

# “Jesus Burdened with the Cross”...



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

*“They pressed into service a passer-by, Simon, a Cyrenian,... to carry his cross. They brought Jesus to the place of Golgotha (which is translated Place of the Skull). They gave him wine drugged with myrrh, but he did not take it.” (Mark 15:21-23)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Today, Lord, have we taken up our daily Cross with love? – or have we, like the Cyrenian, taken it up by force? And have we denied ourselves and followed you? – or have we denied you with the facts of our lives?

(cf. *SLC*, p. 333)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to rejoicing in the cross, St. Teresa of Avila says: *“If you want to have freedom of spirit and not always be in tribulation, stop being afraid of the cross, and the Lord will help you carry it: you will go forward with joy, and everything will be of profit to you.”*

(TERESA D’AVILA, *Opere di Teresa di Gesù*, n. 17, OCD, Roma 2014, p. 159 [unpublished translation by pfgsm])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 ...*