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

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

(08 - Sr. E.M.T.)

"Jesus Crowned with Thorns"...

FROM THE GOSPEL ACCORDING TO - JOHN -:

"And the soldiers wove a crown out of thorns and placed it on his head...and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly." (John 19:2-3)¹

MEDITATION ON THE MYSTERY:

Lord, we pray that the thorny worries of wealth and the prickly pleasures of life (cf. *Luke* 8:14) may not cause us wither away or abandon the Divine Project which Jesus has sown in the earth of our hearts! (cf. *SLC*, p. 311)

TEACHINGS FROM THE CATHOLIC CHURCH:

- In regards the thorny thoughts and pleasures that suffocate our soul, St. Francis de Sales says: "It is of no consequence...to be slightly immoderate in speech, in actions, in looks, in dress, in adornment, in playing games, in dancing, provided that, as soon these spiritual spiders enter our heart, we chase them away again and get rid of them as the bees do the real spiders. But if we allow them to remain in our hearts, ...we shall soon find our honey lost and the hive of our conscience poisoned and damaged."

(FRANCIS DE SALES, *Introduction to the Devout Life*, I, 22, translated and edited by Fr. Antony Mookenthottam et al., Second Revised Editions, S.F.S. Publications, Bangalore 1995, https://www.philothea.de/devout-english.html [accessed 22 August 2021])

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 ...

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