



“Jesus burdened with the Cross”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* - :

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” (Matt 11:28-30)¹

MEDITATION ON THE MYSTERY:

Whoever wants to discover – already on this earth – the mystery of eternity, must travel along the train tracks of the Gospel laid down by Jesus the Man-God. The cross is the train, and to board it there is a price to pay: bearing, with love and for love, the hardships and tribulations of this life. (cf. *TA*, p. 13)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the road of the cross which brings us to heaven, St. Maximilian Maria Kolbe says: *“This is a wonderful road, the true royal road [that is, the road of the cross] which brings us directly to heaven.”*
(MASSIMILIANO M. KOLBE, *SK* 42 [unpublished translation by pfgsm])

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

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

-
-

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 ...