

Faith in Action December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
One Minute Meditation: Each day find a quiet place where there are no distractions and then be still before God. Begin with the Sign of the Cross, followed by the Our Father and Hail Mary. Read the thought of the day, close your eyes, pause, slow down your breathing then end your meditation with "Thank You, Lord"						
					1 • May we find time today, Jesus, to notice life's small gifts. Pause Thank You Lord	2 • God, help us to keep Your Commandments to the best of our ability. Pause Thank You Lord
3 • Help us celebrate Your Love for us, Father, and rejoice in the birth of Your Son. Pause Thank You Lord	4 • Grace us with optimism and gratitude, Father. Pause Thank You Lord	5 • Father, help me to show your Love toward family. Pause Thank You Lord	6 • Merciful Savior, help me forgive others as You, moment-by-moment forgive me. Pause Thank You Lord	7 • Grant us Your strength, Loving God. Help us find the resources we need to protect ourselves and others. Pause Thank You Lord	8 • Father, help me to accept myself and others for the imperfect, but growing individuals that we are. Pause Thank You Lord	9 • God, remind Christians that Jesus lived & died a faithful Jew. Pause Thank You Lord
10 • What can I do, Jesus, to help others enjoy Your Birthday? Pause Thank You Lord	11 • Holy Spirit, inspire my support for the world's working poor. Pause Thank You Lord	12 • Good Shepherd, remember the sheep of Your fold, the lambs of Your flock who struggle to be joyful. Pause Thank You Lord	13 • Heart of Jesus, make my heart more like Yours. Pause Thank You Lord	14 • Enable us to hear and answer those in need, Father. Pause Thank You Lord	15 • Redeemer, guide me in making the best decisions I can for myself and those who count on me. Pause Thank You	16 • Bless me with Your gifts, Lord, and help me share with others. Pause Thank You Lord
17 • Help us learn, Lord, how we can bring hope to the hopeless. Pause Thank You Lord	18 • Jesus, help me to give to others with joy and generosity, with mercy and merriment. Pause Thank You Lord	19 • Help me keep the memories alive of those You sent to care for me. Pause Thank You Lord	20 • Grant me Your strength, Lord, to face life's challenges. Pause Thank You Lord	21 • Help me to celebrate Your birth every day of my life. Pause Thank You Lord		23 • Lord, I give You praise for the blessing of family and friends. Pause Thank You Lord
24 • Open my heart to Your coming, Messiah. Pause Thank You Lord	25 • May the gift of Your Son guide our thoughts and actions today and every day. Pause Thank You Lord	26 • Inspire us to acts of charity and loving kindness. Pause Thank You Lord	27 • Help me to recognize the loveliness of the Earth and all its creatures. Pause Thank You Lord	28 • Emmanuel, remind me that every effort to serve others is worthwhile. Pause Thank You Lord	29 • Merciful Savior, enable us to comfort those who are troubled. Pause Thank You Lord	30 • Thank you, Generous God, for the many people who have extended the hand of loving kindness to me in times of misery. Pause Thank You Lord
31 • Author of Life, help me live the life you've given me as well as I can. Pause Thank You Lord	Excerpts from The Christophers, 2009 & 2012					