

“Jesus Burdened with the Cross”...

FROM THE GOSPEL ACCORDING TO - JOHN - :

“So [the soldiers] took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him...” (John 19:16b-18)¹

MEDITATION ON THE MYSTERY:

Let us cultivate our hearts with the plow of the cross – as well as the hearts of others! But be careful, for it is written: *“whoever puts his hand to the plow and looks back is not fit for the Kingdom of God!” (cf. Luke 9:62).*
(cf. SLC, p. 17)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to carrying the cross like a plow in order to plow the good soil of people’s hearts, the bishop St. Macarius says: *“When a farmer prepares to till the soil he must put on clothing and use tools that are suitable. So Christ [...] assumed a body and, using the cross as his plowshare, cultivated the barren soul of man. He removed the thorns and thistles which are the evil spirits and pulled up the weeds of sin. Into the fire he cast the straw of wickedness.” (MACARIUS, in Off. of Read. Wed. XXXIV Week O.T.)*

¹ NABRE (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 ...