

Meditation on the mysteries of the Most Holy Rosary



The First Joyful Mystery

The Annunciation of the archangel Gabriel to the Blessed Virgin Mary



Method of meditation

To do a good meditation we ought to use the main three faculties of our soul: memory, intelligence, and will. This is a brief explanation of how to meditate:

- 1) Memory: firstly, I try to remember some principles, great realities of our faith or events of Our Lord's life and bring them into my mind so that they may be meditated upon.
- 2) Intelligence (knowledge of God): secondly, I consider these thoughts and try to understand their meaning and the consequences which are attached to them.
- 3) Will (love of God): finally, after a while of consideration, I produce some acts of will in order to apply concretely what I have drawn from my meditation into my own life and I ask God to help me to do so.

With this support, this method can be done like this:

- 1) Memory: read slowly the **extract from the Gospel** (page 2).
- 2) Intelligence: read and think longer about the **first series of considerations upon the Gospel** (page 3).
- 3) Will: read the **second series of considerations** which apply in a more practical way the message of the Gospel (page 4).

End by reading the last consideration which should lead us to make **a real resolution** to apply the examples of this mystery of the rosary in our own life (page 4).

As part of the 1st Saturdays devotions, let us do this **meditation in spirit of reparation** in order to console Our Lady against the outrages committed towards her Immaculate Heart.

1. Gospel Text

In the sixth month, the angel Gabriel was sent from God into a city of Galilee, called Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel being come in, said unto her: "Hail, full of grace, the Lord is with thee: blessed art thou among women."

Who having heard, was troubled at his saying, and thought with herself what manner of salutation this should be. And the angel said to her: "Fear not, Mary, for thou hast found grace with God. Behold thou shalt conceive in thy womb, and thou shalt bring forth a son; and thou shalt call His name Jesus. He shall be great, and shall be called the Son of the most High, and the Lord shall give unto Him the throne of David, His father, and He shall reign in the house of Jacob forever. And of His kingdom there shall be no end."

And Mary said to the angel: "How shall this be done, because I know not man?" And the angel answering, said to her: "The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy One, who shall be born of thee, shall be called the Son of God. And behold thy cousin Elizabeth, she also hath conceived a son in her old age, and this is the sixth month with her that is called barren: because no word shall be impossible with God."

And Mary said: "Behold the handmaid of the Lord, be it done to me according to thy word." And the angel departed from her (Luke 1:26-38).

2. Considerations

1st series

1. Mary is praying in her chamber. How Heaven and earth rejoice over the solitary Virgin in prayer! May I also, when in prayer, appear pleasing to God.
2. The first *Ave Maria* is intoned: “Hail Mary!” May my *Ave* equally reverent and devout, mount up to the throne of God’s Mother.
3. The Archangel announces his message: “Thou shalt bear a son and thou shalt call his name Jesus.” Now breaks the dawn of Redemption.
4. Mary asks: “How shall this be done, because I know not man?” I revere the purest of virgins. She is willing to become the Mother of God, only if she may remain a virgin.
5. Wonderful is the counsel of the Almighty. “The Holy Ghost shall overshadow thee. And therefore the Holy One, that shall born of thee, shall be called (not the son of Joseph but) the Son of God.” Mary shall become the Mother of Jesus and still remain a virgin.
6. With boundless joy, I hear Mary announce her cousin: “Behold the handmaid of the Lord.” From now on, angels and men may greet Mary as Mother of God.

2nd series

7. How humble is Mary! At the very moment when she becomes the Mother of God, she calls herself merely the handmaid of the Lord. What an inspiring example for me always to be humble!
8. How courageous Mary is! Through divine inspiration, she foresees all that she and her Divine Son will suffer. But even in carrying the cross, Mary desires to be merely the handmaid of the Lord. I also will persevere in God's service, even when His service is hard,—in temptations and sufferings.
9. The great moment of the Incarnation of the Son of God has come. "And the Word was made flesh." Like a Holy Communion, the created nature of Christ takes up its abode in the heart of the Mother of God. I kneel down before the Ark of the New Covenant and adore the Saviour.

Resolution

10. My resolution: May the Saviour abide with me at all times in a heart that is equally pure.