

Somedays' Meditations

meditations on Scripture for
middle and high schoolers



Somdays' Meditations, Volume 3!

Welcome to another edition of *Somedays' Meditation!* In one of our Eucharistic prayers, we say that it is a good and joyful thing, always and everyone to give our thanks to God. It is also a good thing, always and everywhere, to meditate on God's holy word to us and to give thanks to God's presence in our lives. Hallelujah!

What does it mean, though, to *always* give our thanks and praise to God? Or to meditate on God *always and everywhere*? Sometimes we need to pay attention at school, or we're talking to our friends, or we're watching a movie. Should we be thinking about God even during these times? Wouldn't we be distracted? Should our parents be praising God while they're driving!? That's dangerous!

Praising God and remembering Jesus is not just singing hymns or receiving the Eucharist. When we remember God during the day, we keep our hearts turned towards Jesus. We feel the peace of the Holy Spirit inside us. Our chests feel lighter and more open, as if we just took a great breath of air.

How do we do this? Well, we don't just turn on our praise like we might turn on a lightswitch! We practice it. We turn to God in the evening and thank God for all the good things that happened that day. We turn to God when we are worried or scared and pray for peace. We take a few moments of silence and center ourselves before we work on a project. In other words, we practice our faith. And like with a sport or art, the more we practice, the better we get at praying.

So keep praying. Don't worry if you don't know how to do it or you don't know what to say to God. Start with: "God, teach me to pray." God is there to guide you and to lift you up!

Wednesday, December 3rd, 2025

Great crowds came to Jesus, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them, so that the crowd was amazed when they saw the mute speaking, the maimed whole, the lame walking, and the blind seeing.

Matthew 15:30-31

Wait a second! How did he heal the lame, the blind, and the mute? Could Jesus use magic!? I thought that magic doesn't exist!

Well, no, Jesus didn't cast a magic spell. These healings are called "miracles", because they are impossible things that still happen. Jesus did many miracles in his life, from healing the sick and the lame to raising a little girl from the dead. Miracles were one of the reasons people believed Jesus when he said that he was the Son of God.

Miracles aren't just for Jesus, though. Miracles still happen, even today. Have you ever been very, very sick, but somehow you got better? Maybe you took medicine, maybe you got a lot of sleep, or maybe you didn't do anything in particular, but you still got better. Many people experience healing in their lives, and often doctors can't explain why they got better. People also heal from emotional wounds, like when someone close to them has died. Many people are "broken" from the things that happen to them, but somehow they become whole again. These are miracles.

Miracles are all around us, and all miracles come from the Holy Spirit. Miracles may come through things that we do (like medicine or caring for others or through prayer), and they may come when we don't ask for them. God is present in our lives, giving us miracles and grace each and every day!

Activity

When has a miracle happened in your life or in the life of someone you love. Ask your parents about miracles in their lives. Ask your grandparents. Ask them what miracles are, what happened, and how they thanked God for giving them such wonderful grace.

Sunday, December 7th, 2025

The wolf shall live with the lamb,
the leopard shall lie down with the kid,
the calf and the lion and the fatling together,
and a little child shall lead them.

Isaiah 11:6

Now here's a strange bit of Scripture! A wolf lying down with a lamb? A calf and a lion together? Don't wolves eat sheep, let alone baby lambs? And wouldn't a lion just gobble up a calf? This is like saying that a person would sit with a big, juicy hamburger in front of them and not eat it, even if they were hungry! Or imagine it's your birthday, and the cake comes out with all the candles, you blow them out, but then when someone gives you a slice, you say, "No, thank you! I shall lie down with this cake and not eat it. We are at peace with one another."

Well, maybe it's not exactly like that, but it's close! In nature, there are carnivores that can only survive if they eat meat. Wolves and lions are carnivores, and carnivores like wolves and lions eat animals like lambs and calves. That's just how things work.

Isaiah isn't talking about what things are like now, though. Isaiah is talking about (actually, he's *singing* about) the Kingdom of God. Some say that he's even talking about Heaven. In Heaven, in God's Kingdom, carnivores don't have to eat little animals. They can survive without another creature dying. We don't get many pictures of Heaven, but this is a pretty astounding one. In Heaven, no one, not any thing, has to suffer in order for something else to live.

That's pretty amazing.

Question

What does Heaven look like to you? How do you picture it? Ask your parents and other family what they think and talk a little bit about family or friends that might be in Heaven right now.

Wednesday, December 10th, 2025

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.’

Matthew 11:28-30

Isn't this a beautiful bit of Scripture? I think of these verses often, especially when I'm tired or lonely. For many Christians, when they feel that life is too hard or scary or that they're too afraid, they think of this verse. Jesus said this to the people who were around him, and he's saying this to use right now, too.

Many Christians memorize parts of Scripture, and this is a really good one to memorize. It's like memorizing a song and singing to yourself when you're feeling out of sorts. Have you ever done that? I sing a song to myself when I want to feel connected to God. I also sang it to my children when they were little babies. When babies are very young, they wake up every two or three hours and want to be fed. Parents have to get up and feed them. While the baby is drinking a bottle or nursing, some parents pass the time by reading, others by watching a movie, and some (like me) sing songs to their babies. It made me happy to share my song with my daughters when they were just coming into the world.

God gave us the Bible for many reasons. God hopes that we learn from the Bible, that we listen to what Jesus asks us to do (like “love one another”) and about what Jesus did for us. God also gives us Scripture so that we can feel close to him. It's not that God is lonely. No, God knows that sometimes *we* can be lonely. Or lost. Or afraid. And so God inspired people to write the Bible so that we remember that God loves us.

Jesus, who was and is God, said these words. Treasure them.

Activity

Try to memorize these verses of Scripture. Ask a parent, an adult, or your priest to join you.

Sunday, December 14th, 2025

For waters shall break forth in the wilderness,
and streams in the desert;
the burning sand shall become a pool,
and the thirsty ground springs of water;

Isaiah 35:6-7

Isaiah often sings about renewal. If you read these meditations last week, you might remember that in Isaiah, chapter 11, Isaiah sung about how the wolf will lay down with the lamb and the lion with the calf. These things seem impossible, but for God, anything is possible.

God's amazing work won't stop with animals or other things that we think of as "alive." God will bring life to things that we normally think have no life at all: deserts and the burning sand will receive waters. And not just waters! Streams and pools and springs of water will fill what was once dry and lifeless. Pay attention to the images that Isaiah uses, too. It's not only that there will be water in dry places, but that those dry places are thirst. They want water. They need it, but they're not getting it. Think of a time when you were so, so, so thirsty, maybe after you played in gym or ran outside on a hot day. Think of how thirsty you were. This land is just like that, and Isaiah is singing that this kind of land, this thirsty land, will not only receive water, but that it will be a *spring* of water. It will produce water. It will become a source of life!

We Christians are like that. We want so much. We *need* so much. And God will give us those things that we need. But God will also make us into *givers*. We won't spend all our lives needing more and more, but we'll actually find that we need less and less. We will give what we have to others. And not only that: we will give from a Spring that is the source of all life. We will become springs of living water.

Question

The Bible often uses metaphors, and this is one of them. What do you think is a spring of living water? Have you ever felt like a "living spring?"

Wednesday, December 17th, 2025

Jesus said to them, ‘Children, you have no fish, have you?’ They answered him, ‘No.’ He said to them, ‘Cast the net to the right side of the boat, and you will find some.’ So they cast it, and now they were not able to haul it in because there were so many fish.

John 21:5-6

Today is the feast day of blessed Dorothy L. Sayers. What do we do in the church on feast days of saints? We talk about who they were, how they lived, and how they spread the Gospel of Jesus Christ. So, who is Dorothy L. Sayers?

Sayers wrote mystery novels. Now, you may ask: how does writing novels spread the Gospel of Jesus Christ? Well, the Gospel is that God loves us no matter what happens and always welcomes us back into communion with him. That was Jesus’ whole message: God loves us, God is with us, God will forgive us if we do something bad.

Sayers’ way of sharing that message was through fiction. She wrote stories about forgiveness, hope, generosity, and love. Some people criticized her: should a Christian be writing mystery novels, which are often about bad people doing bad things? Sayers answered, “Yes, of course!” God made human life holy by becoming human. And part of human life is dealing with bad people doing bad things - and, importantly, those people being brought to justice.

Being a Christian doesn’t mean that you have to talk about Jesus and God all the time. Some Christians are priests or work in churches, but many other Christians work in the world as teachers, doctors, or artists. We can live the Gospel in almost any job. The way to do this is to treat others as Jesus treated us, to live a life devoted to generosity, hope, forgiveness, and justice. We have to choose to live that life, but we can do the work of God in many, many ways.

Activity

Ask your parents or another adult how they live as a Christian in their work. How do they spread the Gospel in how they make a living.

Sunday, December 21st, 2025

Mary's husband Joseph [was] a righteous man...

Matthew 1:19

We talk a lot about Jesus' mother Mary (and so we should!), but we don't talk much about Joseph. Part of that is because we don't hear much about Joseph in the Bible. There are many reasons for this. It was common in Jesus' day for men to marry when they were older, and their wives were younger, so Joseph may have died by the time Jesus started his ministry. Or, Jesus may have taken a different career path than his father. Joseph was a carpenter, and Jesus was a rabbi, or a religious teacher. Jesus also focuses on the family of his disciples rather than his birth family. These are all possible reasons that we don't hear much about Joseph, but we don't know the truth.

Whatever the case, we know that Joseph was a righteous man. What does that mean? We don't use the word "righteous" much in our day-to-day conversations, so you may not have come across it yet. Look at the beginning of it, though. Do you recognize a word you know? Righteous begins with "right", which means something like "correct." Joseph was someone who did things correctly. He did the right thing. He didn't try to cheat people, or hurt others, or make people feel bad. He wanted what was best for the people he knew.

That's actually a pretty important thing to know about a person, especially a person who helped raise Jesus! We all learn by example, and while Jesus was God, he needed earthly and human teachers to guide him and show him how to live a good life. Joseph was this person for Jesus.

Activity

Do you know anyone in your life who is "righteous?" Or, do you know anyone who taught you how to be a good person? What kinds of things did they teach you? What are they like? How do they help you define "righteous?" Maybe tell them what you think of them and thank them for giving you such a good example!

Wednesday, December 24th, 2025

By the tender mercy of our God,
the dawn from on high will break upon us,
to give light to those who sit in darkness and in the shadow of death,
to guide our feet into the way of peace.

Luke 1:78-79

When I was young, I was scared of the dark. Actually, truth be told, I'm still a little scared of the dark. When I turn out the light in my basement, a little part of me imagines that something is down there that wasn't there before. When I hear noises or see shadows at night, I wonder, "What could that be!?" Of course, there's nothing much in the basement besides my kids' toys and some books, and the thing that I hear at night is just our fan making funny noises or a car passing on the road outside the house, but sometimes my imagination speaks with a larger voice than my reason. I imagine things that I know aren't true.

Darkness can mean something else, though. Darkness can mean being sad or alone. The phrase "sitting in darkness" can refer to those times when we feel anxious or angry. Times of darkness can be when people we love face death or when we think about our own death many years in the future.

God, however, is always with us, even in these times of darkness. No, God is with us *especially* in these times of darkness! And God is not just there, but God is there in *tender mercy*. Think of it! God wants to be with us! He wants to be by our side! He looks at us in our fear and our anxiety and, through tenderness and mercy, he rushes to be with us so that we don't have to be scared anymore. Bad things may still happen, but God is still with us.

That's the meaning of Christmas, really. Getting presents is fun. It's good to see family. I love our Christmas pageant. But the real meaning of Christmas is that God loved us so, so much that he was born as a little child to grow up like us and hold us in human arms. God's mercy springs from his experience of fear and anxiety that he felt when he was in this world as Jesus. And that presence and that love will never disappear!

Try praying this prayer: God, be with me in my darkness. Don't forget me. I know that you love me. Be here with me.

Sunday, December 28th, 2025

Almighty God, you have poured upon us the new light of your incarnate Word:
Grant that this light, enkindled in our hearts, may shine forth in our lives.

The beginning of the collect prayer for the first Sunday in the Christmas season

Did you know that Christmas isn't just a single day but a whole *twelve* days? You probably know the song "The twelve days of Christmas" where a person gives very extravagant gifts to their loved one on twelve days. Well, that song comes from the tradition that Christmas is a *season*, not just a single day.

On December 26th or 27th, you can see many Christmas trees out by the side of the road to be picked up. Often, we celebrate Christmas day and then move on to think of New Year's Day and the next year. But don't put away your Christmas decorations too soon! Continue listening to Christmas music and watching Christmas movies! Keep lighting your Advent candles (with the middle, Christ candle lit, too) each night. Keep that tree up!

And why? Why should we keep on celebrating Christmas for twelve whole days? Because Christmas isn't just about celebrating a single event. Jesus' birth changed the entire world. It changed the entire universe! When we celebrate Christmas for twelve days, we remember that Jesus' birth doesn't stop being important to us. It continues to be important, even two thousand years after Jesus was born. Jesus is just *that* important.

Activity

Make a gift for someone today and give it to them before January 5th (the end of the Christmas season). Home-made gifts are the best anyway, and making gifts is just plain fun. Give it to the person and tell them about the Christmas season and some of what you learned here and in other meditations.

Wednesday, December 31st, 2025

In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:1

This verse of Scripture is the beginning of St. John's gospel, which is one of the four stories about Jesus' life. This verse is also about beginnings, and it's actually about the beginning of the universe (wow!). St. John wrote that Jesus was the Word, which sounds pretty confusing, but it's very important. We can talk about the word "Word" another time, but the important thing to know is that, according to St. John, Jesus was there when the universe was created. He was there at the beginning of the world.

We say that God is love. We also say that Jesus was and is God. So what St. John is saying is that at the beginning of the universe, when everything was being made, when God lifted up his hand and said, "I'm going to create a universe!", love was already alive. There was never a time that love was not a thing. Love has always been.

Today we come to the end of the year 2025. Tomorrow is the start of 2026. This past year may have been hard for you, but love has always been here. Next year may be a difficult year, but love will always be with you. We always have an opportunity to love others, and we often forget that this means that we always have an opportunity to love ourselves, too.

Do not forget about love in this new year. Always remember that love has been here at the very beginning of the universe - it was here even *before* the universe began. And, most importantly, love is what God used to build the world. Love is the center of all things, love is the reason for all things, and love is a person, is God, who loves you and cherishes you and will do anything for you. Thanks be to God!

Questions

Think back over the past year. When did you see love? Who showed you love? When did you show someone love?

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