

MEDITATIONS FOR THE ROSARY

DURING TIMES OF CRISIS



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Scripture passages from The New American Bible, Revised Edition (NABRE)

Joyful Mysteries

Annunciation:

But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Luke 1:29-30

We too are troubled by current events, not knowing what the future holds. We need to find that quiet place where we can ponder as Mary did, the love that God has for us. Instead of being consumed by worry that can paralyze us, may we hear the Lord say, "Do not be afraid."

Dear Lord, please help us to hear your voice and be faithful to our unique calling and respond according to your Will.

Visitation

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. Luke 1:39-40

Because of the current situation, we find ourselves living in times where the path forward is unclear, and much is outside our control. In the Visitation, we have the example of two courageous women, Mary and Elizabeth, who acted with faith, not in fear.

Dear Lord helps us to surrender to your love and respond like these holy women.

Nativity

Mary gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn... Mary kept all these things, reflecting on them in her heart. Luke 2:7, 19

Imagine how difficult it was for Mary, expecting a child, and Joseph arriving in Bethlehem unable to find a room. Many people today find themselves in urgent situations, needing help and assistance. We are often in the position of the innkeeper. May we make room for others in need.

Dear Lord, may we reflect upon the great love that you have for each of us and make room in our hearts for you and for our neighbor.

Presentation

"Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed." Luke 2:34-35

We may be experiencing a sword of sorrow, perhaps dealing with an illness or a difficult situation for ourselves or loved one. Difficult times may make us want to run in fear or try to hide from reality. And yet, even in the darkest times, Jesus invites us to walk with Him and by uniting our suffering with His, we will find purpose and peace.

Dear Lord when we feel as though our heart has been pierced by hurts, betrayal, illness, or loss, please give us the strength of Mary so that fear will not hinder us from ministering to others.

Finding in the Temple

When his parents saw him, they were astonished, and his mother said to him, “Son, why have you done this to us? Your father and I have been looking for you with great anxiety.” Luke 2:48

In times of crisis, we may experience great turmoil. Often, we may have more anxiety worrying for those we love than our own well-being. May we turn this concern and worry into prudent actions and increase our trust that the Lord is near.

Dear Lord help us be less anxious of the uncertainties in life and trust more in your goodness.



Sorrowful Mysteries

Agony in the Garden

When Jesus had said this, He raised his eyes to heaven and said, "Father, the hour has come. John 17:1

Sometimes the hardest part of suffering is the waiting. We begin to wonder if our pain will ever end. We can identify with Jesus in the Garden of Gethsemane, sweating blood as He prayed. When He needed comfort from his apostles, they fell asleep. The feeling of abandonment and betrayal could have overwhelmed Jesus but his love for us, gave him strength.

Dear Lord, in those times when I focus only on the worst scenario and my mind is filled with gloom, please allow me to see your Face of Mercy. Let me turn my fears and trials into a prayer to You.

Scourging at the Pillar

Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified. Mark 15:15

When we experience physical pain or mental anguish, we may have a glimmer of what Christ experienced when He was stripped and beaten. Yet the Lord persevered for us. Always remember that each one of us matter to Him.

Dear Lord, please help me endure the scourging that come in life. Protect my heart from hardening by it.

Crowning with Thorns

And the soldiers wove a crown out of thorns and placed it on his head, John 19:2

As we reflect on the sheer humiliation that Christ endured, we may have experience times when people have misjudged or mocked us, may we always remember that our worth comes from God, not from others.

Dear Lord, may I not seek a royal crown of pride but the crown of humility and help me deal with the mental sufferings that may come, in a healthy and holy way.

Carrying of the Cross

Carrying the cross himself, He went out to what is called the Place of the Skull, in Hebrew, Golgotha. (John 19:17)

“You must accept your cross; if you bear it courageously, it will carry you to Heaven.” St. John Vianney. If we do not believe there is value in suffering, it can make us turn against others and ourselves, but Jesus teaches us that there is value if we unite our crosses with His cross.

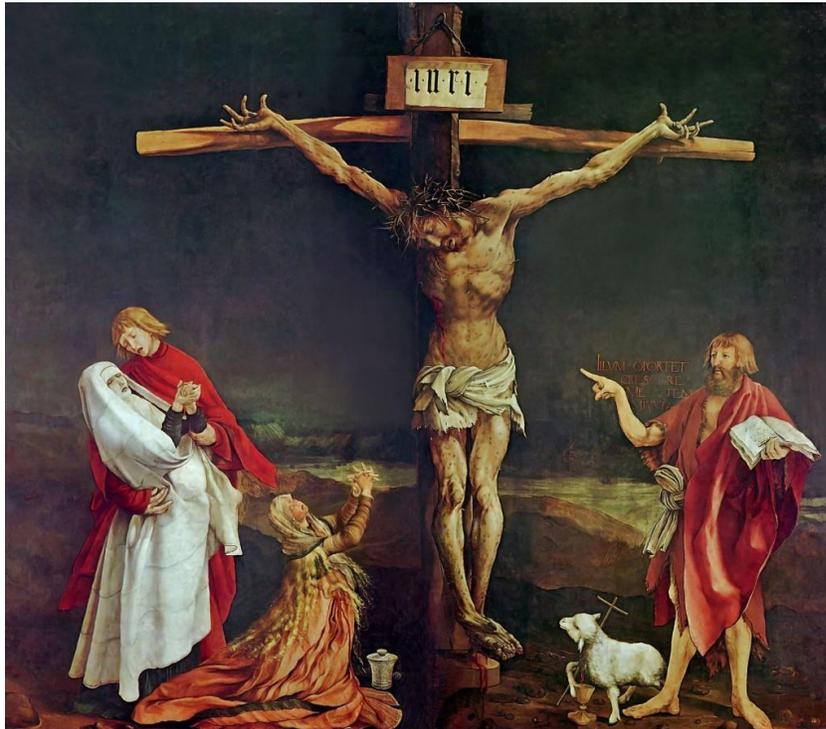
Dear Lord, sometimes my cross is so heavy and unbearable, please provide the grace so I may get up when I fall.

Crucifixion

Then they crucified him and divided his garments by casting lots for them to see what each should take. Mark 15:24

“We have been saved by His cross and no one can repress the joy of the Gospel; no one, in any situation whatsoever, is far from the Father’s merciful gaze.” Pope Francis

Dear Lord, when I am in crisis and begin to doubt your love, may I gaze at the Cross and find peace and reassurance of your self-sacrificing love for me.



Glorious Mysteries

Resurrection

“Why do you seek the living one among the dead?... Remember what He said to you while He was still in Galilee, that the Son of Man must be handed over to sinners and be crucified and rise on the third day.” Luke 24: 5-7

We sometimes stay in our own tomb of despair and we are blinded to the fact that the stone has been moved and the light is trying to penetrate our hearts.

Dear Lord, may your Resurrection, call me out of places of self-pity and defeat. Bring me to the joy found in the victory you achieved through your Death and Resurrection.

Ascension

When He had said this, as they were looking on, He was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as He was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen Him going into heaven. Act 1: 9-11

In times of trial we may feel paralyzed. We look up at the sky, but we forget to pray, and we do not realize the Lord is in our midst. He is with us in our joys and sorrows waiting to give comfort and direction.

Dear Lord, may our hearts ascend with You even during troubling times.

Descent of the Holy Spirit

And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. Act 2:4

There was fear in the Upper Room, but the Blessed Mother was present to reassure those who were afraid. Let us speak words of comfort and hope to others during difficult times. We do not need to worry about what to say because the Holy Spirit will give us the words and will turn our fear into courage.

Come Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your love.

Assumption

"It was fitting that she, who had kept her virginity intact in childbirth, should keep her own body free from all corruption even after death." St. John Damascene

In times when we are struggling physically, emotionally or spiritually, may we understand that we are embodied spirits destined to be with God for all eternity. Let us work hard so we can reach our destination, Heaven.

Dear Lord, you gave us the wonderful example of your son and His Mother to show us the way to Heaven. Thank you for the gift of our faith.

Coronation

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. Rev 12:1

For the Mother of Christ is glorified as "Queen of the Universe." She who at the Annunciation called herself the "handmaid of the Lord" ...was a true "disciple" of Christ, who strongly emphasized that his mission was one of service. St. John Paul II, *Redemptoris Mater*

Dear Lord, help us to be worthy members of your holy household through our love for you and service to others.



Luminous Mysteries

Baptism of the Lord

Then Jesus came from Galilee to John at the Jordan to be baptized by him. Matt 3:13

We are reminded of the importance of water, its mysterious properties and many uses. In Baptism we see the role of purification, healing what was broken within us and giving us a new beginning. When troubles surface, may we remember that God loved us so much that He sent His only begotten Son to take away our sins.

Dear Lord, may we always live our baptismal promises. In hardship, may we always remember that we are adopted sons and daughters of God and be assured of Your love.

Wedding at Cana

Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." [And] Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you. John 2:2-5

Sometimes we feel completely depleted and weary. Maybe we needed to be empty in order to ask for Your Help and be filled by Your grace. All good that is done is done through and in You. May we be like the servants at the Wedding and do whatever Jesus asks of us.

Dear Lord, when we are lacking grace please give us what we need so that we can serve others like You. May we be encouraged to act even when we don't think it is our hour.

Proclamation of the Kingdom

Jesus came to Galilee proclaiming the Gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the Gospel." Mark 1:14-15

Especially in times of difficulty, we need good news, the Good News! When we proclaim the Kingdom of God, it restores hope and allows us to see the direction forward.

Dear Lord, let us put your Kingdom before any disturbance or fear. Because Your Kingdom is a place of peace that we can experience even on Earth, when we remain in Your Love.

Transfiguration

After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And He was transfigured before them; his face shone like the sun and his clothes became white as light. Matt 17:1-2

In the Transfiguration we” look upon the face of Christ, to recognize its mystery amid the daily events and the sufferings of his human life, and then to grasp the divine splendor, “said St John Paul II. Even during times of trial, we should look for His Image in others and be an icon of His love.

Dear Lord, let us look back to those moments of transformation in our lives so that we can bring your Light into the darkness of difficult situations.

Institution of the Eucharist

Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then He took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.” Matthew 26:26-28

When we receive the Body and Blood of Jesus Christ, the Lord is able to heal what is broken in us so that we can be fortified to move from our past to the present moment. Through this gift of Thanksgiving, we can serve others with Christ-like love. When circumstances make it impossible for us to receive the Eucharist, we are invited to make a spiritual communion where through prayer we are united to God.

Dear Lord, we ask that we never take the Eucharist for granted. May we become what we consume and share the Gospel with all that we encounter.

