

Meditations for 2025 Prayers – Rosary and Slowed down Lord's Prayer

Ways to use these meditations 1

- Slowed down Lord's Prayer
 - Part of this document contains a way of breaking down the Lord's prayer into six parts.
 - How to pray these meditations using the Lord's Prayer:
 - + In the Name of the Father and of the Son and of the Holy Spirit.
 - Let us pray, Living God, Jesus calls his followers to seek first your kingdom. Renew us as we make your love known; Release us to share freely together in mission; and Rejuvenate us to be fruitful in your service. Give us courage, wisdom and compassion, that strengthened with the grace of the Holy Spirit, we may, as the Diocese of Sheffield, both flourish and grow through Christ our Lord. Amen.
 - Read the Scripture, Meditation, and Prayer intention for the 1st Mystery.
 - Pray the broken down Lord's Prayer, using the suggested meditations it contains.
 - Repeat with the following Four Mysteries, Meditations and Prayers
 - Finish with the Diocesan Prayer:

1st Mystery of Light: The Baptism of the Lord in the Jordan – Renewed

'Then Jesus came from Galilee to the Jordan to be baptized by John. 14 But John tried to deter him, saying, "I need to be baptized by you, and do you come to me?" Jesus replied, "Let it be so now; it is proper for us to do this to fulfill all righteousness." Then John consented. As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased' (Mt 3,13-17).

Baptism is the beginning, it is the beginning of the journey of faith, it is the beginning of the great Christian adventure. It is the moment when or human nature is renewed, the refreshing water which flows from the side of Christ over our bodies and our souls, cleanses and heals, these waters imbue our very selves with the Holy Spirit. It is in this state of renewed baptismal joy that we begin our journey as a Diocese into the unknown depths of renewed missionary zeal.

Let us pray for our Churches that we might recall the renewal of our baptism as we seek to revitalize our mission, our worship, our faith.

2nd Mystery of light: The Self-revelation of the Lord at the Wedding Feast of Cana - Released

'On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine." "Dear woman, why do you involve me?" Jesus replied, "My time has not yet come." His mother said to the servants, "Do whatever he tells you." Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. Then he told

them, "Now draw some out and take it to the master of the banquet." They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." This, the first of his miraculous signs, Jesus performed in Cana of Galilee. He thus revealed his glory, and his disciples put their faith in him' (Jn 2,1-12).

By this first of his public miracles, Christ proves that he has a deep interest in our many and varied activities during the course of our journey toward heaven. Jesus is truly interested in our earthly affairs.

The miracle at the Feast of Cana signifies his giving of his own Body and Blood at the Last Supper. The wine in abundance shows that God's kindness knows no limits. It is this new wine of the Gospel which releases us for God's mission.

Let us pray that we might be released by the overflowing love of God to preach His good news a fresh in this generation.

3rd Luminous Mystery: The Lord Jesus Proclaims the Coming of the Kingdom - Rejuvenated

"The time has come," he said. "The kingdom of God is near. Repent and believe the good news!" (Mk 1, 15) The preaching by which Jesus proclaims the coming of the Kingdom of God, calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him in humble trust (cf. Mk 2:3-13; Lk 7:47-48): the inauguration of that ministry of mercy which he continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation which he has entrusted to his Church (cf. Jn 20:22-23) (Blessed John Paul II, RVM 21).

The people of God wanted to see and listen to our Lord Jesus Christ. His presence was powerful and healing. It was the faith of paralytic that truly cured him. But Christ made it clear that his healing would be more than just physical. What was more important to Our Divine Saviour was the forgiveness of his sins. Jesus claims his authority as the Son of God when he not only cures the crippled man, but also forgives his sins.

Let us pray that our faith becomes rejuvenated, through the healing of our sins.

4th Luminous Mystery: The Transfiguration of Our Lord - Renewed

About eight days after saying this, he took Peter, John, and James, and went up onto a mountain to pray. While he was praying, his face changed in appearance and his clothes sbecame dazzling white. Suddenly two men were talking with him, Moses and Elijah. They appeared in glory and spoke of his passage, which he was about to fulfill in Jerusalem. Peter and those with him had fallen into a deep sleep; but awakening, they saw his glory and likewise saw the two men who were standing with him. When these were leaving, Peter said to Jesus, "Master, how good it is for us to be here. Let us set up three booths, one for you,

one for Moses, and one for Elijah." (He did not really know what he was saying.) While he was speaking, a cloud came and overshadowed them, and the disciples grew fearful as they entered it.

Then from the cloud came a voice which said, "This is my Son, my Chosen One. Listen to him." When the voice fell silent, Jesus was there alone. The disciples kept quiet, telling nothing of what they had seen at that time to anyone.

Jesus wants us to share in his glory. The Transfiguration reminds us that as Christians our lives are being changed and transformed each and every day. We are being conformed into the image of Jesus Christ: crucified, risen, and now glorified. Don't be found sleeping as were the three Apostles. How we close our eyes to God's glory because we are lazy and inattentive to what God is trying to do in our lives!

When transfigured, Jesus is seen with Moses the giver of the Jewish Law, and the greatest of all the prophets, Elijah. Jesus is the fulfilment of the Mosaic Law and the longed-for Messiah so much prophesized by the prophets. It is no wonder that the apostles said to Jesus, Lord, how good it is for us to be here!

Let us pray that we might be changed and transformed day by day, as we seek to become more like Jesus.

5th Luminous Mystery: The Institution of the Eucharist – Renewed, Released, Rejuvenated

'During the meal Jesus took bread, blessed it, broke it, and gave it to his disciples. "Take this and eat it," he said. "This is my body." Then he took a cup, gave thanks, and gave it to them. "All of you must drink from it," he said, "for this is my blood, the blood of the covenant, to be poured out in behalf of many for the forgiveness of sins. I tell you, I will not drink this fruit of the vine from now until the day when I drink it new with you in my Father's reign." Then, after singing songs of praise, they walked out to the Mount of Olives. A final mystery of light is the institution of the Eucharist, in which Christ offers his body and blood as food under the signs of bread and wine, and testifies 'to the end' his love for humanity (Jn 13:1),

Take bread and wine. Give thanks. This is my Body. This is my Blood. Do this to remember me. Five simple sentences, five simple instructions. The Eucharist sustains us, it is our food for the journey to heaven. When we are tired and weary it renews our vigour and our faith. The Eucharist rejuvenates us, by taking the Lord's body and blood into our own bodies, into our own blood, we become more like him, ready, and willing to proclaim his Gospel of salvation. The Eucharist releases us, it is the memorial of Calvary, the moment when our salvation, our redemption from sin is made possible. The Eucharist bring heaven and earth, through Calvary into contact; angels, saints, and nations sing and praise God together, it is a foretaste of the eternal Kingdom of Heaven.

Let us pray for the Diocese of Sheffield, for its people, for its lay leaders, for its deacons, priests and bishops, that as we gather around the mysteries of light, as we gather around the Lord, we might be renewed, released and rejuvenated to proclaim the Gospel of salvation to this generation and to all the generations to come.

Ways to us the Meditations 2

- Mysteries of the Holy Rosary.

- What is the Rosary?
 - The rosary is time honoured form of Christian meditation, which has enriched the lives of millions of the faithful since well before the Reformation and continues to enrich the faith of many in the Church of England and beyond.
 - A frequent question about the Rosary is; ‘surely its all about Mary, and not about Jesus.’ There is no doubt that the use of the Hail Mary throughout the Rosary makes many Christians uncomfortable to the point where this method of prayer is abandoned. The Rosary focuses in its Meditations on the life of Jesus, when we pray the Rosary we look at episodes from the life of Jesus through the eyes of his mother, and pray ourselves into the situation in order to understand Jesus and his mother and the disciples more.
 - Where is the Hail Mary in Holy Scripture ?
 - Hail Mary full of Grace, the Lord is with thee = Luke 1:28
 - Blessed art thou among women, and blessed is the fruit of thy womb, Jesus = Luke 1:42
 - Holy Mary, Mother of God = Luke 1:43
 - Pray for us sinners now and at the hour of our death. = John 2: 1-11
- How to pray the Rosary
 - +In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
 - Say the Apostles Creed
 - Lord’s Prayer, 3 Hail Marys and 1 Glory be. (praying for the intention of the Bishops and the Diocese of Sheffield)
 - the First Mystery – read the scripture passage, meditation, and prayer intention.
 - say 1 Our Father, 10 Hail Marys and 1 glory be,
 - Repeat for the other Four mysteries.
 - Finish with the diocesan prayer.
- NB FOR THOSE WHO DO NOT WISH TO US THE HAIL MARY, AN ALTERNATIVE WOULD BE TO US THE JESUS PRAYER INSTEAD.
 - ‘Lord Jesus Christ, Son of God. Have mercy on me a sinner.’

Slowing down the Lord’s Prayer.

**Our Father, who art in heaven,
hallowed be thy name;**

As you start, remember that God loves us like a perfect Father. He is here ready to listen to us, and respond to us.

In your imagination, put down at his feet any hassles or stresses you have been carrying around.

Then look up from them, to him:

Father God you love me and you know me inside out.

You know the words that I will speak before I speak them out.

You are all around me, you hold me in your hand.

Your love for me is more than I can ever understand.

**Thy kingdom come; thy will be done;
on earth as it is in heaven.**

Pray, asking for God's will to be done:

Look back at the last 24 hours:

Give thanks for what has been good.

Pray for God's healing and God's way forward for things that make you sad.

Pray for those you know who are ill or in particular need, for God's blessing for them.

Give us this day our daily bread.

Consider the day ahead of you: what you will be doing, people you will see.

Offer the day to God, asking for his help with anything that worries you, to provide what you need and opportunities to serve him, and keep you safe.

And forgive us our trespasses, as we forgive those who trespass against us.

Almighty God,

to whom all hearts are open,

all desires known,

and from whom no secrets are hidden:

cleanse the thoughts of our hearts

by the inspiration of your Holy Spirit,

that we may perfectly love you,

and worthily magnify your holy name;

through Christ our Lord. Amen.

And lead us not into temptation;

but deliver us from evil.

O Lord, our heavenly Father,

almighty and everlasting God,

we thank you that you have brought us safely to the beginning of this day.

Keep us from falling into sin,

or running into danger;

order us in all our doings,

and guide us to do always

what is right in your eyes,

through Jesus Christ our Lord. Amen.

For thine is the kingdom, the power, and the glory, for ever and ever.

God of every time and place,

you hold each moment

and shape each day;

you hold this diocese,

our bishops and our clergy;

you hold our parishes and deaneries;

*you hold our people and our communities.
By the gentleness of your Spirit
transform us;
with the gifts of your Spirit equip us;
in the boldness of your Spirit send us out,
to serve you and transform the world,
in the name of Jesus Christ our Lord. Amen.*