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

(H12-Fr. A.M.S.)

"The Announcement of the Kingdom of God"...

FROM THE GOSPEL ACCORDING TO - MATTHEW -:

"[Jesus said:] 'Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: 'The kingdom of heaven is at hand.'" (Matt 10:5-7)¹

MEDITATION ON THE MYSTERY:

Lord, give us the great grace to truly be the light of the world (cf. *Matt* 5:14); and, since this life comes only once in all of eternity, give us the grace to make the most of it, helping as many souls as possible go to confession and communion. (cf. *SLC*, p. 449)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to announcing the kingdom and being the light of the world, Blessed Justin Russolillo writes: "You are, each one of you, a supernatural lever with which the divine zeal has chosen to raise the world! You are, each one of you, a supernatural flame with which the Holy Spirit wants to light up the world and set it on fire!"

(GIUSTINO RUSSOLILLO, Spiritus Orationis, III Parte, Cap. I, Ai SS. Ordini Religiosi 5,8 [unpublished translation by pfsgm])

¹NABRE (USCCB)

FREE AND PERSONAL MEDITATION

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

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Then follows ...

- 1 Our Father ...
- 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 ...