

In the 1st Glorious Mystery, we read and we meditate undisturbed:

“The Glorious Resurrection of Jesus Christ”...

FROM THE GOSPEL ACCORDING TO - LUKE -:

“Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” (Luke 24:39)¹

MEDITATION ON THE MYSTERY:

Indeed, He has risen from the dead – not only in soul, but also in body! So let us follow Him, our Master, so that we too may rise from the dead with a body that will be perfect, beautiful, and young forever!
(cf. SLC, p. 402)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the resurrection of the body, the *Catechism of the Catholic Church* says: “The ‘resurrection of the flesh’...means not only that the immortal soul will live on after death, but that even our ‘mortal body’ will come to life again... ‘The confidence of Christians is the resurrection of the dead; believing this we live.’” (CCC 990-991)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)
- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...