Mustard Seed Missionaries Movement

Motuus Missionarium Grani Sinapis

Monthly Meditation
November, 2026

Monthly Theme

"Growth through Suffering."

Scripture

Romans 5:3-4

"We even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope."

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. How do you most often handle suffering when it comes to you?

3. Do you ever understand suffering as an opportunity for growth in your life of faith?

4. What are some things you could do to better understand the meaning of suffering in your own life?

5. What are some things you could do to help relieve the suffering of others?

Action

This month, spend some time praying for a better understanding of the meaning of suffering in your life and in the lives of others.

Prayer

Holy Mother Mary,
I am yours now and forever.
Through you and with you
I always want to belong completely to Jesus.

O Jesus, I surrender myself to you.
Take care of everything!

(Prayer of Servant of God Fr. Dolindo Ruotolo)