

“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, 41-42)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to keep watch and pray at all times, that we may always say, *Father, your will be done, not mine*: so, consoled by the mysterious angel, we will avoid falling into the accursed temptation of despondency and prolonged sadness as Jesus himself avoided it – with insistent prayer. (cf. *SLC*, p. 249)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to persevering in prayer, St. Faustina Kowalska says: “*When I started to reflect more deeply, a great light penetrated my soul. I understood how much need we have of perseverance in prayer, and that it is sometimes upon such laborious prayer that our salvation depends.*”

(FAUSTINA KOWALSKA, *Diario*, n. 157, Shalom, Ancona 2000, pp. 210-211 [unpublished translation by pfgsm])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 ...