

“The Glorious Resurrection of Jesus Christ”...



FROM THE GOSPEL ACCORDING TO - JOHN - :

“[W]hen the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, ... ‘Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.’” (John 20:19, 22-23)¹

MEDITATION ON THE MYSTERY:

Today, Lord, have we imitated You in rising to new life, in order to ultimately rise to eternal life? Or – as it is written, “we were dead in our transgressions” (Eph 2:5)¹ – are we still dead in our many sins?
(cf. SLC, p. 393)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to rising again to new life through holy confession, St. John Paul II affirms: “the sacrament of Penance aids the fallen and gives them resurrection to eternal life, the pledge of which is now possessed by the soul in the state of grace.” (JOHN PAUL II, Message to the Major Penitentiary, 20 March 1998, n. 6)

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 ...