

Holy Half Hour For April, 2017

“Loving Jesus with the Heart of Mary”

Introduction:

No one wants to see Jesus more loved in the Blessed Sacrament than Mary, His Mother, because no one has seen Him more unloved and rejected than Mary when she stood at the foot of the Cross. Together with Jesus, we contemplate the wonder of God’s plan of salvation, when from all eternity He willed that the birth of Mary should herald the dawn of fulfillment of the great Promise of salvation. (8th September). We read in Genesis 3:15, the words said to the evil one, “I will make you enemies, you and the woman, your offspring and her offspring. He will crush your head and you will strike his heel.” And again in the letter to the Galatians 4:4, “When the fullness of time had come, God sent His Son. He came born of woman . . . that we might receive adoption as children of God.”

[Pause to silently adore and worship Jesus in the Blessed Sacrament]

[Hymn to be sung softly: Lord, You are my Everything: Joyful Celebration n. 258]

Today, we shall meditate on the mysteries of the Rosary in front of Jesus in the Blessed Sacrament, as we offer to Jesus the perfect adoration of Mary. The twenty mysteries are related and centered on the one focal mystery of our faith, the Holy Eucharist, where “the work of our redemption is accomplished.” We shall accompany Jesus as Mary did, through the five Sorrowful Mysteries of the Rosary.

1. The Agony in the Garden *“My heart is filled with sorrow to the point of death. Could you not watch one hour with me?”* [Mk 14:34]

Jesus appealed to his apostles for an hour of prayer when He took them into the garden of Gethsemane. As He started to pray He began to sweat blood. He saw down through the ages how He would be left alone, spurned and avoided by people in so many tabernacles of the world, while he comes to bring so much love and so many blessings. *[Pray a decade]*

2. The Scourging at the Pillar *“He was pierced for our offences, crushed for our sins, upon Him was the chastisement that makes us whole, by His stripes we are healed”* [Is 53:4]

The Eucharist flows from the Lord’s Passion. He was willing to be beaten at the pillar, broken in Heart and crushed in humiliation for He said, “The Bread I will give is my flesh for the life of the world.” When Jesus came before Pilate, the people preferred a hardened criminal, because they failed to recognize God in human form, as today so many fail to recognize the Presence of Jesus in the form of the Sacred Host. *[Pray a decade]*

3. The Crowning with Thorns *“When Jesus came out wearing the crown of thorns . . . Pilate said to them: “Behold the man!”* [Jn 19:5]

We meditate on the crown of thorns not only around the head but also around Jesus’ Sacred Heart. There He suffers the pain due to the ingratitude of the world toward his love in the Eucharist. “Behold this Heart which has loved so much and yet which is so little loved in return!” *[Pray a decade]*

4. Jesus carries His Cross “*Anyone who does not take up his cross and follow me cannot be my disciple.*” (Jn 14:27)

Jesus kisses and embraces His Cross for love of us. We are never given more than we can carry or bear; and as Simon of Cyrene helped Jesus carry his cross, so Jesus Himself helps us to carry ours. Jesus falls on his way to Calvary to teach us never to get discouraged. He can make a divine success out of all our failures. *[Pray a decade]*

5. The Crucifixion and Death of Jesus “*When I am lifted up from the earth, I will draw all to myself, says the Lord.*” (Jn 12:32)

There is nothing more that Jesus can give us than the complete gift of Himself in this Holy Eucharist which is all that He has and all that He is. He gave up His body on the Cross for love of us that He may give His body to us in the Holy Eucharist that we may be one with Him forever in everlasting glory. *[Pray a decade]*

[Spend a significant time in personal meditation and prayer]

Formed by Divine teaching, we now say: Our Father Lord Jesus as you were raised on the Cross, your mother Mary stood below, sharing your sufferings. May your Church be united with you in your suffering and death, and so come to share in your rising to new life, where you live and reign with the Father and the Holy Spirit, one God, forever and ever. Amen.

Benediction follows. Appropriate Hymns could be taken.

*Written by Rev. Fr Wilfred D’Souza SDB
For the
Archdiocesan Liturgy Committee*