

# “Jesus Burdened with the Cross”...



## FROM THE GOSPEL ACCORDING TO - MARK - :

“[Jesus] summoned the crowd with his disciples and said to them, ‘Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it.’” (Mark 8:34-35)<sup>1</sup>

## MEDITATION ON THE MYSTERY:

Lord, give us the grace of knowing how to discern (every day) which Cross we should take up – for if we feel wearied and oppressed every day, we must be doing something wrong: either we have not yet “denied ourselves” (cf. Matt 16:24b), or we have mistaken our Cross, taking up the exhausting and oppressive cross of the world! (cf. F.F. 185; cf. SLC, pp. 335-336)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to taking our cross on our shoulders with our actions, St. Josemaría Escrivá says: “You yourself must decide [...] to take up the cross; otherwise, your tongue may say that you are imitating Christ, but your actions will belie your words. [...] And please get rid of the idea that you would then be miserable. What a sad little happiness you will have if you don't learn to overcome yourself [...] instead of courageously taking up your cross!”

(JOSEMARÍA ESCRIVÁ, *Friends of God*, 129, in: *Josemaría Escrivá: a website dedicated to the writings of Opus Dei's founder*. [http://www.escrivaworks.org/book/friends\\_of\\_god-point-129.htm](http://www.escrivaworks.org/book/friends_of_god-point-129.htm) [accessed 23 December 2019])

<sup>1</sup> 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 ...

