

FOLLOWING JESUS, THE LIGHT OF THE WORLD

A MEDITATION FOR ORDINARY TIME



One of the four stained Rosary windows in the church of the Immaculate Conception of Our Lady, Penzance.

This window illustrates the five Mysteries of Light.

In October 2002 Pope St. John Paul proclaimed a year of the Rosary. Between the well-known Joyful and Sorrowful Mysteries he placed the **Mysteries of Light**. He called these “*five significant moments*” in Jesus’ public ministry.

A mystery in its Christian meaning is not a puzzle which will be solved as scientific knowledge advances. It is a profound truth revealed to us by God, which our minds can never fully understand. “who has known the mind of the Lord?” (*Romans 11:34*)

Throughout the Bible light is a symbol of the pathway to our Father in heaven. In the Old Testament this light was the Law and the Prophets, the Word of God Himself. “The Lord is my light and my salvation.” (*Psalms 27:1*) In the New Testament “the Word became flesh and lived among us” (*John 1:14*), the Word who said; “I am the light of the world.” (*John 8:12*) Jesus has said to us many times; “Follow me.”

These five mysteries of Light help us to be “light for the world.” (*Matthew 5:14*) reflecting the light of Christ Himself. At our Baptism we received, as did Jesus Himself at His Baptism, the Holy Spirit, “God’s gift to those who obey Him.” (*Acts 5:32*) We share in His threefold ministry of priest, prophet and king;

- Priests by our prayers and worship.
- Prophets by our commitment to Catholic Teaching.
“We must obey God rather than any human authority.” (*Acts 5:29*)
- Kings as we follow Jesus, who said; “I am among you as one who serves.” (*Luke 22:27*) True leadership lies in service. Jesus proclaimed that “the kingdom of God is at hand.” (*Mark 1:14*) a kingdom of truth and life, of holiness and grace, of love, justice and peace. Miracles of healing and service, still seen in our Church today, are signs of the kingdom.

Our window places the **Mystery of the Transfiguration of the Lord** at its centre. In it Jesus looks similar to the image of His Resurrection in the first Glorious Mystery. But here there are no marks of Jesus' suffering; the marks of nail and spear and crown of thorns. For a moment Jesus reveals His risen body, confirming Peter's words; "You are the Christ, the Son of the Living God." (*Matthew 16:16*) He showed the three chosen disciples and us a brief glimpse of the glory of His risen life beyond the Cross. He strengthens our being in His promise of eternal life to all who believe in Him.

Jesus instituted the Eucharist at the Last Supper in order to renew down the ages His one offering of Himself on the Cross. Every time this "mystery of faith" is celebrated, we eat Jesus (*John 6:57*) "the one bread that provides the medicine of immortality" (St. Ignatius of Antioch) and the spiritual food for our journey through this life. Participation in this sacrament "makes us become what we receive." (Pope St. Leo the Great)

O most merciful Redeemer,
friend and Brother,
May I know Thee more clearly
Love Thee more dearly
and follow Thee more nearly
day by day.

(Prayer of St. Richard of Chichester)

Recommended Reading:

1. “Follow me.” Jesus says this about 18 times e.g. Mark 2:14,

The Baptism of the Lord	Mark 1: 9-11
The first Miracle at Cana	John 2:1-11
The Proclamation of the Kingdom	Mark 1: 14-15
The 8 Beatitudes	Matthew 5:1-12
The Transfiguration	Matthew 17:1-8, 2 Peter 1:16-18
The Institution of the Eucharist	Luke 22: 19-20, 1 Corinthians 11:23-25

2. The Catechism of the Catholic Church (CCC)

Paragraph

535-536	<i>The Baptism of the Lord</i>	1 st Mystery of Light
537, 1213, 1280	<i>Our Baptism</i>	
547-548	<i>The first Miracle of the Lord</i>	2 nd Mystery of Light
541, 544-545	<i>The Proclamation of Kingdom</i>	3 rd Mystery of Light
1546 – 1547	<i>The common priesthood of the faithful</i>	
554-556	<i>The Transfiguration</i>	4 th Mystery of Light
1323, 1338, 1346	<i>The Institution of the Eucharist</i>	5 th Mystery of Light

3. Rosary card produced in 2003 and regularly reprinted by Aid to the church in Need, with full explanations and scripture readings. In my opinion by far the best available. I have some copies to give away.

4. The Mass Simply Explained, from *A Simple Prayer Book*