



“The Baptism of Jesus in the Jordan River”...

FROM THE GOSPEL ACCORDING TO - *MATHEW* -:

“After Jesus was baptized, he came up from the water and behold,... a voice came from the heavens, saying, ‘This is my beloved son, with whom I am well pleased.’” (Matt 3:16-17)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to let our ego die in us every day, so that the Baptismal seed of the Spirit of God can resurrect within us: so that gradually, according to the seed of the triple *munus* (that is, the triple office of the Christian) given to us in Baptism, we may become Priests, Prophets, and Kings for the hearts of others – if, in Christ, we gradually cultivate this baptismal seed with the water of Biblical prayer and the sun of the Sacraments. (cf. *SLC*, p. 393)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to helping the Baptismal seed of the Spirit of God grow within us, St. Ephrem says: “*With the grace of Baptism, we have your treasure [O Lord] hidden in our inmost being: a treasure which increases at the table of your Sacraments.*” (EFREM, in *Uff. d. Lett.*, Giovedì II Sett. T.O. [unpublished translation by pfgsm])

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 ...