

The Sorrowful Mysteries

At the crucifix:

The Invocation

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

Amen.

The Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord. He was conceived by the power of the Holy Spirit and 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 the life everlasting.
Amen.

At the first bead.

Pater Noster

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.

At the next three beads.

Ave Maria

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.

After the third bead:

Gloria Patri

Glory to the Father, and to the +Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The first decade.

THE FIRST MYSTERY: THE AGONY IN THE GARDEN

Jesus prayed with great intensity and anguish over his impending death, struggling with the temptation to find another way. Like Jesus, we also face temptations, crucial decisions, stress, difficulty, and pain in our daily lives. As we kneel with Jesus in his agony, Jesus is there in ours.

Prayer Intention

Let us pray for all those who suffer physically, mentally, emotionally, and spiritually. Let us pray that their agony and ours can be united with that of Jesus and not lost through despair or resentment.

Our Father...

1. ...Jesus went with them to a place called Gethsemane; and he said to his disciples, "Sit here while I go over there and pray." He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. (Matthew 26:36–37)

Hail Mary...

2. Then [Jesus] said to them, "I am deeply grieved, even to death; remain here, and stay awake with me." (Matthew 23:38)

Hail Mary...

3. And going a little farther, [Jesus] threw himself on the ground and prayed, "My Father, if it is possible, let this cup pass from me; yet not what I want but what you want." (Matthew 26:39)

Hail Mary...

4. Then [Jesus] came to the disciples and found them sleeping; and he said to Peter, “So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” (Matthew 26:40–41)

Hail Mary...

5. Again [Jesus] went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” (Matthew 26:42)

Hail Mary...

6. Again [Jesus] came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the same words. (Matthew 26:43–44)

Hail Mary...

7. Then [Jesus] came to the disciples and said to them, “Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.” (Matthew 26:45–46)

Hail Mary...

8. While Jesus was still speaking, Judas, one of the twelve, arrived; with him was a large crowd with swords and clubs, from the chief priests and the elders of the people. (Matthew 26:47)

Hail Mary...

9. Now the betrayer had given them a sign, saying, “The one I will kiss is the man; arrest him.” At once [Judas] came up to Jesus and said, “Greetings, Rabbi!” and kissed him. (Matthew 26:48–49)

Hail Mary...

10. Jesus said to [Judas], “Friend, just do what you are here to do.” Then they came and laid hands on Jesus and arrested him. (Matthew 26:50)

Hail Mary...

Glory to the Father...

The second decade.

THE SECOND MYSTERY: JESUS IS FLOGGED

Pontius Pilate had Jesus flogged, though he could find no fault in him. Pilate did not understand that Jesus’ worldview was that of the kingdom of heaven—love, grace, and compassion—not that of the kingdom of this world, to which Pilate held—fear, revenge, power, control.

Prayer Intention

Let us give thanks for the sacrifices made by Jesus out of sheer love for the creation. Let us also confess the times when we embrace the values of the world rather than those of the kingdom of heaven.

Our Father...

1. Then they took Jesus from Caiaphas to Pilate’s headquarters...Pilate asked him, “Are you the King of the Jews?” Jesus answered, “Do you ask this on your own, or did others tell you about me?” Pilate replied, I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?” (John 18:28, 33b–35)

Hail Mary...

2. Jesus answered, “My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the [chief priests]. But as it is, my kingdom is not from here.” (John 18:36)

Hail Mary...

3. After [Jesus] said this, [Pilate] went out to the crowd...and told them, "I find no case against him. But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?" (John 18:38b–39)

Hail Mary...

4. They shouted in reply, "Not this man, but Barabbas!" Now Barabbas was a bandit. (John 18:40)

Hail Mary...

5. Then Pilate took Jesus and had him flogged. (John 19:1)

Hail Mary...

6. He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised and we held him of no account. (Isaiah 53:3)

Hail Mary...

7. Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. (Isaiah 53:4)

Hail Mary...

8. [H]e was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. (Isaiah 53:5)

Hail Mary...

9. All we like sheep have gone astray; we have all turned to our own way, and the Lord laid on him the iniquity of us all. (Isaiah 53:6)

Hail Mary...

10. He was oppressed and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth. (Isaiah 53:7)

Hail Mary...

Glory to the Father...

The third decade.

THE THIRD MYSTERY: JESUS IS CROWNED WITH THORNS

The coronation offered to Jesus by the world was a crown of thorns. How do we crown Jesus now? Do we deny him, or simply show indifference? Do we truly seek Jesus out?

Prayer Intention

Let us pray for all people who suffer under oppression and persecution, and for those who suffer humiliation and rejection.

Our Father...

1. [T]he soldiers wove a crown of thorns and put it on his head, and they dressed [Jesus] in a purple robe. (John 19:2)

Hail Mary...

2. They kept coming up to [Jesus], saying, "Hail, King of the Jews!" and striking him on the face. (John 19:3)

Hail Mary...

3. Pilate went out again and said to them, “Look, I am bringing him out to you to let you know that I find no case against him.” (John 19:4)

Hail Mary...

4. So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to [the crowd], “Here is your man!” (John 19:5)

Hail Mary...

5. When the chief priests and the police saw [Jesus], they shouted, “Crucify him! Crucify him!” Pilate said to them, “Take him yourselves and crucify him; I find no case against him.” (John 19:6)

Hail Mary...

6. The [chief priests and police] answered him, “We have a law, and according to that law he ought to die because he has claimed to be the Son of God.” (John 19:7)

Hail Mary...

7. Now when Pilate heard this, he was more afraid than ever. He entered his headquarters again and asked Jesus, “Where do you come from?” But Jesus gave no answer. Pilate therefore said to him, “Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?” (John 19:8–10)

Hail Mary...

8. Jesus answered [Pilate], “You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin.” From then on Pilate tried to release him, but the [crowd] cried out, “If you release this man, you are no friend of the emperor. Everyone who claims to be a king sets himself against the emperor.” (John 19:11–12)

Hail Mary...

9. When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew, Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the [crowd], "Here is your King!" (John 19:13–14)

Hail Mary...

10. They cried out, "Away with him! Away with him! Crucify him!" Pilate asked them, "Shall I crucify your King?" The chief priests answered, "We have no king but the emperor." Then [Pilate] handed him over to be crucified. (John 19:15–16)

Hail Mary...

Glory to the Father...

The fourth decade.

THE FOURTH MYSTERY: SIMON CARRIES JESUS' CROSS

Simon of Cyrene was forced to carry Jesus' cross to the place where Jesus was crucified. By carrying the cross, Simon exemplified the life of those who follow Jesus: a life of service.

Prayer Intention

Let us pray for the suffering, the lonely, the homeless, and all who carry heavy crosses. And let us pray for ourselves that we may, like Simon of Cyrene, help bear their crosses and ease their burdens.

Our Father...

1. As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. (Luke 23:26)

Hail Mary...

2. A great number of the people followed him and among them were women who were beating their breasts and wailing for him. (Luke 23:27)

Hail Mary...

3. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children." (Luke 23:28)

Hail Mary...

4. "For the days are surely coming," said Jesus, "when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.'" (Luke 26:29)

Hail Mary...

5. "Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us.'" (Luke 23:30)

Hail Mary...

6. "For if they do this when the wood is green, what will happen when it is dry?" (Luke 23:31)

Hail Mary...

7. Then [Jesus] said to them all, "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (Luke 9:23)

Hail Mary...

8. "For those who want to save their life will lose it, and those who lose their life for my sake will save it." (Luke 9:24)

Hail Mary...

9. “What does it profit them if they gain the whole world, but lose or forfeit themselves?” (Luke 9:25)

Hail Mary...

10. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. (1 Corinthians 1:18)

Hail Mary...

Glory to the Father...

The fifth decade.

THE FIFTH MYSTERY: JESUS IS CRUCIFIED

By his death on the cross, Jesus remained faithful to God’s way of love, grace, and compassion, even unto death. Before his final breath, Jesus forgave his enemies and brought comfort to a criminal.

Prayer Intention

Let us pray that we, like Jesus, may be faithful to God’s way of love, grace, and compassion, even unto death.

Our Father...

1. When they came to the place that is called The Skull, they crucified Jesus there with [two] criminals, one on his right and one on his left. Then Jesus said, “Father, forgive them; for they do not know what they are doing.” (Luke 23:33–34a)

Hail Mary...

2. One of the criminals who were hanged there kept deriding [Jesus] and saying, “Are you not the Messiah? Save yourself and us!” (Luke 23:39)

Hail Mary...

3. But the other [criminal] rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." (Luke 23:40–41)

Hail Mary...

4. [Then the criminal] said, "Jesus, remember me when you come into your kingdom." [Jesus] replied, "Truly I tell you, today you will be with me in Paradise." (Luke 23:42–43)

Hail Mary...

5. It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. (Luke 23:44–45)

Hail Mary...

6. Then Jesus, crying out with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, [Jesus] breathed his last. (Luke 23:46)

Hail Mary...

7. When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent." (Luke 23:47)

Hail Mary...

8. Now there was a good and righteous man named Joseph, who though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. (Luke 23:50–52)

Hail Mary...

9. Then [Joseph] took [the body] down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the Sabbath was beginning. (Luke 23:53–54)

Hail Mary...

10. The women who had come with [Jesus] from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments. On the Sabbath they rested according to the commandment. (Luke 23:55–56)

Hail Mary...

Glory to the Father...

At the medallion.

PRAYERS AFTER THE ROSARY

Salve Regina

Hail, Holy Queen, mother of mercy, our life, our sweetness, and our hope! To you we do cry, poor banished children of Eve. To you we send up our sighs, mourning, and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy upon us, and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O kind Virgin Mary!

Queen of the most Holy Rosary, pray for us,
that we may receive the promises of Christ.

Concluding Prayer and Dismissal

O God, whose only begotten Son, by his life, death, and resurrection, has opened the way to everlasting life: grant, we pray, 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 Jesus Christ, our Savior. ***Amen.*** May the prayers of Mary remain with us,

and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.