



MEDITATION ON THE JOYFUL MYSTERIES FOR THOSE WITH A MENTAL ILLNESS

“Rejoice” is one of the strongest messages that runs through the pages of Sacred Scripture. The Word of God is a life-giving creative word. What it states, it brings about. When at the dawn of Creation, the Lord said “Let there be light” there was light. So when God calls us to Rejoice, let us respond, saying with Mary: “Let it be done unto me according to your word.” All through these Joyful mysteries we pray that the Blessed Mother and her Divine Son be with us in the midst of anxiety, depression and the suffering of mental illness. May she lead us to find joy in our own heart and make us instruments of her joy to all those we encounter.

Begin with the Sign of the Cross and the Apostles Creed:

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead. He ascended into heaven, and sits at the right hand of God, the Father Almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Then pray one “Our Father”, three “Hail Mary’s” and one “Glory Be” with the Fatima Prayer

ANNOUNCE THE MYSTERY (SEE REVERSE SIDE)

After Each Mystery:

Step 1: Our Father who art in heaven hallowed be thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil. Amen

Step 2: Pray the Hail Mary 10 times: *Hail Mary full of grace the Lord is with thee. Blessed are you among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God pray for us sinners now and at the hour of our death. Amen*

Step 3: Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and will be forever. Oh my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of your mercy.

Closing prayer after the Rosary:

HAIL, HOLY QUEEN, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

End with the Sign of the Cross



First Joyful Mystery - The Annunciation - *The Holy Spirit will come upon you and the power of the Most High will overshadow you.*

At times, dear Mother, we can feel powerless and frightened. But the power of the Holy Spirit is always there to come upon us and be a cloud of protection over us.

Dear Mother, you brought forth Jesus by this power of the Holy Spirit. In my present weakness, may the life and the love of Christ child grow within me. Like you I lay my life before God and say. "Be it done unto me according to your word."



Second Joyful Mystery - The Visitation - *Mary hurried off to a town in the hill-country...and greeted Elizabeth.*

Dear God, bless the therapists and the doctors and especially our family and friends and all those who care about us. Bless their cheerful and reassuring words. How we all need the word of encouragement to put new heart into us!

Dear Mother, when you visited your cousin in Galilee long ago, you caused her heart to leap with joy. I thank you for the inner peace and happiness you bring to me in this second joyful mystery of the Rosary.



The Third Joyful Mystery - The Nativity - *Mary gave birth to her first-born son*

In this mystery we think especially of children who have a mental illness. So often mental illness arrives when we are young. We pray for the teenagers who suffer and cry out for relief not knowing what it is all about. We think of their parents who seek to bring understanding, healing and comfort to their children.

O little Child of Bethlehem let the light of your loveliness shine into the dark caverns of our frail lives.



The Fourth Joyful Mystery - The Presentation in the Temple - *They took the child to Jerusalem to present him there.*

At times, mental illness can isolate us. All too often we are cut off from the activity and involvement with others. For this very reason, we reach out more readily to God. We stand before him, lay our lives before him. When friends and colleagues seem distant we can present ourselves just as we are before the face of God. That's what *Presentation* is about! The Lord who made us, and knows us through and through is always at hand, waiting and watching for us. His eyes are ever upon us. His ears are open and attentive to our needs.

Here, I am dear Lord. I present myself before you. I offer my life to you. My heart is in your hands. I make your prayer my own: *Into your hands, I commend my spirit.*



The Fifth Joyful Mystery - The Finding in the Temple - *They found him listening to the teachers and asking them questions.*

Help me to live in the grace of this present moment. Let me not worry about the past, or be frightened of the future. As you listened to the wise people in the Jewish temple, listen to me this day and search my heart with your questions. Forgive my forgetfulness and help me to linger in love with you.

Grant peace to our minds and hope to our hearts and after this our exile show unto us the blessed fruit of your womb, Jesus.