

The Sorrowful Mysteries

(Tuesday and Friday)

Make the Sign of the Cross.

Say “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 thence 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.

Say the **“Our Father”**

Say three **“Hail Mary’s”**

Say the **“Glory Be”**

The First Sorrowful Mystery

THE AGONY IN THE GARDEN

Fruit of the Mystery: **God's Will be done**

Say the **“Our Father”**

1. Jesus comes with his disciples to Gethsemani: "Stay here, while I go yonder and pray." **“Hail Mary...”**
2. Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death." **“Hail Mary...”**
3. Jesus sees the sins of all mankind, whose guilt He has taken upon Himself. **“Hail Mary...”**
4. He sees the wrath of the Father which His sufferings must appease. **“Hail Mary...”**
5. So great is his anguish that His sweat becomes as drops of blood falling to the ground. **“Hail Mary...”**
6. An angel appears to Him from heaven to strengthen Him. **“Hail Mary...”**
7. "Father, if it be possible, let this cup pass from Me; yet, not My will but Yours be done." **“Hail Mary...”**
8. Finding the disciples asleep: "Could you not watch one hour with me?" **“Hail Mary...”**
9. Jesus is betrayed by Judas, cruelly bound and led away. **“Hail Mary...”**
10. Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world. **“Hail Mary...”**

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

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

The Second Sorrowful Mystery

THE SCOURGING AT THE PILLAR

Fruit of the Mystery: **Mortification of the senses**

Say the **“Our Father”**

1. Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted. *“Hail Mary...”*
2. The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty. *“Hail Mary...”*
3. The robber, Barabbas, is preferred to Jesus. *“Hail Mary...”*
4. Pilate can "find no cause in Him", yet to appease the Jews, he orders Jesus to be scourged. *“Hail Mary...”*
5. The scourge is made of leather thongs to which are attached small sharp bones. *“Hail Mary...”*
6. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds. *“Hail Mary...”*
7. The Lamb of God offers His suffering for the sins of mankind. *“Hail Mary...”*
8. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh. *“Hail Mary...”*
9. The prophecy of Isaiah is fulfilled: "He was wounded for our iniquities, He was bruised for our sins." *“Hail Mary...”*
10. Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world. *“Hail Mary...”*

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

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

The Third Sorrowful Mystery

THE CROWNING WITH THORNS

Spiritual Fruit: **Reign of Christ in our heart**

Say the **“Our Father”**

1. Pilate asks, "Are You a king?" Jesus answers: "I am a King, but My kingdom is not of this world." *“Hail Mary...”*
2. In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king. *“Hail Mary...”*
3. They fashion a crown out of thorns, and forcefully press it down upon His head. *“Hail Mary...”*
4. In His bound hands they place a reed, as a sceptre, in mockery of His kingship. *“Hail Mary...”*
5. Kneeling before Him in derision, they spit on Him, and cry out: "Hail, King of the Jews!" *“Hail Mary...”*
6. Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp. *“Hail Mary...”*
7. Pilate brings Jesus before the people, hoping His pitiful sight will soften them: "Behold the man!" *“Hail Mary...”*
8. Their response: "Crucify Him! Crucify Him!" *“Hail Mary...”*
9. Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride. *“Hail Mary...”*
10. Father, by the merits of this painful humiliation, have mercy on us and on the whole world. *“Hail Mary...”*

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

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

The Fourth Sorrowful Mystery

THE CARRYING OF THE CROSS

Spiritual Fruit: **Patient bearing of trials**

Say the **"Our Father"**

1. One condemned to death by crucifixion is forced to carry the cross to the place of execution. *"Hail Mary..."*
2. The suffering of Jesus is intense as the cross is laid on His bruised and wounded back and shoulders. *"Hail Mary..."*
3. Weak and exhausted from loss of blood, lack of food and rest, Jesus falls three times under the cross. *"Hail Mary..."*
4. Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother. *"Hail Mary..."*
5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle. *"Hail Mary..."*
6. Veronica wipes His face, leaving on her towel the image of His countenance. *"Hail Mary..."*
7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus. *"Hail Mary..."*
8. Jesus speaks to weeping women: "Weep not for Me, but for yourselves and your children." *"Hail Mary..."*
9. "If anyone is to be My disciple, let him take up his cross and follow Me." *"Hail Mary..."*
10. Father, by the merits of this painful journey to Calvary, have mercy on us and on the whole world. *"Hail Mary..."*

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

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

The Fifth Sorrowful Mystery

THE CRUCIFIXION

Spiritual Fruit: **Pardoning of Injuries**

Say the **"Our Father"**

1. The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother. *"Hail Mary..."*
2. "Father, forgive them for they know not what they do." *"Hail Mary..."*
3. "This day you will be with Me in paradise." *"Hail Mary..."*
4. "Woman, behold your son. Son, behold your Mother." *"Hail Mary..."*
5. "My God, My God, why have You forsaken Me?" *"Hail Mary..."*
6. "I thirst." *"Hail Mary..."*
7. "It is finished." *"Hail Mary..."*
8. "Father, into Your hands I commend My spirit." *"Hail Mary..."*
9. The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother. *"Hail Mary..."*

10. Father, by the merits of the crucifixion and death of Jesus, have mercy on us and on the whole world.
“*Hail Mary...*”

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

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

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 vale 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!

V. Pray for us, O Holy Mother of God.

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

Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

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.**

Hail Mary

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