

“Jesus in the Garden of Olives”...



FROM THE GOSPEL ACCORDING TO - MARK - :

“[Jesus] said to his disciples, ‘Sit here, while I pray’He advanced a little and fell to the ground and prayed... ‘Abba, Father, all things are possible to you. Take this cup away from me, but not I what will but what you will.’” (Mark 14:32, 35-36)¹

MEDITATION ON THE MYSTERY:

Everyone who wholeheartedly says to the Father, “Not my will, but your will be done,” will receive the “angel of consolation,” who will water his soul with continuous, luminous graces; but if we persist in always wanting to do our own will, this “angel of luminous graces” will sooner or later abandon us to our own free – and foolish – will (cf. *Sir* 4:19; *Ps* 81:12-13). (cf. *SLC*, p. 27)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to not falling into the grave temptation of sadness, and so into spiritual dryness, St. Francis de Sales says: “*Dryness is such as to make the soul fear that it will soon be reduced to a wasteland, uncultivated and abandoned. [...] Often we ourselves are the cause of our dryness and barrenness.*”

(FRANCIS DE SALES, *Philothea*, Part IV, Ch. XIV)

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 ...