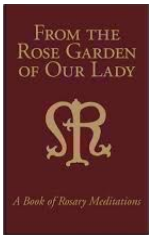


Meditation on the mysteries of the Most Holy Rosary



The First Sorrowful Mystery

The Agony of Our Divine Lord
in the Garden of Olives



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 and the Imitation of Christ** (page 2).
- 2) **Intelligence:** read and think longer about the **first series of considerations** (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

Then Jesus came with them into a country place which is called Gethsemani; and He said to His disciples: "Sit you here, till I go yonder and pray." And taking with Him Peter and the two sons of Zebedee, He began to grow sorrowful and to be sad. Then He said to them: "My soul is sorrowful even unto death: stay you here, and watch with me." And going a little further, He fell upon His face, praying and saying: "My Father, if it be possible, let this chalice pass from me. Nevertheless not as I will, but as thou wilt."

And He cometh to His disciples and findeth them asleep, and He saith to Peter: "What? Could you not watch one hour with me? Watch ye and pray that ye enter not into temptation. The spirit indeed is willing but the flesh is weak.

Again the second time, He went and prayed, saying: "My Father, if this chalice may not pass away, but I must drink it, thy will be done." And He cometh again and findeth them sleeping: for their eyes were heavy.

And leaving them, He went again and He prayed the third time, saying the selfsame word. Then He cometh to His disciples, and saith to them: "Sleep ye now and take your rest, behold the hour is at hand, and the Son of man shall be betrayed into the hands of sinners. Rise, let us go: behold he is at hand that will betray me" (Matthew 26:36-46).

2. The Imitation of Christ

The hour of comfort will soon pass away and temptation will follow. But do not immediately despair, but with humility and patience wait for the heavenly visitation. For God is able to give thee back again more ample consolation.

The devil sleepeth not, neither is flesh as yet dead. Therefore cease not to prepare thyself for the battle, for on thy right hand, and on thy left are enemies who never rest in looking for thy downfall (from Book II, Chapter 9).

3. Considerations

1st series

1. Our Divine Lord, accompanied by His Apostles, leaves the room of the Last Supper. The love with which He was inflamed in instituting the Holy Eucharist, still lights up His countenance.
2. As David fled from his son Absalom, so Jesus flees from His own ungrateful people. Passing over the brook Cedron and through the shadowy valley of Josaphat, He enters the Garden of Gethsemani. The night wind rustles through the dark olive trees.
3. Withdrawing to a solitary spot, Jesus kneels down to pray. He sees the cruel cross hovering before Him. He feels in advance all the sufferings of the coming Good Friday.
4. All the sins that the innocent Lamb of God must take upon Himself, assemble like horrible apparitions before the eyes of His soul. How hideous and how numerous are the sins that mankind have committed! What loathing did not my sins cause Jesus here in Gethsemani.
5. Jesus sees a great number of souls, whom He loves exceedingly and for whom He is ready to suffer so much, going to perdition through their own obduracy. They caused Him His greatest sorrow.
6. I look into the Saviour's agonised face. I hear with how much resignation and heartfelt earnestness He prays ever anew to His Father: "Father, if it be possible, let this chalice pass from me. Nevertheless, not my will but thine be done."

2nd series

7. Jesus seeks consolation from men. But even His most trusted friends are sleeping. The heart of Jesus endures the abandonment for our sakes. I will not be disconsolate when men forsake me. From my Father in Heaven, I shall obtain consolation.
8. Jesus suffers and prays on. His blood forces its way through the pores like sweat and trickles down upon the ground. Has anyone else ever had to suffer so much?
9. The heavenly Father consoles Jesus through an angelic messenger, telling Him that He knows of His sufferings and showing Him the future glorious fruits of His sacrifice. Mary also participates in the agony of her Son. The melancholy premonition, yes, the fore-knowledge of the Mount of Olives and of Golgotha wrings her maternal heart on this night. Now again she prays: "I am the handmaid of the Lord."

Resolution

10. My resolution: In hours of anguish and of loneliness, I will go in spirit to the Mount of Olives and pray with a resignation like that with which Jesus prays.