In the 1st Luminous Mystery, we read and we meditate undisturbed:

A SYSTEMATIC CARD for the
METHOD of PRAYER-ADP-VV
(Compiled by the Little Friars and Nuns of Jesus and Mary)

(F 17 - Sr. S.M.A.-F.)

"The Baptism of Jesus in the Jordan river"...

FROM THE GOSPEL ACCORDING TO - MATTHEW - :

"[After his baptism,] Jesus was led by the Spirit into the desert to be tempted by the devil." (Matt 4:1)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to step out every day from the continual, repetitive patterns of the world (or even of the liturgy) through a good knowledge of Sacred Scripture, so that we can defeat the devil who wanted to deceive Jesus with the same Sacred Scripture, trying to make Him reason in the wrong way and to turn his gaze from things on high to things below – the things that pass away (cf. *Matt* 4:8-10). (cf. *SLC*, p. 339; *SP*, p. 74)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding temptations, Pope Francis says: "Satan is a seducer; he is one that sows snares and is a seducer, and he seduces with fascination, with demonic fascination, leading one to believe everything.... Jesus was praying and fasting for 40 days in the desert, and at the end he was rather tired and hungry. And [Satan] comes... and makes three proposals to Jesus... [and Jesus] answers with the words of Scripture. This is what he teaches us. One cannot dialogue with the devil." (FRANCIS, Homily, 3 October 2015)

¹NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

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Then follows ...

- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)
- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...

- Then, a quick song relevant to the mystery / or one sings : "Aveeeee, Aveeeee, Ave Maria"

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...

¹ Our Father ...