

“The Ascension of Jesus into Heaven”...



FROM THE GOSPEL ACCORDING TO - *MATTHEW* - :

“The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them...Then Jesus approached and said to them, ‘All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, ...teaching them to observe all that I have commanded you.’”
(Matthew 28:16, 18-20)¹

MEDITATION ON THE MYSTERY:

Lord, if we want to ascend even more towards the heights of heaven, give us the grace to do what You did in the “Galilee” of this world, which needs to be newly evangelized through our deeds and in the Apostolic Truth. (cf. *SLC*, p. 424)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascending through evangelization, Pope Francis says: “*Evangelizing, proclaiming Jesus, gives us joy. Instead, egoism makes us bitter, sad, and depresses us; evangelizing lifts us up.*”
(FRANCIS, General Audience, 22 May 2013)

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 ...