

The Sorrowful Mysteries

(Tuesday and Friday; and the Sunday of Lent.)

The Apostle's Creed:

I believe in God, the Father Almighty, Creator of Heaven and earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and was born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He rose again. He ascended into Heaven, and is seated at the right hand of the Father. He will come again 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.

"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"

First Sorrowful Mystery - The Agony in the Garden

Our Father

Then Jesus came with them into a country place which is called Gethsemani: and he began to grow sorrowful and to be sad.

-Mt 26:36,37

Hail Mary

Then he saith to them: My soul is sorrowful even unto death: stay you here, and watch with me.

-Mt 26:38

Hail Mary

And he was withdrawn away from them a stone's cast;/ and kneeling down,
he prayed,
-Luke 22:41

Hail Mary

Father, if thou wilt, remove this chalice from me: but yet not my will, but
thine be done.
-Luke 22:42

Hail Mary

And there appeared to him an angel from heaven, strengthening him.
-Luke 22:43

Hail Mary

And being in an agony, he prayed the longer.
-Luke 22:43

Hail Mary

And his sweat became as drops of blood, trickling down upon the ground.
-Luke 22:44

Hail Mary

And he cometh to his disciples, and findeth them asleep, and he saith to
Peter: What? Could you not watch one hour with me?
-Mt. 26:40

Hail Mary

Watch ye, and pray that ye enter not into temptation.
-Mt. 26:41

Hail Mary

The spirit indeed is willing, but the flesh weak.

-Mt. 26:41

Hail Mary

Glory Be:

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

O my Jesus (from Fatima):

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy Mercy. Amen.

Second Sorrowful Mystery - The Scourging at the Pillar

Our Father

The whole council, binding Jesus, delivered him to Pilate. And Pilate asked him: Art thou the King of the Jews?

-Mk 15:1, 2

Hail Mary

Jesus answered: My kingdom is not of this world. For this was I born

-John 18:36, 37

Hail Mary

And for this I came into the world; that I should give testimony to the truth. Everyone that is of the truth, heareth my voice.

-John 18:37

Hail Mary

Pilate saith to him: What is truth? And when he said this, he went out to the Jews, and saith to them: I find no cause in him.

-John 18:38

Hail Mary

I will chastise him therefore, and release him. Therefore, Pilate took Jesus, and scourged him.

-Lk. 23:13; Jn 19:1

Hail Mary

Despised, and the most abject of men, a man of sorrows

-Isaiah 53:3

Hail Mary

He was offered because it was his own will, he shall be led as a sheep to the slaughter.

-Isaiah 53:7

Hail Mary

But he was wounded for our iniquities, he was bruised for ours ins.

-Isaiah 53:5

Hail Mary

Surely he hath borne our infirmities and carried our sorrows

-Isaiah 53:4

Hail Mary

The chastisement of our peace was upon him, and by his bruises we are healed.

-Isaiah 53:5

Hail Mary

Glory Be:

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

O my Jesus (from Fatima):

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy. Amen.

Third Sorrowful Mystery - The Crowning with Thorns

Our Father

And the soldiers led him away to the court of the palace. and plating a crown of thorns, they put it upon him.

-Mk 15:16,17

Hail Mary

And bowing the knee before him, they mocked him, saying: Hail, king of the Jews.

-Mt 27:29

Hail Mary

And plating a crown of thorns, they put it upon his head, and a reed in his right hand.

-Mt 27:29

Hail Mary

And spitting upon him, they took the reed, and struck his head.

-Mt 27:30

Hail Mary

And Pilate taking water washed his hands before the people, saying: I am innocent of the blood of this just man; look you to it.

-Mt 27:24

Hail Mary

Jesus therefore came forth bearing a crown of thorns and the purple garment

-Jn 19:5

Hail Mary

They cried out: away with him; away with him; crucify him.
-Jn 19:15

Hail Mary

And Pilate saith to them: Why, what evil hath he done? But they cried out more: crucify him.
-Mk 15:14

Hail Mary

Shall I crucify your king? We have no king but C'sar.
-Jn 19:15

Hail Mary

So Pilate willing to satisfy the people, delivered up Jesus to be crucified.
-Mk 15:15

Hail Mary

Glory Be:

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

O my Jesus (from Fatima):

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy Mercy. Amen.

Fourth Sorrowful Mystery - The Carrying of the Cross

Our Father

If any man will come after me, let him deny himself.
-Luke 9:23

Hail Mary

And take up his cross daily, and follow me.
-Luke 9:23

Hail Mary

And bearing his own cross they led him out to crucify him
-Jn 19:17; Mk 15:20

Hail Mary

They laid hold of one Simon of Cyrene, and they laid the cross on him to carry after Jesus
-Luke 23:26

Hail Mary

Take up my yoke upon you, and learn of me
-Mt 11:29

Hail Mary

Because I am meek, and humble of heart.
-Mt 11:29

Hail Mary

And you shall find rest to your souls. For my yoke is sweet and my burden light.
-Mt 11:29

Hail Mary

And there followed him a great multitude of people, and of women, who bewailed and lamented him.
-Lk 23:27

Hail Mary

But Jesus turning to them, said: Daughters of Jerusalem, weep not over me; but weep for yourselves, and your children.

-Lk 23:28

Hail Mary

For if in the green wood they do these things, what shall be done in the dry?

-Lk 23:31

Hail Mary

Glory Be:

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

O my Jesus (from Fatima):

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy Mercy. Amen.

Fifth Sorrowful Mystery - The Crucifixion

Our Father

And when they were come to the place which is called Calvary, they crucified him.

-Luke 23:33

Hail Mary

And Jesus said: Father, forgive them, for they know not what they do.

-Luke 23:34

Hail Mary

And one of those robbers who were hanged said to Jesus: Lord, remember me when thou shalt come into thy kingdom.

-Luke 23:39,42

Hail Mary

Amen I say to thee, this day thou shalt be with me in paradise.

-Luke 23:43

Hail Mary

Now there stood by the cross of Jesus, his mother, and the disciple whom he loved,

-Jn 19:25,26

Hail Mary

He saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother.

-Jn 19:26,27

Hail Mary

And from that hour, the disciple took her to his own.

-Jn 19:27

Hail Mary

There was darkness over all the earth/ and the veil of the temple was rent in the midst.

-Luke 23:44

Hail Mary

And Jesus crying out with a loud voice, said: Father, into thy hands I commend my spirit.

-Luke 23:46

Hail Mary

And saying this, he gave up the ghost.

-Luke 23:46

Hail Mary

Glory Be:

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

O my Jesus (from Fatima):

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy Mercy. Amen.

Hail, Holy Queen:

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 towards 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.

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 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.

Catholic Resource Centre: <http://www.geocities.com/Vienna/1579/cath.html>