

In the 3<sup>rd</sup> Glorious mystery, we read and we meditate undisturbed:



# “The Descent of the Holy Spirit In the Cenacle of the Apostles”...

## FROM THE ACTS OF THE APOSTLES:

*“All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus... And suddenly there came from the sky a noise like a strong driving wind, ...and they were all filled with the Holy Spirit.” (Acts 1:14; 2:2-4)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Lord, give us the seven gifts of the Holy Spirit, to transform us ever more fully into living charity (that is, into charity practiced with our deeds and in the truth): for, as your Apostle says, without love we are truly nothing (cf. 1Cor 13:2)! (cf. SLC, pp. 441-442)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to being full of the Holy Spirit, the Curé of Ars says: *“Take a soaked sponge in one hand and a small stone in the other. Nothing will come out of the stone, but from the sponge you can make water come out in abundance. The sponge is the soul full of the Holy Spirit, and the stone is the cold and hard heart into which the Spirit does not enter.”* (CURÉ OF ARS, Homily, Let us Trust in the Holy Spirit)

<sup>1</sup> NABRE (USCCB)

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### 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 ...*