

Session Three Bread for the Journey Wednesday, March 6

The Glorious Mysteries of the Rosary

1. The Resurrection of the Lord

 Death could hold no grip on the Son of God. In rising from the dead, Christ opened for us eternal life. He who is and was and always will be is present with us today.

2. The Ascension of the Lord

 As Christ ascends to the right hand of the Father, to the throne of the Kingdom that will have no end, He remains present with us today, leaving behind the Holy Spirit the Paraclete, who is at work in our lives.

3. The Descent of the Holy Spirit

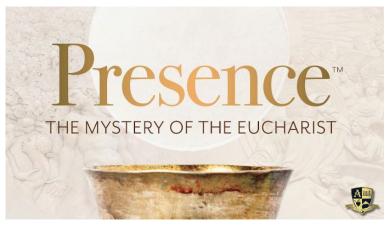
The Holy Spirit descended upon the apostles at Pentecost in magnificent, dramatic fashion. Most of us do not have such a powerful experience of the Holy Spirit, rather the Holy Spirit expresses Himself more subtly, present with us constantly, gently guiding, gently nudging.

4. The Assumption of the Blessed Virgin Mary

God chose Mary from among all women who have ever lived, from among all those who ever will live, to be the mother of His beloved Son. Because of this, God desired that she be present with Him in heaven, from where she can focus our attention on His presence with us.

5. The Crowning of Mary Queen of Heaven

• The mother of the King of the Universe is the Queen of Heaven. From her heavenly throne she intercedes for us and desires that we be ever mindful of His everlasting presence with



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Questions for Reflection

- 1. What was one thing from the video that you heard for the first time or that was an "aha" moment for you?
- 2. What is your favorite part of the Mass? Why?
- 3. How do we participate in the sacrifice of Jesus in the Eucharist?
- 4. What are some practical ways to be intentional about participating in the sacrifice?
- 5. What is our mission when we leave Mass?
- 6. What can we do to live out this mission?



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