

# “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:

How are we to take your cross upon us, Lord – if not through the words and example of those who follow so eloquently in your footsteps? This is what the Apostle teaches us when he says, *“Be imitators of me, as I am of Christ” (1Cor. 11:1).<sup>1</sup>* (cf. SLC, p. 336)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to imitating and resembling the Lord, St. Ignatius of Loyola says: *“To imitate Christ our Lord more concretely and to be more like Him, I desire and choose poverty with the poor Christ rather than riches; humiliations with the humiliated Christ rather than honors.”*

(IGNAZIO DI LOYOLA, *Esercizi spirituali*, 167 [unpublished translation by pfgsm])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 ...*