

“Jesus in the Garden of Olives”...

FROM THE GOSPEL ACCORDING TO - MATTHEW -:

“When [Jesus] returned to his disciples he found them asleep. He said to Peter, ‘So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak.’” (Matt 26:40-41)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to ‘get up, keep watch, and pray,’ in order to obtain (above all) the light which helps us understand what Your Will is, and the strength to be able to put it into practice, because in this is our joy: as it is written, *“In your will is my joy!”* (cf. Ps 119:16). (cf. SLC, p. 257)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to searching for the full Will of God, it is written in the Franciscan Omnibus of Sources: *“[Francis] endured great mental anguish and could find no rest, for he was searching how he could put into practice [the vocation which] was in his heart.”*

(LEONE - RUFINO - ANGELO, *Legend of the Three Companions*, n. 12, in: *St. Francis of Assisi. Writings and Early Biographies. English Omnibus of the Sources for the Life of St. Francis*, II, edited by M. A. Habig, St. Anthony Messenger Press, Cincinnati [OH] 2008, p. 902)

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 ...