

“Jesus in the Garden of Olives”...



FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“[Jesus] said to his disciples, ‘Sit here, while I go over there and pray’....When he returned to his disciples he found them asleep. He said to Peter, ‘...Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak.’”(Matt. 26:36, 40-41)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to always watch and pray, so that we can always say, *“Father, let Your will be done, not mine:”* so, consoled by the mysterious Angel, we will avoid falling into that accursed temptation of discouragement and prolonged sadness just as Jesus Himself avoided it – with *insistent prayer*.
(cf. SLC, p. 249)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to sadness, St. Francis de Sales says: *“The enemy makes use of sadness to tempt good people....He delights in sadness and melancholy, because he himself is sad and melancholic, and will be so for all eternity....Sadness strips every beauty from the soul and renders it almost paralyzed and powerless in all its faculties.”* (FRANCIS DE SALES, *Philothea* IV.12)

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 ...