

“The Ascension of Jesus into Heaven”...



FROM THE GOSPEL ACCORDING TO - LUKE - :

“Then he led them [out] as far as Bethany, raised his hands, and blessed them. As he blessed them he parted from them and was taken up to heaven.” (Luke 24:50-51)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to always discern what helps us ascend toward the “heights” of eternal things, from what threatens to make us descend (or plummet!) toward the “depths” of vain and mortal things.

(cf. SLC, p. 419)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension, St. John Paul II says: *“Every soul that rises above itself, raises up the world.’ To this law of ascent there unfortunately corresponds the law of descent: ...a soul that lowers itself through sin drags down with itself the church and, in some way, the whole world.”*

(JOHN PAUL II, Apost. Ex. *Reconciliatio et Paenitentia*, n. 16)

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 ...