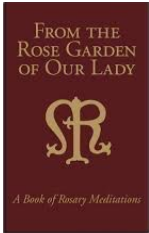


Meditation on the mysteries of the Most Holy Rosary



The First Glorious Mystery

The Resurrection of Our Lord



Method of meditation

To do a good meditation we ought to use the main three faculties of our soul: memory, intelligence, and will. This is a brief explanation of how to meditate:

- 1) Memory: firstly, I try to remember some principles, great realities of our faith or events of Our Lord's life and bring them into my mind so that they may be meditated upon.
- 2) Intelligence (knowledge of God): secondly, I consider these thoughts and try to understand their meaning and the consequences which are attached to them.
- 3) Will (love of God): finally, after a while of consideration, I produce some acts of will in order to apply concretely what I have drawn from my meditation into my own life and I ask God to help me to do so.

With this support, this method can be done like this:

- 1) Memory: read slowly the **extract from the Gospel** (page 2).
- 2) Intelligence: read and think longer about the **first series of considerations upon the Gospel** (page 3).
- 3) Will: read the **second series of considerations** which apply in a more practical way the message of the Gospel (page 4).

End by reading the last consideration which should lead us to make **a real resolution** to apply the examples of this mystery of the rosary in our own life (page 4).

As part of the 1st Saturdays devotions, let us do this **meditation in spirit of reparation** in order to console Our Lady against the outrages committed towards her Immaculate Heart.

1. Gospel Text

And the next day, which followed the day of preparation, the chief priests and the Pharisees came together to Pilate, saying: "Sir, we have remembered that that seducer said, while he was yet alive: After three days I will rise again. Command therefore the sepulchre to be guarded until the third day, lest perhaps His disciples come and steal him away, and say to the people: He is risen from the dead; and the last error shall be worse than the first."

Pilate saith to them: "You have a guard; go guard it as you know."

And they departing, made the sepulchre sure, sealing the stone and setting guards. And in the end of the Sabbath, when it began to dawn towards the first day of the week, came Mary Magdalen and the other Mary, to see the sepulchre. And behold there was a great earthquake. For an angel of the Lord descended from Heaven and, coming, rolled back the stone, and sat upon it. And his countenance was as lightning and his raiment as snow. And for fear of him the guards were struck with terror and became as dead men. And the angel answering, said to the women: "Fear not you: for I know that you seek Jesus who was crucified. He is not here, for He is risen, as He said. Come and see the place where the Lord was laid. And going quickly, tell ye His disciples that He is risen: and behold He will go before you into Galilee; there you shall see Him. Lo, I have foretold it to you."

And they went out quickly from the sepulchre with fear and great joy, running to tell His disciples. And behold Jesus met them, saying: "All Hail!" But they came up and took hold of His feet and adored Him. Then Jesus said to them: "Fear not. Go, tell my brethren that they go into Galilee, there they shall see me" (Matthew 27:62-66; 28:1-10).

2. Considerations

1st series

1. The glorified soul of Christ is in Limbo among the elect of the Old Dispensation. The presence of Jesus puts an end to their long, dark Advent. Jesus reveals Himself to them and converses with them. He transforms their prison into a paradise.
2. As suddenly as flint, when struck, emits fire, so, at the first touch of dawn in the east, Jesus rises glorious from the grave. Thus the Divine Prince begins a new life, which will know no end; He begins a new day, which will never wane.
3. Jesus is animate with the fullness of Divine Joy. His difficult task has been accomplished. He has gained the victory over death. He has freed us from sin and Hell.
4. As at death, the soul of Jesus was an abyss of tribulation, so now it is the well-spring of Divine Blessedness. So shortly before, He was the prey of all manner of tribulation; now, He is inebriated with the fullness of joy. A short time before, He was loaded with reproach and contumely; now, He is resplendent with power and glory.
5. The body of Jesus, lately all covered with wounds, is now exceedingly beautiful and wondrously glorified. The five wounds are more radiant than precious stones.
6. Like a bolt of lightning from the sky, an angel descends from Heaven and rolls back the stone from the tomb. The soldiers lie prostrate as if dead from fear; then rising up, they flee into the city. They are the first to proclaim the Easter message: "He is risen."

2nd series

7. Like the most Holy Eucharist enclosed in the tabernacle, the body of Jesus lies silent and motionless in the sepulchre. Sixteen soldiers keep watch. The eyes of all the world are turned towards this grave. I shall often keep looking at Our Lord and speak to Him in the Blessed Sacrament where He wants to remain imprisoned for love of me
8. After His resurrection Jesus must surely have appeared first of all to His holy Mother. He embraces her and presses her to His Divine Heart. He changes the bitter sea of her tribulation into an abyss of indescribable joy. O Lord, let my sufferings in this life become source of joy and glory in the next.
9. The glorified Saviour appears also to Peter and to the other Apostles, to the disciples of Emmaus, and indeed to several hundred others. During forty days, He converses with them of the Kingdom of God and inspires them with faith, and joy, and courage. I want to be of these disciples and therefore open my ears and my heart to these words of eternal salvation spoken to me by Our Lord.

Resolution

10. My resolution: As for me, I will arise from the grave of my sins and wicked habits. Then like Jesus, I shall arise from the dead on the last day, and my body and soul will be transfigured like His. In like manner, the marks of my sufferings in soul and body will be glorious tokens of my reward. No suffering will have been in vain.