

“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:

Lord, give us the great grace to know how to bear our Cross daily; and if we should happen to be struck down by the enemy and fall into sin, give us the great grace to get up immediately through the “first aid” of holy Confession. (cf. SLC. p. 337)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to bearing the cross and to getting up immediately when we fall, St. John Chrysostom says: *“Through you, conversion will be possible for those who are in error; but if you fall [without getting up again], you will also drag the others into ruin.”*

(GIOVANNI CRISOSTOMO, in *Uff. d. Lett.*, Dom. XX sett. T.O. [unpublished translation by pfsgm])

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 ...