

“Jesus Scourged at the Column”...

FROM THE GOSPEL ACCORDING TO - *JOHN* - :

“[Pilate said to the Jews:] Do you want me to release to you the King of the Jews?’ They cried out again: ‘Not this one but Barabbas!’ ...Then Pilate took Jesus and had him scourged.” (John 18:39 – 19:1)

MEDITATION ON THE MYSTERY:

Today, Lord, have we slandered or lashed out with our tongues behind the backs of those who couldn’t defend themselves? Lord, save us from this! For it is written, *“Neither the immoral nor slanders will inherit the Kingdom of God!”* (cf. 1Cor 6:10). (cf. SLC, pp. 281-282)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to complaining (including complaining behind our neighbors’ backs), Pope Francis says: *“Complaining is bad for the heart. Complaints are wrong: and not only when we complain about others, but even when we complain about ourselves, when everything seems bitter to us.”*

(FRANCESCO, *Meditazione mattutina*, 3 Aprile 2013 [unpublished translation by pfsgm])

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 ...

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