



“The Glorious Resurrection of Jesus Christ”...

FROM THE GOSPEL ACCORDING TO - *LUKE* - :

“[Jesus] stood in their midst and said to them, ‘Peace be with you...Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.’” (Luke 24:36, 38-39)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to always desire a heavenly, beautiful, perfect and immortal body – both for ourselves and for many others; and even before this, give us the grace to increasingly strip ourselves of our old wicked habits, that we may be ever more fully dressed in the new clothes of Your Divine Will! (cf. *SLC*, p. 400)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to a celestial body, the Abbot St. Bernard says: *“Christ [...] will transform our lowly body, making it like the glory of the head: that is, Himself.”*
(BERNARDO, in *Uff. d. Lett.*, 1 Novembre [unpublished translation by pfgsm])

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 ...