

¹ In the 4th Sorrowful Mystery, we read and we meditate undisturbed:

“Jesus burdened with the Cross”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* - :

“Then Jesus said to his disciples, ‘Whoever wishes to come after me must deny himself, take up his cross, and follow me.’” (Matt 16:24)¹

MEDITATION ON THE MYSTERY:

Lord, grant us the grace to give our lives as fully as possible to You, so that for all eternity we may gain not only our own lives but also the lives of many others! But before we can reach that goal, Lord, what is our cross? Or, to be clearer: Lord, what is our calling? (cf. *SLC*, p. 335)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to the cross as the symbol of triumph, St. Teresa Benedicta of the Cross says, *“the Cross is not the end: it is lifted up and shows us the way to heaven. It is not merely a sign, but Christ's undefeated weapon: it is the shepherd's sling with which the divine David battles the evil Goliath. With it, Christ knocks loudly at the door of heaven and opens it.”* (TERESA BENEDICTA OF THE CROSS, in: *Off. of Read.*, 9 August)

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 ...