

The Fourth Sorrowful Mystery ~ Jesus Carries His Cross



Our Father Who art in Heaven...

Jesus is already exhausted when the soldiers put the heavy cross on his shoulders. Jesus stands with people all around the world who carry heavy sadness in their lives or heavy work to do.

Hail Mary full of grace...

The soldiers were afraid Jesus would die before he was able to get to the top of Mount Calvary, so they made Simon, who was coming home from work, to help Jesus carry the cross. Simon probably didn't feel much like helping, but God often asks us to do things we'd rather not have to do. I'll do them with a generous heart anyway.

Hail Mary full of grace...

There is a story told about Veronica, who walked up to Jesus and dried his face with her towel. Jesus left the picture of his face imprinted on the cloth to thank her for that little bit of comfort. Maybe Veronica was able to give Jesus some water too before the guards pushed her away. She was very kind.

Hail Mary full of grace...

Jesus met a group of crying women along the way. He stopped and told them not to cry for him but only for the world's sad sin - especially the sins of hearts that refuse to love.

Hail Mary full of grace...

Jesus was already so weak and thirsty that he fell along the way under the heavy cross. But his love must have been tremendous. He didn't say, "Okay, I've done enough," but he got all his strength together and began again.

Hail Mary full of grace...

The story also tells us that Jesus met his Mother on the road to Calvary. I must be calm and quiet now and think of that moment when Mary and Jesus saw each other. Mary is the first believer - she said *yes* to Jesus from the very start.

Hail Mary full of grace...

A cross is two pieces of wood, one horizontal and the other vertical. When Jesus was nailed to the cross he showed the love of God, stretching North and South and East and West.

Hail Mary full of grace...



A crowd of people followed Jesus as he carried the cross up the hill. We don't know who, but somewhere in the crowd was the person who carried the sign that was nailed to the cross over the head of Jesus. The sign said: *Jesus of Nazareth, King of the Jews*. Jesus is the King of love. *Come into my heart Lord Jesus, come into my heart to stay!*

Hail Mary full of grace...

Some people were given money to say untrue things about Jesus. Other people wanted Jesus to die because they were jealous of his popularity with ordinary people. And I know that Jesus holds in his heart forgiveness for the the worst mistakes human beings can make. Imagine this: *I slip through the noisy crowd and get past the soldiers. I walk with Jesus a few steps telling him all about my grateful love.*

Hail Mary full of grace...

A cross is made from a tree. Remember the fruit tree in the garden when Adam and Eve told God, "*We're going to go our own way.*" Now carrying the cross, Jesus has *returned* to the tree to share his heart of love. *Nothing, nothing, nothing* can separate us from God's love.

Hail Mary full of grace...

Glory be to the Father...