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

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

(M6 - Fr. G.M.G. - J.)

"Jesus in the Garden of Olives"...

FROM THE GOSPEL ACCORDING TO - LUKE -:

"After withdrawing about a stone's throw from them and kneeling, he prayed, saying, 'Father, if you are willing, take this cup away from me; still, not my will but yours be done''' (Lk 22:41-42)¹

MEDITATION ON THE MYSTERY:

How do I understand properly what the Will of God is? Thus it is written, "whoever does the will of my heavenly Father is my brother, and sister, and mother" $(Mt \ 12:50)^1$ and thus it is explained, 'My mother and my brothers are those who hear the word of God and act on it' (Lk 8:21)¹. This is the Will of God to be practiced: to read the Word of God and put it into practice, 30, 60 or 100 percent (cf. Mk. 4:20). (cf. *SLC*, p. 339)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding practicing the Will of God, at 30, 60 and 100 percent, so says St. Therese of Lisieux: "I also understood that there are many degrees of holiness, that each soul is free to respond to the calls of Our Lord, to do much or little for His love- in a word, to choose amongst the sacrifices He asks". (THÉRÈSE OF LISIEUX, The Story of a Soul, chap. I, II, VI, in: ID., The Story of a Soul,

(*L'histoire d'une Âme*, Op. cit., pp. 15-16, 21, 29, 60)

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 ...