KIMBERLI SCULLY

The Garden

A 20-MINUTE FIRST DECADE

Begin your pilgrimage into your own soul



FROM A PILGRIMAGE TO YOUR SOUL

A WORD FROM KIMBERLI

Before you begin

I truly thought I was doing everything right. I went to Mass every Sunday. I was involved in ministries and volunteering, and I never missed a holy day of obligation. If you had asked me, I would have told you I had a good relationship with God. What I had was a performance. I was performing for God rather than being His friend. Beneath the good life and the faithful habits, a longing had begun to grow. I wanted more from my faith, and I asked Him for it again and again. Around that same time, I had begun praying the Rosary almost every week. I said it faithfully, and I meant it, and it was not changing anything.

One Tuesday afternoon, I was driving the I-5 from Los Angeles to San Diego after visiting a job site. The traffic had slowed to a crawl, so I picked up my rosary. It was the day for the Sorrowful mysteries. I finished the opening prayers and named the first mystery, the Agony in the Garden, and before I had even begun the first Hail Mary, He spoke. That was the moment this journey began. Over the years that followed, He led me through the mysteries in His order: the Sorrowful first, then the Luminous, the Glorious, and finally the Joyful. The wounds standing between me and Jesus had to come into the light before the gifts could find room in me.

This is the first decade of that road, given to you as it was given to me. You do not have to know where the road goes. You only have to take the first step, and He will be there when you take it.

WHAT YOU WILL NEED

A rosary, twenty quiet minutes, and something to write with. There is space in these pages to write down what He shows you.

PREPARING YOUR HEART

How to pray this decade

Pray this where you can be alone with Him. A chair in a quiet corner is enough. If you have a crucifix, or a statue of Jesus, Mary, or one of the saints, keep it nearby. Ask Our Lady or your patron saint to pray with you, then put your phone out of reach. You will not do this perfectly, and you do not need to. The goal is intimacy with Christ.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

OUR FATHER

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.

THREE HAIL MARYS, FOR FAITH, HOPE, AND LOVE

Hail Mary, full of grace, the Lord is with thee. Blessed art thou 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.

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Then pause. Do not rush toward the decade. Sit for a moment with your hands open and let the room go quiet around you.

BEFORE THE FIRST BEAD

Invite Him to be present

Ask Jesus to make Himself present to you. Distractions and worries will try to crowd in, so renounce them in His name and ask Him to quiet them. A simple prayer is enough:

> *"Lord Jesus, become present to me. In Your Holy Name, I renounce every distraction and barrier that keeps me from meeting You here as I pray, and I ask You to silence every voice that is not Yours. Draw near to me, and let me feel Your peace and love."*

Then wait. Waiting is not doing nothing. It is an act of faith that He is already with you, even before you can sense Him. When He comes, it is often a deep peace, a warmth, or a quiet knowing in your spirit that He is close. If fear or anxiety rises, speak to Him out loud:

> *"In Jesus' Holy Name, I renounce fear, anxiety, and every distraction, and I ask You, Lord, to silence every voice that is not Yours. I call upon the Holy Spirit to fill me with Your peace."*

PRAY THE DECADE

Name the mystery: the Agony in the Garden. Say the Our Father on the large bead, ten Hail Marys on the small beads, then the Glory Be. As you pray, do not leave the Garden. Stay with Him there, and let Him speak to you. There is no need to hurry.

After the Glory Be, you may add the Fatima Prayer: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy."

THE FIRST SORROWFUL MYSTERY

The Agony in the Garden

Releasing the Lie of False Trust

SCRIPTURE TO CONTEMPLATE AND MEDITATE ON

Luke 22:39-46 · Isaiah 53:1-5 · Hebrews 5:7-9 · John 8:31-32

WHAT HAPPENED TO ME IN THIS DECADE

"Do you love me?" He asked. The question came so simply that I answered just as simply, almost without thinking: "Yes!" In that instant I was carried into the Garden of Gethsemane. A little way off the apostles lay asleep, and Jesus was on the ground in prayer. At first I worried that I was not supposed to be there. I did not doubt Him. I doubted whether someone like me belonged in that place. But before the worry could take hold, I was embraced, and for the first time in my life I felt His certainty about me.

He did not say a word, yet I understood that He wanted me to trust Him. I believed I already did. I prayed, I thanked Him when good things happened, and I asked for His help when things went wrong, but when the prayer ended, so did the conversation. "It's God's will," I would say, and those words let me leave Him in heaven while I ran my life on earth. I had called that trust. He drew me back to my childhood, to a lie the evil one had whispered into my young heart: that no one stays, and that no promise made to me would hold. I had carried that same lie to my Heavenly Father. Jesus let me see it for what it was, a wound, and He was weeping because I was hurting.

From His place on the ground, He turned His head toward me and asked again, "Do you love me?" My first answer had come too easily, and this time He wanted me to truly consider it. He asked a third time, and I thought of Peter on the shore. I loved Him, and I knew that He loved me. So I told Him yes.

YOUR TURN

Reflection

1 Kneel near Jesus in the Garden while the apostles sleep. He turns His head toward you and asks, “Do you love me?” Before you answer, let the question settle in you. What rises in your heart?

2 Read this passage slowly, twice: “Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you. See, upon the palms of my hands I have engraved you” (Isaiah 49:15-16, NABRE). Stay with the word or phrase that stops you. Say it to Jesus, and ask Him what He wants to say to you through it.

3 Sit with your journal and ask Jesus, “What lie have I believed that You want to heal?”

BEFORE YOU STAND UP

Close the decade

When the ten Hail Marys are finished and the Glory Be has been said, do not stand up yet. Tell Him what you saw. If something came up that you did not expect, say so plainly. Then seal what He gave you:

> *"In Jesus' Holy Name, I seal everything that was given to me from God, and I rebuke anything that is not from God to be silenced and removed."*

Make the Sign of the Cross, and sit for one more minute in the quiet before you move.

WHAT HE SHOWED ME

Write it down now, before the room fills back up. Date it.

THE ROAD AHEAD

What comes next

Everything He taught me began that Tuesday afternoon on the I-5, and He taught me the rest the same way: one decade at a time, in His order rather than mine. The lie I met in the Garden had four companions waiting for me in the decades that followed. If one of them sounds like yours, the book will take you to it.

The Agony in the Garden	*False Trust*	What lie have I believed that You want to heal?
The Scourging at the Pillar	*That Our Bodies Are Our Own*	How do You want me to live in my body from this day forward?
The Crowning with Thorns	*Self-Reliance*	Where have I been doing things for You instead of with You?
The Carrying of the Cross	*Self-Sufficiency*	Who do You want to help me forgive?
The Crucifixion	*Unworthiness*	What do You want me to accept about Your mercy?

Pray this decade again tomorrow. Stay in it until He moves you.

A Pilgrimage to Your Soul

FOUR WAYPOINTS · TWENTY DECADES · ONE PILGRIMAGE

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