

# Meditation on the mysteries of the Most Holy Rosary



## The Fourth Sorrowful Mystery

### The Carrying of the Cross



#### 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

How of necessity he was to release one unto them upon the feast day. But the whole multitude together cried out, saying: "Away with this man and release unto us Barabbas": who for a certain sedition made in the city, and for a murder, was cast into prison. And Pilate again spoke to them, desiring to release Jesus.

But they cried again, saying: "Crucify Him, crucify Him."

And he said to them the third time: "Why, what evil hath this man done? I find no cause of death in Him. I will chastise Him therefore, and let Him go."

But they were instant with loud voices, requiring that He might be crucified, and their voices prevailed. And Pilate gave sentence that it should be done as they required. And he released unto them him who, for murder and sedition, had been cast into prison, whom they had desired, but Jesus he delivered up to their will.

And as they led Him away, they laid hold of one Simon of Cyrene, coming from the country, and they laid the cross on him to carry after Jesus. And there followed Him a great multitude of people, and of women who bewailed and lamented Him. But Jesus, turning to them, said: "Daughters of Jerusalem, weep not over me, but weep for yourselves and for your children. For, behold the days shall come, wherein they will say: Blessed are the barren and the wombs that have not borne, and the paps that have not given suck. Then they shall begin to day to the mountains: Fall upon us, and to the hills: Cover us. For if in the green wood they do these things, what shall be done in the dry"

And there were also two others malefactors led with Him to be put to death (Luke 23:17-32).

## 2. The Imitation of Christ

To many this seemeth a hard saying: Deny thyself, take up thy cross, and follow Jesus.

But much harder will it be to hear that last word: Depart from me, ye accursed, into everlasting fire.

For they that at present willingly hear and follow the word of the cross, shall not then be afraid of eternal damnation. The sign of the cross will be in Heaven, when the Lord shall come to judge.

In the cross is salvation, in the cross is protection from thine enemies, in the cross is joy of spirit, in the cross is the height of virtue, in the cross is the perfection of sanctity.

Take up, therefore, thy cross, and follow Jesus (from Book II, Chapters 1 & 2).

### 3. Considerations

#### 1st series

1. The innocent Saviour is condemned to die the death of a common criminal. For my sake Jesus willingly accepts the heath sentence.
2. Filled with dismay but also full of resignation to the will of His Father and of love for us, Jesus shoulders the heavy burden of the cross. Hail, Holy Cross! Thou art the instrument of our eternal salvation!
3. Outraged in body and in soul Jesus carries the heavy cross on His wounded shoulders. He falls. My sins have borne down oh! so heavily upon that cross.
4. St. Veronica renders Jesus a small but courageous service. She offers Our Lord a towel. So grateful was He for this kindness, that He wrought for her His last miracle. He leaves the impress of His wounded face upon the cloth. No less generously will Jesus reward me for the smallest loving service.
5. Jesus falls repeatedly under the cross. Thus He reminds me of my relapses into sin, especially of my habitual sins.
6. What a great sorrow does it not all mean for Mary, the afflicted Mother, to see her most dearly loved Son so cruelly outraged and forsaken! No one could suffer more in sympathy with Jesus than she. Hence, hers is the honour of being the first and most perfect follower of Jesus in the way of the cross.

## 2nd series

7. Exhausted unto death, Jesus staggers on under the cross. His enemies fear they may never see Him crucified. Simon of Cyrene they constrain to help Jesus carry His cross. He lends his assistance at first perforce but afterward with the greatest love towards. I likewise enjoy the privilege of assisting Jesus carry His cross whenever I accept my own sufferings with resignation.
8. The pious women come out to meet Jesus. He directs their attention away from His own sufferings to the temporal and eternal woes of the sinner. Following this warning that Jesus thus gives me in the last hours of His life, I shall weep in good time over sin and Hell.
9. Behind the Saviour burdened with the cross follow two thieves carrying their crosses. After them come a great crowd of people. In spirit I see all men following Jesus in the way of the cross since all men have a cross to carry. To those who carry it with Jesus, the cross becomes blessing, to those who do not, a curse. May my cross be my eternal salvation!

## Resolution

10. My resolution: I will be a disciple of Jesus. I will deny myself, take up my cross daily, and follow Him.