



KEEP ME COMPANY FOR 15 MINUTES

Our Lady to Sr. Lucia, 10th December 1925

First Saturday of the Month



The Second Glorious Mystery

The Ascension of Our Lord Jesus Christ:
Let our hearts look to the things of Heaven

Introduction

Let us make our First Saturday devotion on the 2nd Glorious Mystery: The Ascension of Our Lord Jesus Christ. At the end of the 40 days he spent in this world after His glorious Resurrection, the Divine Master ascended to heaven to occupy His throne of Majesty at the right of the Father. King of all things visible and invisible, whose kingdom will never end, Jesus will eventually return to Earth to judge the living and the dead.

Meditation Setting

For our Meditation setting, let us imagine the scene on Mount Olivet, not far from Jerusalem across the Kidron valley, with its panoramic views of the city. At the summit we see Our Lord, resplendent with light and glory, surrounded by His Apostles and disciples, with Mary at His side. After saying a few words to them, Jesus begins to rise into the sky towards the clouds, until He disappears from view, under the astonished gaze of all.



"The Ascension"
Gustava Dore

Preparatory Prayer

O glorious Lady of Fatima, Queen of Heaven and Earth who intercedes for us at the throne of Christ the King, grant us the necessary graces to meditate well on this glorious Mystery of the Rosary. May we, at the end of this pious exercise, determine to practice virtue and to follow in the path of holiness to which we are called, so that one day we may enjoy the eternal glory which the Ascension of the Lord promises us. Amen.

Gospel of Saint Mark (16:19)

"After the Lord Jesus spoke to them, he was taken up to heaven and is seated at the right hand of God."

I – CHRIST KING, SITTING TO THE FATHER'S RIGHT

Forty days after his Resurrection, Jesus ascended by his own power to Heaven, a power that he had as God over his glorified soul and resurrected Body. Upon entering eternal bliss, He was seated on His eternal his throne as King and Lord of the entire universe.

1. Glory and honor of divinity

As Saint Mark and the apostle Saint Paul say, Jesus sat at the right hand of the Majesty on high. 'Being on high. 'Being seated' is a way of saying that He came to the rest He deserved as the victorious Redeemer. Furthermore, according to St. John Damascene, it refers to the 'glory and honour of divinity,' that is, it means that Christ reigns with the Father and has the power to judge the living and the dead.

Knowing that Jesus is God must increase our trust in Him immeasurably. In heaven he intercedes for us before the eternal Father, and sustains us with all the graces we need. "I can do all things through Christ who strengthens me," we must say with Saint Paul. And let us be sure that this merciful King and Judge will not fail us with his protection and support whenever we turn to Him.

2. Eyes fixed on the Lord

For this reason, the Ascension of Christ moves us to seek the imperishable goods of the spirit, the love of God above all—the greatest good for our soul—and the treasures of holiness invisible to the eyes of the body.

The Ascension of the Lord must also fill us with unwavering hope that one day we will reach Heaven, as Christ himself assured us before entering eternity: "In my Father's house there are many mansions; I will prepare a place for you, I will return again and take you with me, so that where I am, you too may be" (John 14: 2-3).

Our definitive homeland is Heaven. Therefore, like the Apostles who were "looking at heaven" at the time of the Ascension, let us also have our eyes fixed on the Lord, until we are with Him in eternal glory.



**"The Ascension"
Gebhard Fugel**

II – SEEK FIRST THE KINGDOM

A truth that the Church never tires of teaching us is that we are all called to holiness. We must live with our greatest longings fixed on Heaven, because the things of this world pass, and soon we will be received into that realm peace and supreme bliss, where we will shine with the Light of the Lord.

1. Set our hearts on heavenly things

In the Mystery of the Ascension, we contemplate Jesus' ascending to Heaven: let our hearts also rise with Him. This is what St. Paul strongly recommends when he says that if we are risen with Christ, we must seek the things from above, where Christ is seated at the right hand of God. We must set our hearts on the things of heaven and not on earthly things. For, just as Jesus ascended without departing from us, so we are already with Him—although the glorification promised to us has not yet taken place in a bodily sense.

2. Living in this world according to Heaven

Saint Augustine reinforces this idea of living in this world but keeping our focus on Heaven, observing that Christ was raised to the heights of eternal glory, but He abides with us in this world, through his infinite love. He does so especially through his real presence, His Body, Blood, Soul and Divinity in the Holy Eucharist, which we receive at holy communion during Mass. Why then—the saint asks—do we not also work here on earth to be continually with our hearts turned towards Him in Heaven?

III - GREAT SPIRITUAL BENEFIT

Just as on the Easter solemnity the Resurrection of the Lord was a cause of joy for us, so also His Ascension into Heaven is a reason for happiness. It signifies the day when our finite human nature was elevated, in Christ, above that of the Angels, to the throne of God the Father. The Ascension of Jesus is thus a source of great spiritual benefit for all of us, especially regarding the growth and strengthening of our faith.

1. Fears become joys

In fact, the Christian faith augmented by the Ascension and the Holy Spirit that the Lord then sent to the disciples, transformed men, women and children into martyrs and heroes of holiness. This faith was not abated by prisons and persecutions nor by so many cruel torments.

This faith chases away demons, heals diseases, and raises the dead. The Apostles themselves, cowed in the face of the atrocities of the Passion of Christ, received great spiritual graces through the Ascension of the Lord. They understood very clearly that Jesus had not left the Father when He came down to earth, nor had He abandoned His disciples, when He ascended to Heaven.

2. Mary, model of Christian faith and piety

The Blessed Virgin, perfect model of unshakable faith, never wavered for a moment in believing in the triumph of her divine Son over sin and death. She was at the side of the Divine Master when He ascended to eternal glory. She looked at Him with the eyes of a loving and devoted Mother, worshipping Him devoutly as He rose towards the infinite.

And when Jesus disappeared before the crowd of disciples gathered in Galilee, she became the pillar that would support the newborn Church in this world. Our Lady was with the Apostles in the Upper Room for the descent of the Holy Spirit. After Pentecost, Scripture no longer mentions her and, according to tradition, she spent the rest of her years in intense prayer, demonstrating a perfect example of all the Christian virtues that we are called to imitate.

Conclusion

Invoking, therefore, the intercession of Mary Most Holy, let us look up to Heaven and console ourselves with the hope of paradise, where Christ the King has prepared a special home for us. Let us try to live in this world with a heart set on eternal goods, on the imperishable treasures of eternal bliss.

Guided by the maternal light of the Morning Star, we will follow the straight path that leads to the glory of God. Therefore, may meditation on this Mystery of the Ascension of the Lord lead us to grow in our love for Him, and in Christian faith and piety, so as to become more devoted practitioners of virtue and goodness.

Let us turn to the Glorious Lady of Fatima, Queen and Mother of mercy, and ask her to help us respond always to the graces that her divine Son grants us, so that Jesus truly becomes our way, truth, and life, until our final union with Him in Heaven. So be it.

