In the 3rd Sorrowful Mystery, we read and we meditate undisturbed:



(014 - Sr. S.M.A.-F)

"Jesus Crowned With Thorns"...

FROM THE GOSPEL ACCORDING TO - MATTHEW - :

"Weaving a crown out of thorns, [the soldiers] placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, 'Hail, King of the Jews!'" (Matt 27:29)¹

MEDITATION ON THE MYSTERY:

Today, without reflecting, have we "crowned" [with thorns] or bitterly insulted someone else's intelligence, so running the risk of offending them in the deepest and most intimate place of their heart? Lord, give us the grace and the humility to know how to immediately ask for forgiveness. (cf. SLC, p. 307)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to forgiving, St. Teresa of Avila says: "What can a poor creature like myself do, who has had so little to forgive others and has so much to be forgiven herself?" (TERESA OF AVILA, The Way of Perfection, Ch. 36, n.2. Translated by E. A. Peers. Image Books Edition, 1964, p. 111)

¹ 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 ...

www.poorfriars.net