In the 1st Sorrowful Mystery, we read and we meditate undisturbed:



(M 4 - Sr. V.M.D.)

"Jesus in the Garden of Olives"...

FROM THE GOSPEL ACCORDING TO - LUKE -:

"Then going out [Jesus] went, as was his custom, to the Mount of Olives, and....kneeling, he praved, saying, 'Father, if you are willing, take this cup away from me; still, not my will but yours be done.'' $(Luke 22:39, 41-42)^{1}$

MEDITATION ON THE MYSTERY:

In regards to the garden of olives, let us consider that the greatest "cross" is obedience to the Will of God! And how can we come to understand well what the Will of God is, if we cannot watch and pray for at least an hour a day, as Jesus has told us? (cf. Matt 26:40) (cf. SLC, p. 339)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to understanding the Will of God, St. Cyprian writes: "It is a contradiction that we pray for the Will of God to be done and then to show ourselves reluctant to obey the commands of His Will.... Christ in His love will assign greater rewards to those who had a greater and more ardent desire for Him." (CYPRIAN, Off. of Read., Fri. Week XXXIV of O.T.)

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, 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 ...