In the 1st Glorious mystery, we read and we meditate undisturbed:

A SYSTEMATIC CARD for the METHOD of PRAYER-ADP-VV iled by the Little Friars and Nuns of Jesus and Mary

(R6 – Sr. S.M.S.)

"The Glorious Resurrection of Jesus Christ"...

FROM THE GOSPEL ACCORDING TO - JOHN - :

"So Peter and the other disciple went out and came to the tomb.... [Peter] went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed." (John 20:3, 6-8)¹

MEDITATION ON THE MYSTERY:

After Jesus was killed, many of His followers (beginning with the Apostles) did not lose courage, as had happened in other cases – but found it, and found it powerfully: to such an extent that almost all of them became martyrs! *Why*? Because they had seen their Master risen from the dead (cf. JOHN CHRYSOSTOM, *Off. of Read.*, 24 August)! (cf. *SLC*, p. 401)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to seeing and believing, Pope Francis says, "But faith is also tied to sight...St. Thomas Aquinas speaks of the Apostles' oculata fides – a faith which sees! – in the presence of the body of the Risen Lord. With their own eyes they saw the risen Jesus and they believed."

(FRANCIS, Encyclical Lumen Fidei, 9 June 2008, 29 June 2013, n. 30)

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, AveeMaria"

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...

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