

“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...For my yoke is easy, and my burden light.” (Matt 11:28, 30)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to know how to discern which Cross we should take up, that we may not go astray in taking upon our shoulders the exhausting and oppressive cross of the world rather than your Cross which is sweet and light. Help us remember that on the cross you want to give us there are many people whom you want us to accompany toward heaven, toward eternal happiness; remembering this, everything will become lighter for us. (cf. SLC, pp. 335-336)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to carrying the cross, Saint Ignatius of Antioch says: “Carry the weight of all the faithful, as the Lord carries you; [...] the greater the effort, the greater also will be the prize.”
(ST. IGNATIUS OF ANTIOCH, *Office of Read.* Fri. XVII 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 song : “ 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 ...