

# “The Glorious Resurrection of Jesus Christ”...



## FROM THE GOSPEL ACCORDING TO - MATTHEW - :

*“Then the angel said to the women... ‘I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said... Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’” (Matt 28:5-7)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Lord, grant us the great grace to search only for Your Will, so that one day we may share [Your glorious] resurrection – in body and in soul! (cf. SLC, p. 397)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to resurrection of the body, St. Irenaeus of Lyons says: *“Our bodies, fed with the Body and Blood of Christ, placed in the earth and dissolved into it, will resurrect in their time by means of the Word of God.”* (IRENÆUS, *Against Heresies* V, 2, 3)

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

## FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

- .....
- .....

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 ...