

**Adoration of the parish community after the Holy Mass  
on the second Thursday, 9 May 2013.  
Meditations on the Sorrowful Mysteries of the Holy Rosary  
Jesus transforms our hearts  
in response to loving being with Him.**

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**Meditations led by four people:**

**B, D – women; W, L – men.**

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(Duration of meditations with songs: about 38 min.)

(Duration with praying the Holy Rosary: about 68 min.)

**Prayer before the Holy Rosary**

(Duration of meditations with songs: about 11 min.)

**W** Song: *Fall to Your Knees* – 1st stanza (0:49)

**W** Be glorified, Dearest Jesus, true God, our Creator and Lord! Be glorified in the mystery of Your love for us – Your sisters and brothers. Be glorified in the gift of the Blessed Sacrament with which You have fed us at the Holy Mass – the sacrament of Your love. (0:32)

**B** Behold, the Holy Mass has just been completed, behold, the mystery of the Last Supper has just been completed, when You, O beloved Jesus, accomplished the transubstantiation of unleavened bread into Your body giving itself up to death on Golgotha, the transubstantiation of wine into Your Blood flowing from the height of the cross to us sinners. (0:32)

**L** How deeply do I believe in the wondrous miracle that the Holy Mass is? Am I aware of being present with You and the Apostles there, in the Upper Room, as I partake of the Holy Feast with them during the distribution of the Holy Communion? Yes, I am conscious that I am receiving Divine Food so that I may be carried with them to Golgotha and stand at Your nailed feet on the cross – right next to the Immaculate Mary. (0:37)

**D** What is my faith in this miracle of truly moving us all from the time of our lives into Your time, O Jesus, into the time of salvific events? Do I believe? Do I love? Am I there with You? During Transubstantiation and Holy Communion, am I consciously with You and Your Mother Mary on Golgotha in the hours of Your greatest trial and tribulation? (0:36)

**D** Song: *Fall to Your Knees* – 3rd stanza (0:49)

**W** Dearest Lord Jesus! As a community of the parish of Divine Providence, today we have come again for the Holy Mass and adoration. We have arrived to love You with our presence. From the bottom of our hearts, we thank You for this incomprehensible grace of participation in the Holy Mass. It is, in a mysterious way, always a participation in that Last Supper, which You celebrated two thousand years ago on the night before Your Passion. (0:39)

**B** Behold, the Holy Mass – or the Last Supper – has ended. Behold, You, in the company of the Apostles, come out of the Upper Room to begin that shedding of Blood in which, thanks to Holy Communion, they have already participated sacramentally. You go out determinedly after the Last Supper to the people of violence to realize among them in a natural way for us humans what was already given to the Apostles in a sacramental way: You go to offer the saving sacrifice of Your own life. (0:49)

**L** Dearest Jesus! As the Apostles, we also wish to accompany You on this way of shedding Blood. A moment ago, we also received Holy Communion with them in the Upper Room. So now, having been fed by the Blessed Sacrament, we have the power from You to participate after the Holy Mass in the events that took place after the Last Supper two thousand years ago. (0:34)

**D** Dearest Jesus! In the depths of my heart, I ask the question today: how is my faith in this astonishing Eucharistic miracle that consists in Your truly moving me and all of us from the time of our life into Your time, O Jesus, into the time of salvific events? Do I believe? Do I love? Can I consciously be there with You, with Your Mother Mary, with John the Apostle, with the women...? (0:48)

**D** Song: *Adoro Te Devote* – 1st stanza (0:39)

**W** Dearest Jesus! I ask my heart today: Can I consciously be during the Transubstantiation and Holy Communion with You and Mary on Golgotha to abide there lovingly with You – in the hours of Your greatest trial? Am I acutely aware that thanks to the Holy Communion, it is not only during the Holy Mass but also after it when the minutes of God’s time of grace – the time of union with You in those events – continue to tick away? Do I believe that in praying after the Holy Mass, I am a true friend to You – a friend who has not forsaken You but faithfully follows You along the path from the Upper Room to the Hill of the Skull, with the three crosses on top of it? (1:13)

**B** Beloved Jesus! How fervently we desire that the presence of our prayerful community after Mass by Your side – after receiving You in Holy Communion – become from this day forward the most beautiful and complete response to the desire for love of Your Divine Heart, the desire You entrusted to Saint Margaret Mary Alacoque. Behold, You confessed to Saint Margaret one day thus:<sup>1</sup> (0:37)

**L** “I thirst with such a terrible thirst to be loved by men in the Blessed Sacrament that this thirst consumes Me. Yet I find no one trying to quench it according to My desire by some return of My love.” (0:30)

**D** Is my heart capable of loving You, Dearest Jesus? Am I capable of loving You as You thirst for it? Am I not content today to love You only as my weakness allows? Therefore, I beseech You, O beloved Jesus, assist my weak heart with Your grace so that today, during this adoration, it may beat for You with poignancy. (0:39)

**D** Song: *Adoro Te Devote* – 2nd stanza (0:39)

## Meditations for the Sorrowful Mysteries of the Holy Rosary

(Duration of meditations with songs: about 26 min.)

### Meditation 1.

#### Lord Jesus’ agony in Gethsemane

(Duration of meditations in this decade: about 5 min.)

**D** I look at You, Jesus, hidden under the white robe of the Most Holy Host. I look with a desire to participate in Your saving pain. I want to be with You in the hour of Your agony in Gethsemane. I desire to persevere here in prayer with You... I desire to persevere to gain inner strength and, thanks to it, not to flee in the hour when the force of violence will be aimed at You... and at me. (0:43)

**D** I look at You, Jesus, hidden under the white robe of the Most Holy Host. I look with a desire to participate in Your saving pain. I want to be with You in the hour of Your agony in Gethsemane. I desire to persevere here in prayer with You... I desire to persevere to gain inner strength and, thanks to it, not to flee in the hour when the force of violence will be aimed at You... and at me. (0:43)

**L** O Jesus, I believe that although, from my point of view, the time of this ‘hour’ belongs to the distant past, I am with You here in the Gethsemane. Yes, I believe that together with all the participants in the Eucharist, by the power of the received Holy Communion, I have been carried above the centuries into Your time – into the time of Your agony in the Gethsemane... (0:35)

**B** So here we are together, Jesus, to where we came with You among the Twelve after the Holy Mass – after the Last Supper. I desire not to flee under fear before Judas, leading the armed troops. I look at You and learn the confidence of Your heart in the meaningfulness of everything that takes place from the Father’s Will, fulfilling step by step His Divine design. I believe that now, in this hour of grace, the Father, by the power of Your Blood oozing to earth during Your trepidation in Gethsemane, frees us from entanglement in friendship with the devil... (0:50)

**W** May Your Will be done, Father! May Jesus have a true friend in me – the one who, in the time of His greatest trial in life, will persevere to the end with Him... O Jesus, You give Yourself with admirable calmness into the hands of brothers hostile to You. In the hour of Your trial, I resolve for the future to restrain more than before my angry reactions to the wrongs that must also come upon me. (0:37)

**D** I entrust this decision to You with confidence that right now, in this hour of grace, You, by the power of Your Heart – the Heart full of peace – will bring the leaven of Your Divine inner strength into my heart as well... You will enable me to love even in such a difficult situation, to love those who wish to harm me. I love You, Jesus... my love, I love You, hidden in the whiteness of the Immaculate Host... (0:37)

**L** O Mary, Immaculate Mary! Into Your Motherly hands, I entrust all my efforts to become a man of inner peace, capable of persevering in the trials that the Will of God gives me on my way to becoming fully like Jesus. (0:26)

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<sup>1</sup> Letter No. 133a of St. Margaret Mary to Father Croiset, 3 November 1689. See: <https://remnantnewspaper.com/web/index.php/articles/item/6665-the-signs-of-the-times-point-to-our-need-for-the-sacred-heart-of-jesus>.

**B** Mary! In this hour of sacramental union with Jesus, I want to confess to you my love and regret for my sins. I often wounded the Divine Heart of Jesus and Your Immaculate Heart with my vehemence towards sisters and brothers who harmed me... (0:30)

**W** I apologize to You, Jesus, and ask humbly in this hour of grace for the gift of a new heart for me and all of us. I trust that this will happen, that I will be able to love like You those whom God will place on my path of a spiritual becoming the fully redeemed man... I love You, Jesus. Amen. (0:32)

### **Meditation 2.**

#### **Scourging of the Lord Jesus**

(Duration of meditations in this decade: about 6 min.)

**D** Jesus, cruelly scourged, I am with You and love You. I sympathize with You with all my heart in this hour when You are struck with words of derision and physical violence. O Love full of patience! With admirable constancy of feeling, You endure this violent attack of those guarding You. O Jesus, God Incarnate! In this moment of adoration, I am now with You during the scourging at Pilate. Yes, I am with You, the real Man, hidden under the species of the Blessed Sacrament. I am there to love You with my presence. (0:58)

**L** Lord Jesus! I confess with faith this astonishing truth that this hour of mockery aimed at You by Pilate's soldiers in Jerusalem does not belong only to the distant past. No! You are opening that hour now for all of us gathered in prayer after the Eucharist. (0:31)

**B** Yes, You open for us the gates of time and lead us with Your Divine right hand into the hour of scourging. How do I respond to Your gift? Do I consciously abide with You? Am I grateful for Holy Communion, by the power of which I enter into such distant time? – into a time two thousand years distant, into the time of Your love for me during the scourging... (0:41)

**W** Into this hour, O Lord of time and eternity, You have now allowed me to enter – so that I may have the opportunity to love You in this hard trial of the mockery... I know and believe that by adoring You in the Blessed Sacrament, in the Sacrament of **Communion**, which means **union**, I bring relief to You, O Jesus, who are subjected to the malice of Pilate's soldiers surrounding You. (0:37)

**D** Jesus! I know that deep faith is necessary to unite with You in sacramental love. I give thanks to You for Your Holy Catholic Church and its priests! I owe to the Church the Divine Faith in the Blessed Sacrament. In this hour of presence with You, O scourged Savior, accept my gratitude for Your sacrifice. It is it – Your sacrifice out of love for the Father and us – that brings us into the womb of the Church... It is it who causes our birth into a life of love... (0:47)

**L** Jesus, I am with You to relieve Your suffering. In this difficult hour, I am here with You at Pilate's. I am there to love You with my presence. I know it is because of the Holy Communion I have received that now I, a man of a different historical time than Yours, can genuinely be with You in Your time. So I am, and I love... I love You, Jesus, hidden under the whiteness of the Most Holy Host in my heart. Thank You so much for this good which You have given to all of us abiding here with You... (0:54)

**B** Jesus, I marvel at Your extraordinary patience with people who mock You. I contemplate with amazement the power of Your Heart, and I humbly ask You now, in the hour of union with You, so loving to mockers, to enable my soul to have the same patience with brothers and sisters who will similarly mock me. May I now receive this longed-for ability to love and bear witness to the spiritual power hidden in You, O God present in the Most Holy Sacrament... (0:45)

**W** Jesus! Now, in this hour of grace, when I am united with You, who patiently endures violence, I entrust to the Father my future time of trial. Yes, I entrust to the Father the time of trial when it will be necessary to bear witness to a love that is more powerful than the violence of injustice. Jesus, I love You! Thank you with all my heart for the Blessed Sacrament, for the Divine gift of timeless participation in the hours of Your path of salvation, the gift that shapes our similarity to You. I love You, Jesus! (0:47)

### **Meditation 3.**

#### **The crowning of the Lord Jesus with thorns**

(Duration of meditations in this decade: about 6 min.)

**D** O Jesus, hidden under the covering of the Holy Host! On my knees, I adore You... Here, before Your Majesty, the angels cover their faces ... I look at You, O Jesus ... And although my eyes will not perceive that You are here physically, in the body – as every man is – I know with the absolute certainty of faith that You are truly here now as Man – as God, who took on human nature to save us. (0:43)

**L** Lord Jesus! I want to be united with You now when You are at a difficult time when Pilate's soldiers insult You, scourge You, and crown You with thorns. Jesus, Dearest Friend, I want to be with You in this hour... I want to be a source of consolation for You, a counterbalance to the vehemence of the malicious words that the soldiers surrounding You are hurling from their hearts. (0:25)

**B** What a heartbreaking experience is Pilate's judgment and the self-judgment of his soldiers over You, Eternal Truth and Love! Who are they who perform the judgment over You, God Incarnate? They are those who, under the eternal law of love inscribed in the heart of every human being, should serve God daily. Why do not they recognize the goodness in You? Why do not they see the goodness of Your miracles and teachings leading to acquiring God's wisdom? It is the wall of hostility they have erected in their hearts that prevents them from interpreting in Your favor everything related to You. (0:55)

**W** Jesus, standing in the crown of thorns before Your tormentors! Grant it, I ask, that in this hour of Eucharistic union with You – union in the mystery of Your Heart, which so humbly and calmly endures the violence of the blows – that I may just now receive from You the gift of the transformation of my heart, the gift of conforming my heart to Your Heart. I love You and desire to become like You because, after all, those who love one another always become like one another. (0:50)

**D** Jesus! You know I love You, but I lack the strength to become like You, O Beloved! I love You, and I am sure that in Your love for me, You can and want to give me this desired likeness... Do it now... now... in this hour of grace... do it by the power of Your wonderful presence in the Most Holy Sacrament. Please do this by the power of our unity, by the power of my participation in the minutes of Your silence in the face of the hostility of the soldiers crowning you with thorns... (0:45)

**L** Jesus! I trust that You will now transform me and not only me but also many of our sisters and brothers. May our new hearts be for You, O Jesus, who are silent in the face of the aggression of scoffers, a source of consolation, which You, after all, need and expect – need as much as every person who has been harmed... (0:28)

**B** Let our hearts resurrected for love be for You, O Jesus aching in this hour of mockery, the reason for the rebirth of Your human strength. Let the new life of our hearts be like a source from which flows in Your Heart the sense of the reasonableness of this enormous suffering that You accept by the Father's Will while waiting for love for You, beloved Jesus, O Supreme Good, O my only Love! (0:38)

**W** O Jesus, Eucharist! I stare at You with the utmost admiration. You, Jesus Christ, as the Sovereign God, could deal with Your hostile brothers, and yet You do not do it... You offer a sacrifice to the Father as the source of our transformation... I love You, Jesus! I thank You with all my heart for this sacrifice now, in this hour of grace, when, by virtue of receiving Holy Communion, I am with You in the hour of these mockeries and when You imperceptibly create a new heart in me, a heart similar to Yours. I love You, Jesus! (0:48)

#### **Meditation 4.**

#### **The Way of the Cross of the Lord Jesus**

(Duration of meditations in this decade: about 4 min.)

**D** By the power of the received Blessed Sacrament, You take me, O Jesus, into Your time, into the time of carrying the cross. With deep emotion and poignancy, I thank You from the bottom of my heart for this opportunity! I can be with You; I can relieve You with my presence at least a little, together with Simon carrying Your cross. (0:28)

**L** The cross is Yours..., though it should be a mine cross. You have nothing to repent for, whereas I have. You carry my entanglement in evil. It, at the end of this way, will be nailed to Your cross along with You, with Your body. I will be free from this evil. (0:24)

**B** I will be free if I now gratefully accept the grace of the transformation of my heart, if I accept from You, O Savior, the grace that You desire to give me right now. I will be free insofar as I am with You now, in this hour of grace... insofar as I believe that the Blessed Sacrament unites me with You being in that difficult hour of Your emaciating out of love for me. (0:37)

**W** Jesus, help me to believe and love You through deep faith... to love You, who are marking successive spans of the earth with the bloody footprints of Your feet... to love You, who are going on the way towards death on the Hill of the Skull – here in the Holy Land, just outside the walls of Jerusalem. (0:28)

**D** Out of love for me, You took up this path of the Man scorned, the Man cast outside the community, outside the walls of the human family. You, Eternal Holiness, go out outside the walls of the holy city of Jerusalem with the verdict "not fit for the holy people of God." I go with You – I do not have to be fit either... I must remain faithful to You. It is enough for me! (0:40)

**L** Jesus! May You be strengthened on the way to Golgotha by the awareness of my heart's gratitude for the gift of Your ministry that I receive in this hour of grace from You – the ministry of freeing me from the iniquity of my heart, from the fear that leads me to utter a lie in defense of my weakness. (0:25)

**B** On this path, O Jesus, I hear Your call: I must cry over myself, over my hard heart; I am to weep over my brothers and sisters whose hearts are accustomed to sin. I weep, O Jesus, I grieve for the sin of the world! It was the sin of us that disfigured Your face and Your entire body with bloody traces of violent blows... It was our arrogant self-confidence that hurled You down from the cathedral of the teacher of Divine Wisdom and now saturates itself with the sight of the Doomed One, to whom it assigned the role due to Him – carrying the cross... (0:47)

**W** I weep and huddle with You, O Jesus, walking so close... right next to You..., walking so thanks to the Sacred Host, whose reception at the Holy Mass brought me into Your time and made me Your sister on the way to the death, a sister on our way of dying to sin in order to live for God – always out of love for God... (0:37)

### Meditation 5.

#### The death of the Lord Jesus on the cross

(Duration of meditations in this decade: about 3 min.)

**D** Golgotha, the Hill of the Skull... You were nailed, O Jesus, to a cross firmly fixed in the ground, nailed between two other crosses – two other of our brothers are hung on them. You are dying to give life – the Father will respond to Your Sacrifice with the gift of new life for You and us, Your sisters and brothers. (0:49)

**L** I am here with You, O Jesus, hung between heaven and earth as payment for my sins... I am here with You, O Mary, so pained by my guilt... The Divine power of Holy Communion carries me above time and space and brings me into the most challenging and painful hour of all the hours of Your life... It carries me to You, to make me near to You now... (0:38)

**B** Yes! The Divine power of Holy Communion carries me over time and space and brings me into this hour, the most difficult and painful of the hours of your lives... It carries me to be with You... to repent with tears in my eyes for my evil... to console Your hearts with my humble presence... to love You with our mutual closeness of hearts – here, at the nailed feet of Jesus. (0:41)

**W** Jesus! Behold, now, thanks to our union with You in Holy Communion, it is striking the hour of our union with You in death, in the sacrifice of love to the Father. We believe that right now, Your mercy with the immense power of Divine love is transforming the heart of each of us. Jesus! You desire love from us; You desire that we always abide in adoration filled with prayer after the Holy Mass. You desire us during and after the Eucharist because our presence sustains Your human strength on the way from the Upper Room to Death. (0:55)

**B** You desire us, O Dear Jesus, because You desire above all to give us the gift of new life during this going – a life that is the loving of God above everything. Be glorified in Your desire to love us and in Your longing for the love of our hearts! Amen. (0:25)

### Completion of the Holy Rosary

(Duration of these meditations: about 2 min.)

**D** Beloved Jesus! Behold, we have come with You to the end of the way You passed from the Upper Room to Golgotha two thousand years ago. We believe that the power of the Blessed Sacrament, which we have eaten during the Holy Mass, has genuinely moved us back to the time of Your life, to the Upper Room. Following St. John Paul II, we believe that when You celebrated the Last Supper in the Upper Room, You simultaneously, in some mysterious way, celebrated every Holy Mass Your priests celebrate during their earthly life.<sup>2</sup> (0:54)

**W** Today, once again in our life, we received from You the grace to participate in that celebration because every Holy Mass is always that Last Supper – a celebration performed by You on the last night before the way towards death. In our adoration after the Holy Mass today, we also received the grace to follow You in that salvific way. We have reached Golgotha. From the height of the Cross, You now descend, our Savior, into the Abyss, into the land of the dead, to come out from there after three days on the morning of Resurrection. (0:40)

**B** We believe, O Jesus descending into the Abyss, that You descend in this hour of grace also into the Abyss of our souls. With profound devotion, we will now abide in prayerful silence until the end of this adoration in order to open ourselves to Your voice – the voice of the Good Shepherd (cf. John 10:1-18; Heb 13:20), who calls His sheep by name, lovingly addresses each of us, and leads us out of the shackles of the Abyss, and leads us towards the Resurrection. Jesus, the Beloved Shepherd, we now await Your word in the depths of our souls. We await for the Holy Spirit. Amen. (0:45)

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<sup>2</sup> Cf. John Paul II, Encyclical *Ecclesia de Eucharistia*, No: 29: “The ministry [of the priest] is essential for **validly linking the Eucharistic consecration to the sacrifice of the Cross and to the Last Supper.**” Cf. *Ibid*, No. 5, 12, 21, 59.