

JULY 2025 | VOL.8

THE SEEKER'S SCROLL



Monthly Newsletter from 2 Minutes with the Lord

TRUE FREEDOM IN JESUS



Dear Friends in Christ,

As July unfolds, many of us eagerly anticipate moments of leisure, relaxation, and family gatherings. It's a season often characterized by warmth, laughter, and rejuvenation. Yet amidst the joy and rest, we are invited by Christ to experience something even more profound and more transformative—spiritual freedom.

In our modern world, freedom means the ability to do as we please, whenever we choose. Society often promotes a freedom rooted solely in individual autonomy, personal pleasure, or immediate gratification. However, the Gospel presents a profoundly different vision: the freedom offered to us by Jesus Christ.

Christ's freedom is a profound liberation of the heart. It releases us from the chains of sin, shame, worry, fear, and resentment that so easily entangle us. This freedom is not merely about external conditions or circumstances; it is an internal state of peace and joy that endures even in the face of life's inevitable trials and challenges. In John's Gospel, Jesus assures us, "If the Son sets you free, you will be free indeed" (John 8:36). This promise invites us to trust in Him fully. His freedom allows us to let go of past hurts, forgive sincerely, live generously, and embrace joy wholeheartedly. It enables us to trust that God's plans for our lives surpass anything we could achieve or even imagine on our own.





Reflecting on Christ's freedom, consider your own life:

- What burdens or anxieties are you carrying today?
- Where do you feel trapped or held back by fears, doubts, or regrets?

This July, I encourage you to create moments of stillness intentionally. Take time each day for quiet prayer and reflection. Allow Christ to gently remove those burdens from your shoulders and invite His peace to settle deeply into your heart. Embrace the sacrament of reconciliation, Eucharistic adoration, and spiritual reading as pathways to encountering Jesus' liberating love.

With prayerful blessings,
Fr. Veigas Dominic, SVD

2 Minutes of Divine Wisdom

REFLECTION ON THE WORD OF GOD

Verse: "Where the Spirit of the Lord is, there is freedom."
– 2 Corinthians 3:17

Exegesis & Reflection

These insightful words from the Apostle Paul, written in his second letter to the Corinthians, reveal a profound truth about the transformative power of the Holy Spirit in our lives. Paul emphasizes to the early Christians—and equally to us today—that authentic freedom is found only where the Spirit of God reigns.

In Paul's context, the believers in Corinth struggled with divisions, worldly attachments, pride, and internal conflicts. To this community, Paul boldly proclaimed the liberating presence of the Holy Spirit. He taught that genuine freedom is far more profound than mere personal choice or the absence of constraints. True freedom, according to Paul, is a spiritual reality—a liberation from the bondage of sin, fear, guilt, and resentment.



The Greek word Paul uses for freedom, ἐλευθερία (eleutheria), signifies not just freedom from something, but also freedom for something. It means liberation from slavery to sin, allowing us to embrace God's purpose and calling fully. This freedom isn't reckless or selfish, but rooted deeply in Christ's selfless love. It will enable us to live authentically, unencumbered by anxiety, bitterness, or pride.

When the Spirit leads us, our hearts naturally become attuned to God's desires and purposes. The result is a life marked by authentic love, humility, joy, generosity, and peace. Living in the Holy Spirit enables us to forgive others freely, generously give of ourselves, and courageously embrace God's calling, even in the face of difficulty.

Deeper Reflection Questions:

- **Think about areas of anxiety, fear, sin, or resentment where you feel trapped or stuck.**
- **Reflect on how open and willing you are to surrender your daily decisions to God's guidance.**
- **Consider how your relationships, decisions, and emotional health could be transformed.**

Action Steps:

- **Morning Invitation: Begin each day this July with a simple, intentional prayer:**
- **Daily Reflection: At the close of each day, pause briefly to reflect on how well you cooperated with the Spirit's guidance. Note specific moments where you felt the Spirit's freedom or recognized missed opportunities to respond.**
- **Weekly Practice: Once a week, spend a little extra time in prayer or Eucharistic adoration, consciously bringing to mind areas in your life needing spiritual liberation. Surrender these areas intentionally to the Spirit.**

Prayer to the Holy Spirit for True Freedom:

**Holy Spirit, my Advocate and Guide,
Teach me to love boldly, forgive readily, and trust deeply.
Transform my heart, mind, and soul,
that my life may reflect the glorious freedom of the children of God.
Amen.**

Catholic Leaders Unite in Urgent Appeal for Ecological Conversion

In preparation for the upcoming United Nations Climate Change Conference (COP30) scheduled for November 10–21 in Belém, Brazil, Catholic bishops from Asia, Africa, and Latin America have come together to issue a powerful call for climate justice and ecological conversion.

In a document titled, “A Call for Climate Justice and the Common Home: Ecological Conversion, Transformation, and Resistance to False Solutions,” bishops and representatives from SECAM (Africa), CELAM (Latin America), FABC (Asia), and the Pontifical Commission for Latin America have urged governments, communities, and individuals to respond boldly and decisively to the environmental crisis.

Presented at the Vatican on July 1, 2025, the statement highlights the Church’s unwavering commitment to integral ecology, deeply inspired by Pope Francis’s groundbreaking encyclical, *Laudato Si’*, now marking its tenth anniversary, and the continued vision of Pope Leo XIV.

At the presentation, Cardinal Filipe Neri Ferrão from India, president of the Asian bishops, emphasized that the appeal is fundamentally pastoral, calling humanity’s conscience to act against a system that exploits and endangers our planet. Cardinal Jaime Spengler of Brazil echoed the voice of indigenous, Afro-descendant, and peasant communities in Latin America, cautioning against economic approaches that disguise exploitation behind terms like “green capitalism” and “financialization of nature.”

Representing Africa, Cardinal Fridolin Ambongo from the Democratic Republic of Congo passionately called for justice against centuries of exploitation and environmental degradation that have deeply impoverished African communities, insisting, “Africa wants a future of justice and peace for all.”



Meanwhile, Cardinal Ferrão underscored Asia's vulnerability, citing typhoons, rising sea levels, and forced migration, while cautioning against superficial "green" solutions that fail to respect human dignity. He called on wealthier nations to recognize their ecological debt and invest in genuine educational, economic, and social initiatives for the Global South.

Cardinal Michael Czerny praised the document, describing it as a powerful continuation of Pope Francis's legacy through *Laudato Si'*, now embraced and amplified by Pope Leo XIV.

Action for Our Common Home:

As the Church raises her prophetic voice at COP30, all faithful are encouraged to reflect deeply on their lifestyles, advocate for sustainable solutions, and commit to personal and communal ecological conversion. Together, let us care for our common home, promoting justice, sustainability, and peace for all generations.

"The Earth is our common home; let us protect it together."

7 Days of True Freedom

Day 1: Forgive someone who has hurt you.

Day 2: Spend at least 10 minutes in silent prayer.

Day 3: Disconnect from social media to connect deeply with God.

Day 4: Read and meditate on John 8:31–36.

Day 5: Journal about one area in your life needing spiritual freedom.

Day 6: Perform an anonymous act of kindness.

Day 7: Attend Eucharistic Adoration, placing all worries before Christ.

Catholic Corner: News & Inspiration

World Youth Day 2025 in Rome!

This July, millions of young people from around the globe gather in Rome for World Youth Day, encountering Christ, celebrating the Catholic faith, and sharing in mission.

Pope Leo XIV's Message:

"Young people, you are the heartbeat of the Church—live boldly, love generously, and proclaim Christ courageously!"

Vatican Encourages Peace Initiatives

Pope Leo XIV urges international cooperation and solidarity in the face of ongoing global conflicts, inviting all Christians to be peacemakers in daily life.

INSTA-SAINT



@ Ignatius of Loyola



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Posts

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 Bio:

 **Born: 1491, Loyola, Spain** 

 **Founder: Society of Jesus (Jesuits)**

Follow

Message



Mark 8:36



Manresa



Spiritual
Exercises



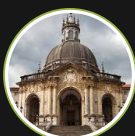
St. Francis
Xavier



IHS



Americas



Loyola



St. Ignatius of Loyola

Life and Conversion:

Born in 1491 into a noble family in Loyola, Spain, Ignatius of Loyola initially pursued fame and glory as a courageous soldier. His early years were marked by worldly ambitions, bravery, and dreams of military greatness.

However, his life took a dramatic turn in 1521, when he was gravely injured by a cannonball during a fierce battle in Pamplona. Forced into a long, painful recovery, Ignatius requested popular tales of chivalry to pass the time. Instead, he was given books on the lives of Christ and the saints. This seemingly small detail changed everything.

Reading these inspiring stories, Ignatius experienced a profound spiritual awakening. He began to reflect deeply on his life's purpose, experiencing powerful consolations and insights. He recognized a new call—not to conquer territories, but hearts; not to serve kings, but Christ alone.

Legacy: Ignatian Spirituality & Jesuits:

After his recovery, Ignatius embarked on a pilgrimage, surrendering his sword at the shrine of Our Lady of Montserrat and spending months in deep prayer in a cave near Manresa, Spain. Here he composed his profound spiritual guide, the "Spiritual Exercises," a powerful tool designed to help individuals discern God's voice, deepen their relationship with Christ, and discover their unique vocation.

In 1540, Ignatius and a small group of friends, including St. Francis Xavier, founded the Society of Jesus (the Jesuits). Their mission: to serve God by educating young people, preaching the Gospel, and ministering to the poor and marginalized around the globe.

Today, Jesuits run countless schools, universities, parishes, retreat houses, and missions worldwide, transforming lives through faith, education, and justice.

Ignatian Spirituality in Daily Life:

- **Finding God in All Things:** Recognize God's presence in daily life, relationships, nature, and experiences.
- **Discernment of Spirits:** Learn to distinguish God's voice from others, helping make wise and holy decisions.
- **Magis (Latin for "more"):** Always seek to love and serve God more fully, generously, and wholeheartedly.
- **Contemplatives in Action:** Integrate prayer and action, bringing your spiritual life into everyday activities and work.

Let's Connect

Instagram – @2MinutesWithTheLord

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Website – www.2minuteswiththelord.com

Your one-stop hub for bible resources and programs

Email: 2minuteswiththelord@gmail.com

Podcast

Listen now on [Spotify, Apple Podcasts, or Amazon Music]
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Season One : Faith Series

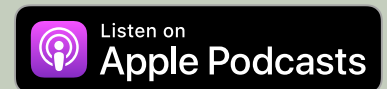
Season Two: Hope Series

Season Three: Miracle Series

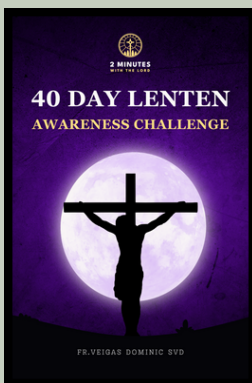
Season Four: Parable Series

Season Five: Psalm Series

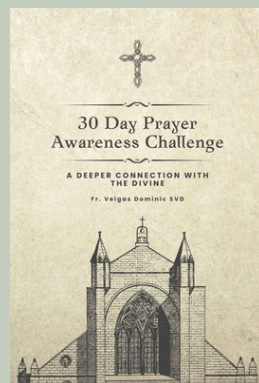
Season Six : Prophet Series



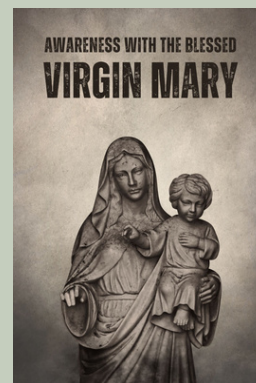
Books



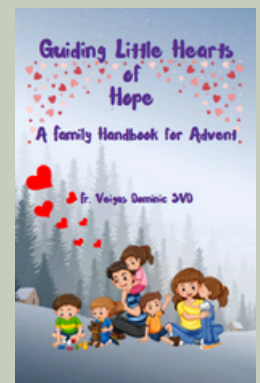
40 Day Lenten
Awareness Challenge



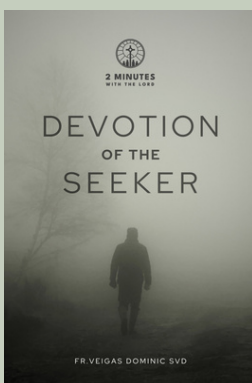
30 Day Prayer
Awareness Challenge



Awareness of the
Blessed Virgin Mary

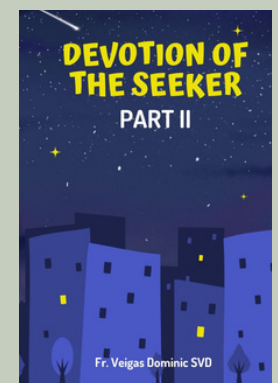


Guiding Little Hearts of
Hope



Devotion of the Seeker

Available on Amazon.com



Devotion of the Seeker II