

“Jesus Burdened with the Cross ”...

FROM THE GOSPEL ACCORDING TO - MATTEW -:

“Then Jesus said to his disciples, ‘Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.’ (Matt 16:24-25)¹

MEDITATION ON THE MYSTERY:

Someone has said that the greatest cross is obedience to the will of God. And be of good courage; the Apostle says, “You need endurance to do the will of God and receive what he has promised” (Heb 10:36).¹
(cf. SLC, p. 399)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to committing to taking up the cross with perseverance, Pope Benedict XVI says, “Taking up the Cross means striving to defeat sin that is an obstacle on the way towards God, accepting the Lord's will every day...especially in the face of problems, difficulties and suffering.”
(BENEDICT XVI, Angelus, 20 June 2010)

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 ...