

JANUARY 2026 | VOL.14

THE SEEKER'S SCROLL

MONTHLY NEWSLETTER FROM 2 MINUTES WITH THE LORD

MOVING FORWARD WITH FAITH



January arrives quietly but powerfully. The noise of celebrations fades, decorations come down, and life slowly returns to its familiar rhythm. The calendar turns a page, yet something deeper stirs within the human heart. Beneath this calm beginning lies a profound spiritual invitation: to walk forward with hope. January does not demand grand gestures or dramatic changes; instead, it gently asks us to pause, breathe, and begin again.

The new year is not simply a change of dates—it is a sacred threshold. God places before us fresh days not to burden us with expectations, resolutions, or pressure, but to offer us grace. Each sunrise is a gift, not a test. January teaches us an important spiritual truth: beginnings do not require perfection; they require availability. God does not ask us to have everything figured out. He asks only for an open heart willing to trust Him one step at a time.

So often, we want clarity for the entire journey before we move. We want guarantees, certainty, and control. Yet God's way is gentler and wiser. He does not reveal the whole road ahead—only the next faithful step. Like a lamp that illuminates just enough of the path to move forward, God's grace is sufficient for today. January reminds us that faith grows not through rushing, but through walking attentively with the Lord.

Throughout Scripture, God begins His greatest works in ordinary moments. A journey begins with a promise made to Abraham. A mission begins with a quiet "yes" spoken by Mary. A transformation begins with trust, often hidden from the world. God's saving work rarely starts with spectacle; it begins in listening hearts, daily faithfulness, and small acts of obedience. The extraordinary is born from the ordinary when God is allowed to lead.



As we step into this new season, the Lord walks ahead of us—not pushing from behind with fear or guilt, but inviting from before with patience and hope. He calls us forward not with harsh demands, but with gentle assurance: “I am with you.” January becomes holy ground when we choose to walk with Him—slowly, honestly, and faithfully.

May this month be a time of realignment rather than pressure, of trust rather than anxiety, and of hope rather than fear. Let us walk forward together, carrying less weight from yesterday and more trust for tomorrow, confident that God, who has begun a good work in us, will bring it to completion.

With Prayerful Blessings

Fr. Veigas Dominic



2 MINUTES OF DIVINE WISDOM

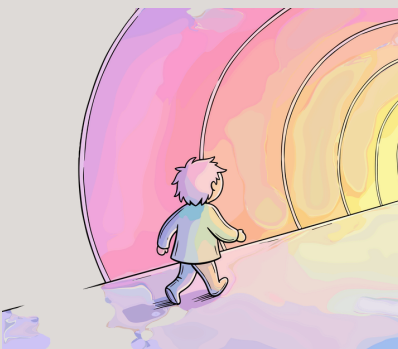
REFLECTION ON THE WORD OF GOD

Master, I want to see.” — Mark 10:51



In a simple roadside encounter, the Gospel reveals a hope strong enough to change a life. Bartimaeus is blind, seated on the margins, and dependent on others. Yet when he hears that Jesus is passing by, hope gives him a voice. He cries out, “Jesus, Son of David, have mercy on me.” Even when the crowd tries to silence him, he refuses to stop. Hope does not wait for ideal conditions; it dares to call out even when discouraged.

Jesus stops. He listens. And then He asks Bartimaeus a question that invites hope to speak aloud: “What do you want me to do for you?” Bartimaeus replies, “Master, I want to see.” In Greek, the word he uses is ἀναβλέψω (anablépsō), which means not only “to see again,” but also “to look up.”



Bartimaeus is asking for more than physical sight—he is asking for a new direction, a future lifted from darkness toward light.

This Gospel reminds us that walking with hope means choosing to cry out instead of giving up, rising when Jesus calls, and trusting Him even when the whole path is not yet visible. Like Bartimaeus, we are invited to look up and move forward with faith.

Reflection Question:

Where in my life am I being invited to ἀναβλέψω—to look up, trust again, and walk forward with Jesus, even if I cannot yet see the full path?

Examine

Where have I been sitting still, silent, or discouraged instead of crying out to Jesus?

What “cloak” of fear, habit, or self-doubt do I need to throw aside to rise and move forward?

In which area of my life do I desire not just comfort, but true sight and direction?

Action Step

Practice the “Look Up” moment.

Once today, pause for one minute, lift your eyes upward, and pray simply:

“Jesus, I want to see.”

Then take one small step forward in trust—make the call, forgive the offense, begin the task, or choose hope over hesitation.

7 Ways to Walk in Hope

Cry Out, Even When It’s Uncomfortable

Refuse to Let the Crowd Define You

Rise Before Everything Is Clear

Throw Aside What Weighs You Down

Ask Boldly for What You Truly Need

Follow Jesus, Not Just the Miracle

Take the Next Faithful Step



God in My Feed

Your feed is not random.

It is an engineered system—powered by algorithms, attention metrics, and behavioral prediction models—designed to maximize engagement. Every pause, like, replay, and scroll trains the system to deliver more of what captures your attention.

And attention, whether we realize it or not, is a form of worship.

Modern platforms operate within the attention economy. The longer you stay, the more data is gathered. The more data gathered, the more precisely your desires are mirrored back to you. Over time, the feed does not just reflect your interests—it begins to shape them.

This is where God quietly enters the equation.

When a post triggers comparison, anxiety, or restlessness, it reveals something deeper than content preference—it reveals interior hunger. When endless scrolling produces fatigue rather than fulfillment, it is not a personal failure; it is a neurological response. Dopamine spikes without meaning eventually lead to emotional depletion.

Your soul was not designed for infinite stimulation.

It was designed for presence, coherence, and relationship.

God does not compete with algorithms. He works beneath them—at the level of conscience, awareness, and desire. He speaks through what interrupts the scroll: the sudden emptiness, the longing for silence, the moment you realize you are connected to everything yet grounded in nothing.

Even digital exhaustion can be sacramental.

It can signal a need not for better content, but for deeper attention.

Faith in a digital age does not require abandoning technology. It requires reclaiming agency. Choosing when to engage, when to disengage, and when to redirect attention toward what restores rather than consumes. Silence becomes an act of resistance. Reflection becomes a form of freedom.

God speaks not through notifications, but through discernment.

Not through virality, but through truth.

Not through constant input, but through intentional pause.

Before the next scroll, stop for a moment and ask:

What is my attention being trained to love?

Because whatever shapes your attention slowly shapes your soul.

And even in a world of algorithms, God still calls you by name—not by data.

World Day of the Sick 2026:

Love by Bearing Another's Pain

In his message for the 34th World Day of the Sick, to be observed on 11 February 2026, Pope Leo XIV invites the faithful to rediscover compassion through the image of the Good Samaritan. Titled “The compassion of the Samaritan: loving by bearing another’s pain,” the message calls Christians to a deeper, more relational understanding of charity—one that does not pass by suffering but draws near to it.

Reflecting on the Gospel of Luke, the Pope recalls how Jesus answered the question, “Who is my neighbor?” with the parable of a wounded man left on the road while others passed by. It was the Samaritan—an outsider—who stopped, tended the wounds, and ensured ongoing care. This image, Pope Leo notes, remains essential today for rediscovering the beauty of charity and the social dimension of compassion, especially toward the sick and vulnerable.

Inspired by *Fratelli tutti*, the Pope emphasizes that compassion is never merely an individual gesture. True care unfolds within relationships—between the one who suffers, those who care for them, and God, who is the source of all love. He highlights three dimensions of this “gift of encounter”: the joy of offering closeness and presence, the shared mission of caring for the sick, and a love that flows from our relationship with God into love for our neighbor.

In a world marked by speed, indifference, and distraction, Pope Leo reminds us that stopping to care is itself a countercultural act of joy. Compassion, he says, is a force that moves us to act and gives care a social and ecclesial dimension. The care of the sick is not optional—it is an authentic expression of the Church’s mission.

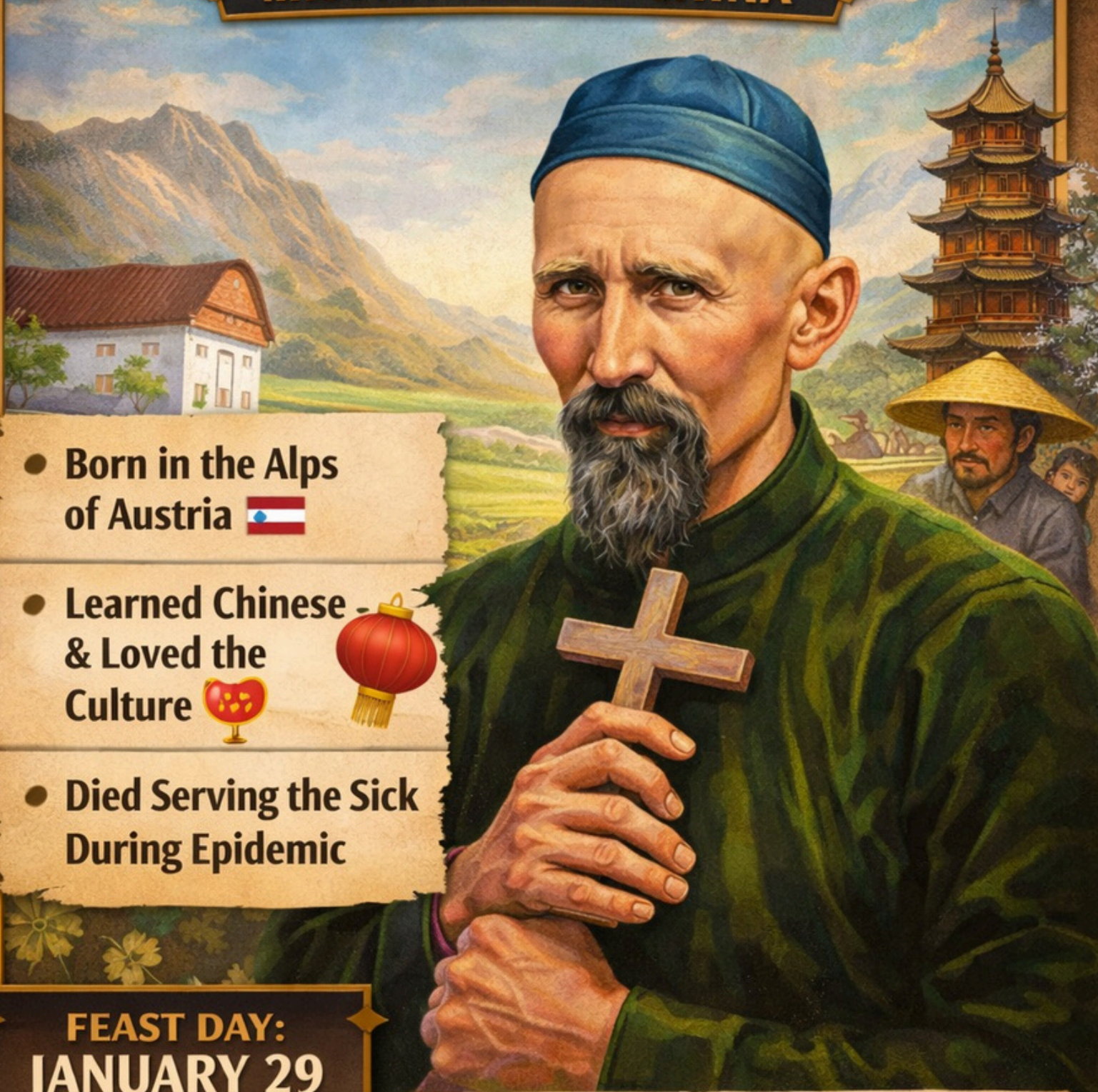
Concluding his message, the Pope invites all to pray for a renewed “Samaritan spirit,” entrusting the sick and their caregivers to Mary, Health of the Sick, and imparting his Apostolic Blessing to all who suffer and those who accompany them.



➤ SNAP SAINT ➤

ST. JOSEPH FREINADEMETZ

MISSIONARY TO CHINA



- Born in the Alps of Austria 🇦🇹
- Learned Chinese & Loved the Culture 🍒 🏮
- Died Serving the Sick During Epidemic

FEAST DAY:
JANUARY 29

“LOVE IS THE LANGUAGE EVERYONE UNDERSTANDS.”

SNAP SAINT

SAINT JOSEPH FREINADEMETZ

MISSIONARY TO CHINA • DIVINE WORD MISSIONARY (SVD)

REAL STRUGGLE

Left his homeland, learned a new language, embraced a foreign culture, and lived as an outsider—often misunderstood, often lonely.

SNAP MOMENT

He chose love over comfort. He dressed like the people, lived among them, spoke their language, and became one of them.

ONE-LINE WISDOM

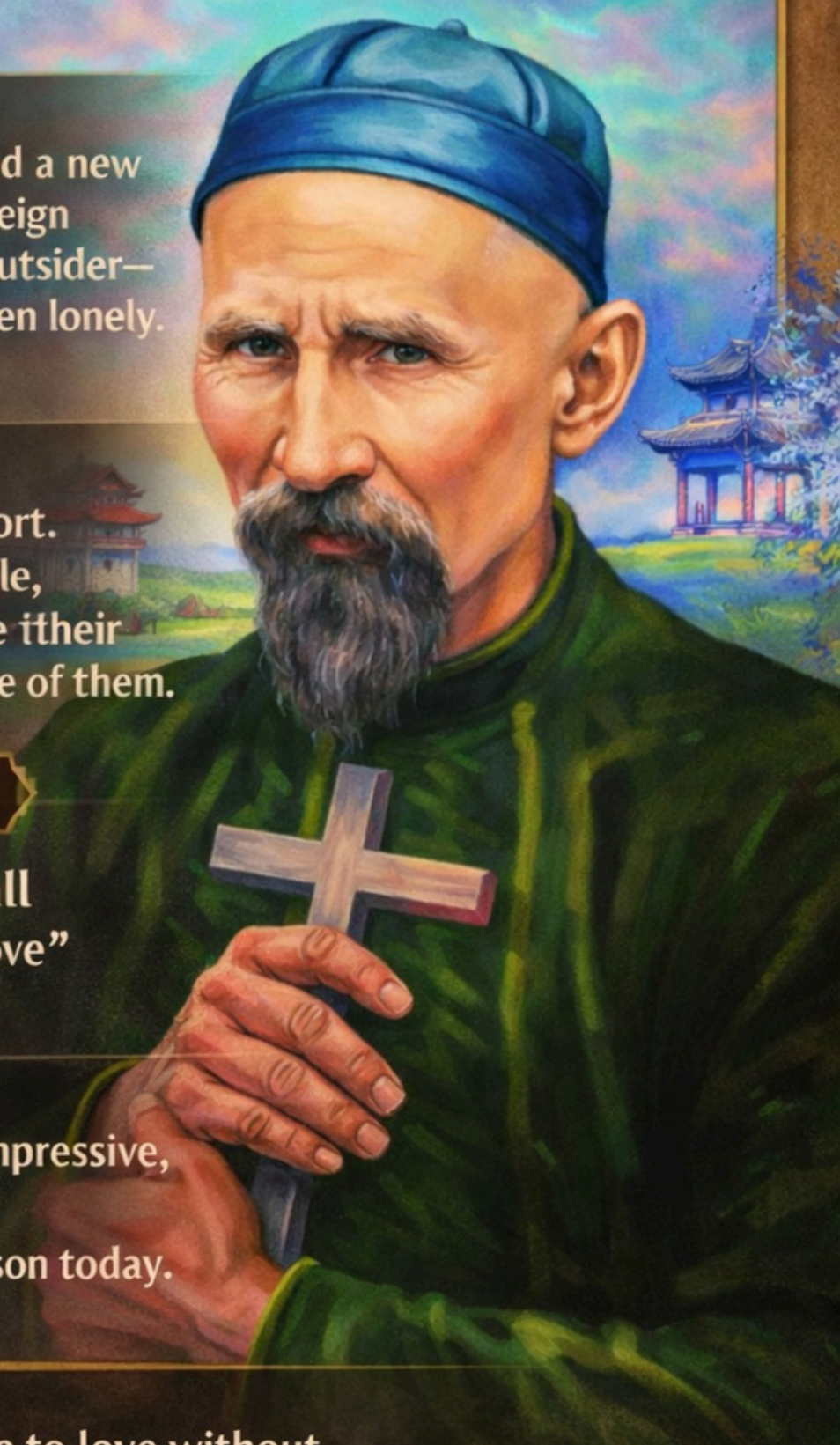
“The language that all people understand is love”

TRY THIS TODAY

Instead of trying to be impressive, try to be present.
Listen deeply to one person today.

SNAP QUESTION

Where is God, asking me to love without needing recognition?



Saint Joseph Freinademetz: When Love Learns a New Language

Joseph Freinademetz grew up in the quiet valleys of the Alps, where life was familiar, faith was steady, and the rhythm of days felt safe. He could easily have remained there—serving God among people who spoke his language, shared his customs, and understood his ways. But God had planted something restless in his heart: a desire to go where the Gospel was not yet fully known.

When Joseph arrived in China as a missionary, everything changed. The language was unfamiliar, the culture deeply different, and the people often suspicious of a foreign priest. He was misunderstood, sometimes mocked, and frequently lonely. There were days when the weight of being an outsider pressed heavily upon him. Yet instead of withdrawing or defending himself, Joseph made a quiet but radical choice: he would not ask the people to come to him—he would go to them.

He learned their language with patience. He dressed like them, ate their food, respected their customs, and lived among them as one of their own. Over time, people stopped seeing him as a foreign missionary and began to call him “one of us.” What opened hearts was not eloquent preaching or clever arguments—it was love expressed through presence.

During an epidemic, when fear drove many to protect themselves, Joseph stayed close to the sick. He visited them, comforted them, and cared for them until the very end. It was there, in quiet service and hidden sacrifice, that his life was poured out completely. He died not as a stranger in a foreign land, but as a beloved shepherd among his people.

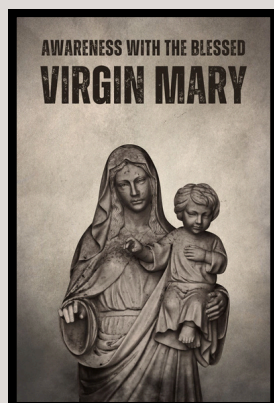
Saint Joseph Freinademetz teaches us that holiness is often lived far from applause. It is shaped in small choices: to listen instead of impress, to understand instead of judge, to love without needing recognition. His life reminds us that the Gospel is most credible when it is lived before it is spoken.

Reflection for the Reader

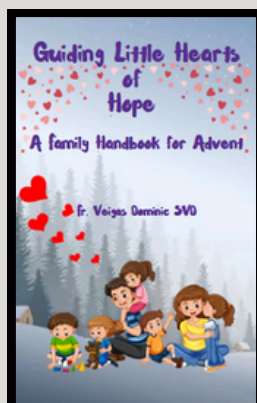
Most of us will never cross continents like Saint Joseph Freinademetz—but we are constantly crossing inner borders. We encounter people who think differently, live differently, or struggle silently. The saint’s question gently echoes into our lives today:

Am I willing to love people where they are, or only when it is comfortable? Perhaps God is inviting us—not to do more—but to be more present: to listen deeply to one person, to show patience where we usually hurry, or to serve quietly where no one notices.

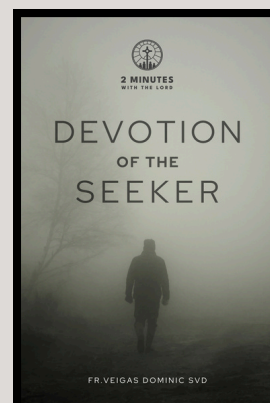
Wherever love is chosen over comfort, heaven touches earth again.



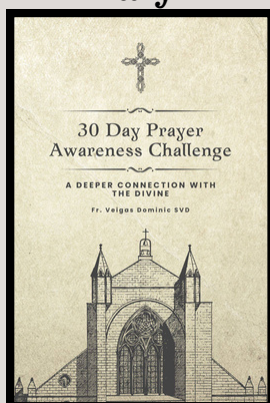
Awareness of the
Blessed Virgin
Mary



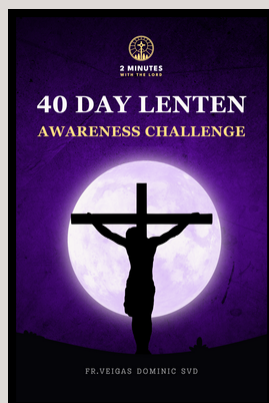
Guiding Little Hearts
of Hope



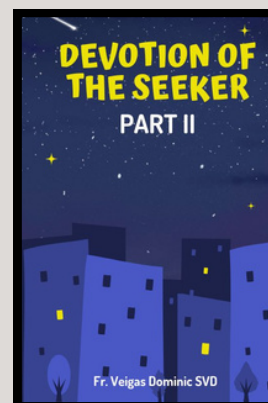
DEVOTION OF THE
SEEKER



30 Day Prayer
Awareness
Challenge

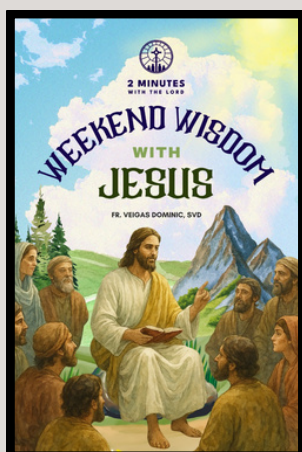


40 Day Lenten
Awareness
Challenge



Devotion of the
Seeker II

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Challenge for GEN
Z (ebook)

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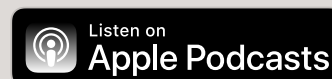
Season Six : Prophet Series

Season Seven: Witness

Series

Listen now on [Spotify, Apple Podcasts, or Amazon Music]

@2 Minutes with the Lord



Dear Dreamer of 2026, This year, dare to:
Dream bigger than comfort.
Begin before you're ready.
Fall without shame, rise without fear.
Celebrate progress, not perfection.
Make space for joy. Leave room for serendipity.
Write notes to your future self. Fill these pages
with laughter, lessons, prayers, and plans.
Above all, never forget: the real success is not only
what you achieve but who you become along the
way.

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