

# “Jesus Burdened with the Cross”...

## FROM THE GOSPEL ACCORDING TO - LUKE - :

“Great crowds were travelling with [Jesus], and he turned and addressed them, [saying,]  
“...Whoever does not carry his own cross and come after me cannot be my disciple.” (Luke 14:25, 27)<sup>1</sup>

## MEDITATION ON THE MYSTERY:

Lord, give us the great grace to know how to bear our Cross daily; and if we should happen to be struck down by the enemy and fall into sin, give us the great grace to get up immediately through the “first aid” of holy Confession. (cf. SLC. p. 337)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to getting up immediately after we fall, St. Maximilian Kolbe says: “After a fall, do not lose heart, for such a state of mind causes even greater grief to God than [the] sin itself; expect instead more graces (and progress) than before the fall.”

(MAXIMILIAN M. KOLBE, *Daily Meditations 1918*, KW 964, in: *The Writings of St. Maximilian Maria Kolbe*, Vol. II, Nerbini International 2016, p. 1565)

<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 ...