

“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...For my yoke is easy, and my burden light.” (Matt 11:28, 30)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to know how to discern (every day) which Cross we should take up, that we may not go astray in taking upon our shoulders the exhausting and oppressive cross of the world rather than your Cross which is sweet and light. (cf. *SLC*, pp. 335-336)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to what the yoke of the Lord is, Saint Maximus the Confessor affirms: “[Christ said,] ‘Accept my yoke..., by which he meant his commands, or rather, the whole way of life that he taught us in the Gospel.’” (MAXIMUS THE CONFESSOR, in: *Off. of Read.*, Wednesday, IV week of Lent)

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 ...