

Meditated Rosary: Joyful Mysteries

1st Mystery: The Annunciation Fruit of the Mystery: Humility

Let us contemplate in this first mystery the humility of the Blessed Virgin: though betrothed, she does not seem able to bear the Messiah awaited by the people of Israel. Likewise, we, guardian angels, may suffer from not being able to walk the roads to Chartres. And yet, it is in the womb of a virgin that the Son of God is conceived: in the same way, the graces of the pilgrimage may descend into our hearts if we open them with trust, knowing well that everything comes from God and that His strength is made perfect in our weakness.

Blessed Virgin, grant that my humility may not be centered on myself, but on the glory that God desires to manifest in me.



2nd Mystery: The Visitation Fruit of the Mystery: Charity



“All through love, nothing by force”: this is the motto of our saint of the day, Francis de Sales. Our whole life must be guided by this principle. If Christ descends into our soul, just as He took flesh in the womb of the Virgin, He must then infuse all our actions with His charity.

The Virgin went in haste to visit her cousin in her pregnancy: it was her duty. Saint Francis de Sales evangelized, preached, guided, and sanctified - all through love: it was his duty.

Blessed Virgin, grant me to understand my state in life and help me to fulfill it through love.

3rd Mystery: The Nativity

Fruit of the Mystery: Poverty of Spirit and Detachment from Material Goods

The King of kings and Lord of lords is born in a poor stable, as one poor among the poor. Saint Francis de Sales, though of noble birth and Bishop of Geneva, gave even his socks and shirts to the poor.

Blessed Virgin, show me in my life the share of poverty to which you call me. Grant that this spirit of poverty may take concrete form in the small details of my life. And give me the strength not to cling to riches, but always to prefer God above all His creatures.

4th Mystery: The Presentation in the Temple

Fruit of the Mystery: Purity and Obedience

Let us contemplate the simplicity with which the Holy Family submits to the Law, though it would seem not to concern them. What purification did the Virgin need? Why would Jesus need to be redeemed by sacrifice?

And yet they fulfill these precepts, inviting us to obey with docility the commandments God gives through His Church. They may sometimes seem disconcerting or too simple—so much the better. If God invites us to love Him simply, let us obey Him simply.

His commandments may at times be burdensome—let us ask for the strength to fulfill them.



5th Mystery: The Finding of Jesus in the Temple

Fruit of the Mystery: Seeking God in All Things

The life of Saint Francis de Sales invites us to understand this mystery. He multiplied his labors: missions, sacraments, spiritual direction, retreats, founding an order... What was his aim? The glory of God and the salvation of souls.

May the Holy Family help us to pursue the same end in our lives, whether active or hidden.