

“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)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to truly *imitate You* in deed and in Truth, through the example of the splendid lives of the Apostles: so that one day we too can say (with our words or with our lives), *“Be imitators of me, as I am of Christ” (1Cor 11:1).*¹ (cf. SLC, p. 336)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to imitation, St. Cyprian says, *“The Lord himself is [the] example.... He teaches us that only those who have followed him along his way arrive [immediately] at his kingdom.”*
(CYPRIAN, *Off. of Read., Common of Several Martyrs*)

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 ...

