

“Jesus Burdened with the Cross”...



FROM THE GOSPEL ACCORDING TO - MARK -:

“They pressed into service a passer-by, Simon, a Cyrenian, ... to carry his cross. They brought Jesus to the place of Golgotha (which is translated Place of the Skull). They gave him wine drugged with myrrh, but he did not take it.” (Mark 15:21-23)¹

MEDITATION ON THE MYSTERY:

Today, Lord, have we taken up our daily Cross with love? – or have we, like the Cyrenian, taken it up by force (cf. Mark 15:21)? And have we denied ourselves and followed you? – or have we denied you with the facts of our lives, taking up the heavy “cross” of the world? (cf. SLC, p. 333)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to carrying the cross, St. Hannibal Mary di Francia says: *“Therefore, stop carrying the Cross behind the world, behind vanities and interests and passions, because this is a waste of time; indeed, it is only a greater burden to your soul.”*

(ANNIBALE M. DI FRANCIA, *Scritti. Preghiera*, 8 luglio 1878, Vol. X, n. 1799 [unpublished translation by pfsgm])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 ...