In the 5th Sorrowful Mystery, we read and we meditate undisturbed:

A SYSTEMATIC CARD for the METHOD of PRAYER- ADP-VV (Compiled by the Little Friars and Nuns of Jesus and Mary)

 $(\mathbf{Q} \mathbf{1} - Fr. P.M.V.-F.)$

"The Death of Jesus" on the Cross"...

FROM THE GOSPEL ACCORDING TO - MATTHEW -:

"After they had crucified him, they divided his garments....Jesus cried out again in a loud voice, and gave up his spirit." (Matt 27:35, 50)¹

MEDITATION ON THE MYSTERY:

This, indeed, is tremendous Charity: because, having no more to give us, you gave us your very Body. And all this, to help us understand that it is so important to obey God the Father that we must even be prepared to let ourselves be killed, if He should find it necessary! (cf. SLC, p. 363)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to Obedience, St. Maximilian M. Kolbe says: "It is obedience and obedience alone that is the sure sign to us of the divine will. A superior may, it is true, make a mistake; but it is impossible for us to be mistaken in obeying a superior's command. The only exception to this rule is the case of a superior commanding something that even in the slightest way would contravene God's law."

(MAXIMILIAN M. KOLBE, Off. of Read. 14 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 ...