

In the 1<sup>st</sup> Sorrowful Mystery, we read and we meditate undisturbed:

( M7 – Fr. G.M.G. -J. )

# “Jesus in the Garden of Olives”...



## FROM THE GOSPEL ACCORDING TO - **MARK** - :

*“He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, ‘Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will.’” (Mark 14:35-36)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Let us pray especially for all those You are calling to give their whole life for the salvation of many others! We beg You to give them the grace and the strength to be able to accept this huge chalice easily, by accepting the Will of God – so that they won’t be distressed or sad any more, but full of joy (cf. Ps 119:16).  
(cf. SLC, p. 258)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to drinking from the bitter chalice of “*Lord, Your will be done*” in order to then enjoy the sweet chalice of eternal joy, the Franciscan Sources speak of revelation to St. Francis: “*Francis, – God said to him in spirit – now leave the worldly and vain pleasures for those which are spiritual, prefer the bitter things to the sweet and despise yourself if you want to know me... You will see [that] what I tell you [is true], even if the order is upside down.*”

(TOMMASO DA CELANO, *Vita seconda di san Francesco d’Assis*, in: F.F. 591 [unpublished translation by pfgsm])

<sup>1</sup> NABRE (USCCB)

## FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

- .....
- .....

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 ...