

“The Death of Jesus on the Cross”...

FROM THE GOSPEL ACCORDING TO - *JOHN* - :

“After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, ‘I thirst.’ ...So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, ‘It is finished.’ And bowing his head, he handed over the spirit.”
(John 19:28, 30)¹

MEDITATION ON THE MYSTERY:

Yes, Lord, give also to us the great grace to be raised every day on the “pole” of your Will, so that we can say to ourselves and to whomever You wish: *“I have been crucified with Christ, yet I live, no longer I, but Christ lives in me”* (Gal 2:19b-20). (cf. SLC, p. 364)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to total obedience to God, according to one’s own calling, St. John Henry Newman writes:
“till we aim at complete, unreserved obedience in all things, we are not really Christians at all.”
(J.H. NEWMAN, *“The Strictness of the Law of Christ,”* 12,
in: *Parochial and Plain Sermons*, IV, *New Impression*: Longmans, Green, and Co., 1909, Revised 2001)

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 ...