

## “Jesus Burdened with the Cross”...

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

*“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” (Matt 11:28-30)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

And how are we to take your cross upon us, Lord? How are we to learn from you who are gentle and humble of heart, if not through the words and the eloquent example of those who follow in your footsteps? - like the Apostle, when he says: *“Make yourselves imitators of me, as I am of Christ”* (cf. 1Cor 11:1).  
(cf. SLC, p. 336)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to imitation, Pope St. John Paul II says: *“Familiarity with the Lord, when it is genuine, necessarily leads us to think, choose and act as Christ thought, chose and acted, putting ourselves at his disposal in order to continue his saving work.”* (JOHN PAUL II, Message, 30 November 1997)

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

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### 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 ...

