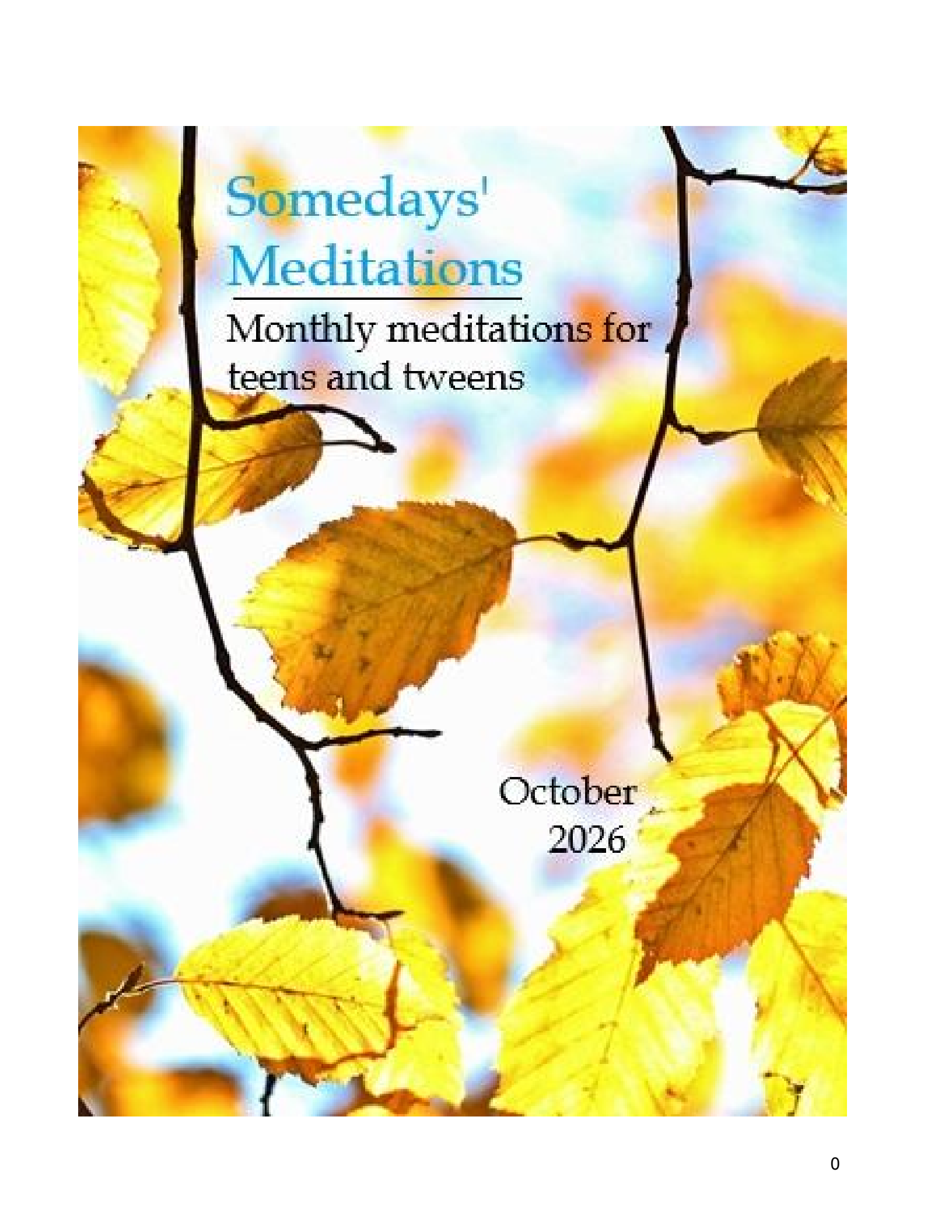


The background of the entire page is a photograph of autumn foliage. It features several dark, thin branches crisscrossing the frame. The leaves are primarily yellow and orange, with some showing signs of aging and slight discoloration. The lighting is bright, creating a soft, warm atmosphere. The text is overlaid on this background.

# Somedays' Meditations

Monthly meditations for  
teens and tweens

October  
2026

Sunday, October 4th, 2026

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Most high, omnipotent, good Lord, grant your people grace to renounce gladly the vanities of this world; that, following the way of blessed Francis, we may, for love of you, delight in your whole creation with perfectness of joy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Collect for the Feast of St. Francis of Assisi

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Today is the feast of St. Francis of Assisi, who lived during the 13th century. St. Francis is known as the patron saint of animals, nature, the poor, and peace-makers. Sounds pretty good, huh? A saint is someone who has died but who can join us in prayer. So if our cat or dog is sick, we can say, “St. Francis, please join me in praying for Fluffy.” It’s a way of joining our needs and hopes to the communion of saints who have led Christian lives in the past but who are still with us in the Holy Spirit.

I don’t know about you, but I’ve always felt close to God in nature or when I’m with animals. Have you ever just sat with a dog or cat, or listened to the birds, or enjoyed a rainstorm, and thought, “Ahh, this is the life”? There is a beautiful peace in nature and with animals that we can’t find anywhere else in the otherwise human-centered world. Nor is this peace just a way to simply relax; the peace we find with nature and animals is something from God.

How do we know that this peace comes from God? Normal peace recharges us and gives us energy for the rest of the day. God-given peace, however, deepens our knowledge and love of others, of God, and of God’s creation. Sunny days are nice, and the colorful leaves of trees in the fall are beautiful, but when we invite the Holy Spirit into our heart, even just by saying “Come, Holy Spirit,” and feel an abiding love for God in the world, we are becoming deeper and more loving people. Animals and nature can give this depth to us.

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### Activity

What helps you grow in an abiding love for God? If you can’t think of anything, try sitting outside and looking at the leaves in the tree for a while. Take a walk and just listen to the world around you. Hug your pet and give them a big, ol’ kiss (as long as they’re not fish. Don’t kiss fish).

Sunday, October 11th, 2026

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When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly.

1 Corinthians 4:12b-13

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The Bible has some tough lessons, and this short bit from 1 Corinthians sure is one of them! Jesus says much the same thing in Luke 6:27-31 (look it up. It begins with Jesus saying, “Love your enemies!”). These words would sound different coming from someone who lived a good, calm, easy life, but both Jesus and St. Paul (who wrote 1 Corinthians) faced a great amount of hatred. Jesus was killed for the things he said, and legend has it that St. Paul was also killed for what he preached. And yet both of these men said that we should love our enemies, bless those who revile us, and speak kindly to those who slander us.

None of this means, of course, that we shouldn’t defend ourselves. If someone bullies you or treats you wrong, then please please please go and talk to someone. There is no excuse for hurting others, and unfortunately it is the duty of the victim to seek justice (or to find someone who can seek justice for them, like a teacher, parent, or priest). Everyone should be treated with love and respect, and sometimes we need to call people on their wrong behavior in order to get what we all deserve.

What Jesus and St. Paul warn us against, however, is becoming hateful people ourselves when we face adversity. It’s really easy to just sling hatred or harmful words against people who have harmed us, but such words won’t help the situation, and they certainly won’t change a person’s heart. The world needs Christian love. It needs other types of love, too, but the kind of love that Jesus lived and St. Paul preached are tremendously important in our hurting and lonely world. If you feel angry or hurt, take a step back, talk to someone you trust, and find healing. But don’t use your anger to make others hurt right back. That will only lead to more pain.

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Prayer

God, I join with your son Jesus Christ in praying for those who hurt us. May they turn from their ways and see your light and your love. May they repent of their sins that hurt, belittle, and damage the lives and hearts of others, and may they become healers in our world. Forgive them, Almighty God, and show them the way to your Love.

Sunday, October 18th, 2026

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Jesus said to the disciples, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah,\* the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven.

Luke 6:15-17

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It would be nice if Jesus were here to tell you when you were right and when you were wrong about things, but unfortunately Jesus doesn't speak as clearly to us as he did to St. Peter! Is telling the teacher about a bully just tattletaling, or will it actually help you and your friends not be bullied anymore? Should you check over your homework a second or third time, or is it time for video games? Should you clean your room like your parents asked you to, or can it wait another day?

There are all sorts of decisions to make about life: whether to join a sport, learn an instrument, study a particular subject in school, get deeper into your hobbies - all sorts of things. And these decisions only get harder the older you grow: what college should you go to, what should you major in, what kind of you do you want to have when you grow up? These are all big questions, and while you can and certainly should talk to people about how to answer them, at the end of the day it's up to you to figure them out.

As Christians, we don't just do what we want and what makes us feel good. Christians think about what will glorify God and spread love in a hurting world. When we come to these big questions, we don't just ask what *we* hope to happen but what *God* hopes will happen. We pray, "God, what is your will for me?" Then we listen. This doesn't mean that what God wants will be counter to what you want. Maybe your dream job is your dream job because it's what God has been leading you towards. Maybe we don't need help thinking of an answer, but we need help having confidence and courage to follow a path through. Whatever the case, you are not in this alone. You have God, and you have the Church which is here for you, be that the person who sits behind you in the pew, your priest, or the person who directs a choir you're in. Trust, love, and have faith that God is with you in all sorts of ways.

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Prayer

God, be with me. Guide me. Strengthen me. Give me courage. Give me hope.

Sunday, October 25th, 2026

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For where two or three are gathered in my name, I am there among them.

Matthew 18:20

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When people are sad or lonely, many of them ask, “Where is God?” The Bible tells us that, even if we don’t see or hear or feel God, he’s definitely with us, but in difficult times it can be hard to trust the wisdom of our scripture. We often want God to be clear with us about what to do, how to live, or simply to be there for us when we’re feeling down or alone. So, what are we to do?

There are a lot of things to help us when we’re feeling these ways, but one of them is to be with another person. Jesus says it this way in St. Matthew’s gospel: “where two or three are gathered, I am there among them.” On the one hand, this may seem like an odd promise of presence for those times when we’re not feeling like God’s around, but this promise is actually different than others. Yes, there are times when we can feel God or Jesus Christ when we are alone, maybe when we’re in prayer or when we’re walking through the forest. I feel God’s presence when I listen to music. But we can also feel God’s love through other people.

We may know this, actually, from our pets. Sometimes we are so upset and frustrated that we want to be alone, but for some reason, “being alone” can mean “being alone with a cat on my lap.” Animals have a calming presence on us. I’ve calmed down and been helped just from petting a dog’s head. Thanks be to God for animals.

We can be this presence for people in our lives, and people we trust can be this for us, too. You don’t need to have someone pet your head to make you feel better (though, hey, why not?), but sitting with someone, maybe without even saying anything, can do a world of good. I’ve known people to open up after just five or ten minutes sitting in silence, and there are times when I sat with someone for up to a half hour, neither of us saying anything at all, and when we parted the person thanked me for all that I did. But what did I do? Nothing but be the presence of God in their lives and in their pain or loneliness.

There is a lot we can do for one another. There is a lot others can be for us.

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### Activity

Sit in silence for a while, ask God to be with you, and rest in him.

## Somedays' Meditations

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