

“Jesus Burdened with the Cross”...

FROM THE GOSPEL ACCORDING TO - **MARK** -:

“They pressed into service a passer-by, Simon, a Cyrenian, ... to carry his cross. They brought Jesus to the place of Golgotha (which is translated Place of the Skull). They gave him wine drugged with myrrh, but he did not take it.” (Mark 15:21-23)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to discern the correct cross every day; and not to carry it by force (like the Cyrenian), but with love (like You), knowing that on our cross are many of our friends, relatives, acquaintances, etc... (cf. SLC, p. 336-337)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the necessity of carrying our cross, St. Bonaventure says: “*Our way to eternal life is as Christ willed it, by means of the bridge of the cross*”. (ST. BONAVENTURE, *Off. of Read.* 12 January)

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 ...