that "Do not be afraid" is used in scripture more than any other phrase. Why do you think that is?

Action

This month, make an effort to reach out to someone who is struggling and tell them about God's love for them, and that they have nothing to fear because of that great love.

Prayer

Jesus, I am yours, show me the way.
Jesus, I trust in You. I am yours, show me the way.
Jesus, I love You. I am totally yours, show me the way.
Amen.

St. John Paul, II, Pray for us!