

“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:

Today, are we ascending towards eternal things? That is, are we moving towards the “heights” of immortal things? Lord, turn our eyes from the things that pass away (cf. Ps 119:33-40), and help us fix our gaze on the eternal and hidden things which will never pass away! (cf. SLC, p. 419)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension, St. Josemaría Escrivá says: *“All the things of this world are no more than earth. Place them in a heap under your feet and you will be so much the nearer to heaven.”*

(JOSEMARÍA ESCRIVÁ, *The Way*, 676, in: *Josemaría Escrivá: a website dedicated to the writings of Opus Dei’s Founder, [1902-1975]*, https://www.escrivaworks.org/book/the_way-point-676.htm [accessed 23 August 2021])

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 ...

