

Meditation 2

1 Thessalonians 5:12-25

In all circumstances give thanks to God...

“We ask you, brothers, to respect those who are laboring among you and who are over you in the Lord and who admonish you, and to show esteem for them with special love on account of their work. Be at peace among yourselves. We urge you, brothers, admonish the idle, cheer the fainthearted, support the weak, be patient with all. See that no one returns evil for evil; rather, always seek what is good [both] for each other and for all. Rejoice always. Pray without ceasing.

In all circumstances give thanks, for this is the will of God for you in Christ Jesus.

Do not quench the Spirit. Do not despise prophetic utterances. Test everything; retain what is good. Refrain from every kind of evil. May the God of peace himself make you perfectly holy and may you entirely, spirit, soul, and body, be preserved blameless for the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will also accomplish it. Brothers, pray for us [too].”

Points for Meditation

1) “In all circumstances give thanks, . . .”

“ . . . Before reading, recollect yourself before me. Feel my breath and imagine being in my presence full of love and salvation; imagine that I’m speaking to you personally. Ask my Spirit to reveal my word to you and to open your heart to me. Then sit down and read the passage attentively what I suggest to you. Let every word enter deeply into your heart; try to taste it, to savor it, to repeat it until it penetrates you. Believe that I myself am addressing every word to you. . . Look at me and let me look at you. . . and listen in silence to my response. . .” (Raniero Cantalamessa).

2) “Jesus said in reply, ‘Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?’” (Luke 17, 17-18)

3) “. . . for this is the will of God for you in Christ Jesus.”

CCC# 1855 & 1857: “Mortal sin destroys charity in the heart of man by a grave violation of God’s law. . . For a mortal sin to be mortal, 3 conditions must together be met: mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent. . . “

CCC # 1833: “Virtue is a habitual and firm disposition to do good.”

Quotes on Thanksgiving:

“There is no other time than thanksgiving after Mass when we can so easily enrich our souls with virtues, or so rapidly advance to a high degree of perfection.” ~ St. Teresa of Avila

“No duty is more urgent than that of returning thanks.” ~ St. Ambrose

“The secret of happiness is to live moment by moment and to thank God for what He is sending us every day in His goodness.” ~ St. Gianna Beretta Molla

“Gratitude is the first sign of a thinking, rational creature.” ~ Bl. Solanus Casey

“Gratitude is a flower that blooms in noble souls.” ~ Pope Francis

Possible Resolutions

- 1) Spend the day practicing an attitude of gratitude.
- 2) Make a list of the things you are most grateful for right now in your life. Be specific.
- 3) Make a resolution for the upcoming season of Advent/Lent to reflect on 3 things you are grateful for every day.
- 4) Consider praying the 54-Day Novena. It’s 6 weeks long: 3 weeks of petition/3 weeks of thanksgiving.

