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



(Q2-SrV.M.D.)

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

FROM THE GOSPEL ACCORDING TO - MARK -:

"And at three o'clock Jesus cried out in a loud voice, 'Eloi, Eloi, lema sabachthani?' which is translated, 'My God, my God, why have you forsaken me?''' (Mark 15:34)¹

MEDITATION ON THE MYSTERY:

Many say, "why the cross as an instrument of Salvation?" If you saw a child about to tumble headfirst into a deep canyon which was surrounded by barbed wire, what would you do? Would you scrape up the skin of your arm in order to catch the child and save him - or would you let him fall in as if he were nothing but a stone? Reflect...because this is what Jesus has done for us, so that we can avoid "falling down" eternally. (cf. *SLC*, p. 367)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to accepting suffering, St. Padre Pio says: "I don't love suffering in itself; I ask God for it, I yearn for it because of the fruits that it gives me: it gives Glory to God, it saves my brothers from this exile, it frees souls from the fire of purgatory; and what more do I want?"

(PIO DA PIETRELCINA, Lettera n. 167, in: Lettere di Padre Pio presentate dal card. Giacomo Lercaro, Vicenza 1969 [unpublished translation by pfsgm])

¹NABRE (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, AveeMaria"

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...