The Sorrowful Mysteries

First Sorrowful Mystery: The Agony in the Garden

And they went to a place that was called Gethsemane; and he said to his disciples, "Sit here, while I pray." And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, "My soul is very sorrowful, even to death; remain here, and watch." And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, "Abba, Father, all things are possible to You; remove this cup from

me; yet not what I will, but what You will." And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak."

MARK 14: 32-38

Our Father, 10 Hail Mary's, Glory Be
O Jesus, forgive us our sins . . .

Stay here and keep watch with Me
Watch and Pray, watch and pray.
(Repeat)

Second Sorrowful Mystery: The Scourging of Jesus

Now the men who were holding Jesus mocked him and beat him; they also blindfolded him and asked him, "Prophesy! Who is it that struck you?" And they spoke many other words against him, reviling him.

LUKE 22: 63

"Look at Me, O My beloved, being led away as a meek lamb to the shameful and terrible punishment of the scourging . . .with whips and knotted cords they strike Me with such violence that My very

bones are shaken and I am torn with countless wounds . . .bits of My divine flesh are rent off by the scourges . . .blood flows from every limb, and I am reduced to such a state of disfigurement as no longer to resemble a human being"

THE WAY OF DIVINE LOVE SR. JOSEPHA

MENENDEZ

Our Father, 10 Hail Mary's, Glory Be
O Jesus, forgive us our sins . . .

Stay here and keep watch with Me
Watch and Pray, watch

and pray. (Repeat)

Third Mystery: The Crowning with Thorns

And the soldiers led him away inside the

palace (that is, the praetorium); and they called together the whole battalion. And they clothed him in a purple cloak, and plaiting a crown of thorns they put it on him. And they began to salute him, "Hail, King of the Jews!" And

they struck his head with a reed, and spat upon him, and they knelt down in homage to him. **MARK 15: 16-19**

" . . .*When at last,*

exhausted by their efforts, these hard and cruel men stopped, they then wove a crown of thorns and drove it deep into My head, and as they filed before Me, they mockingly cried out:

'We salute Thee, O King!', while others savagely struck Me on the head. I, the Son of God, who hold the universe in the palm of My hand. . .I willingly endured these insults to atone for man's pride

and draw souls to follow in My footsteps. I allowed my shoulders to be covered by that cloak of mockery and Myself to be treated as a fool, so that many souls would receive the

grace to follow Me in a way that the world despises ."

Our Father, 10 Hail Mary's, Glory Be O Jesus, forgive us our sins . . .

Thank you , Jesus

Thank you , Jesus
Thank you , Lord,
for loving me
Thank you , Jesus
Thank you , Jesus
Thank you , Lord,
for loving me

You went to Calvary, there you died for me
Thank you , Lord, for loving me
You went to Calvary, there you died for me

Thank you , Lord, for loving me

Fourth Sorrowful Mystery: Jesus Carries the Cross

And as they led him away, they seized one Simon of Cyrene, who was coming in from the

country, and laid on him the cross, to carry it behind Jesus. **LUKE 23: 26**

"They now placed a hard and heavy cross upon my lacerated shoulders. Angels of

heaven! Look on the God before whom you are ever prostrate in adoration. . See the

Creator of all the world's wonders going to Calvary carrying that holy and blessed cross

on which He is to die. .Walk a little further with Me. There you see My blessed mother,

whose heart is pierced with grief. Consider the martyrdom of these two hearts. What does this

mother love more than her Son? Far from being able to help Him, she knows that the sight of her

anguish increases His. And I, what do I love more than My mother? Not only can I

offer her no comfort, but I know that the terrible plight in which she sees Me, pierces her

heart with a sorrow like My own; for if I suffer death in the body, she suffers death in her heart. . .

There are many souls following in My footsteps who accept to help Me carry My cross, but

they are troubled about their own rest and comfort. .they try to avoid suffering, turn

away from humiliation, work or fatigue, and look back regretfully at what they

have given up. When a soul loves truly, it neither measures what it does nor weighs

what it suffers; never looking for reward, its one desire to relieve and comfort Me. . .to love Me

and to console My Heart ."

Our Father, 10 Hail Mary's, Glory Be

O Jesus, forgive us our sins . . .

Jesus, Lord, I

ask for mercy
Let me not implore in vain
All my sins I now detest

them
Never will I
sin again

See our

Saviour,
bleeding,
dying
On the cross
of Calvary;
To that cross

my sins have nailed Him
Yet he bleeds and dies for me

Fifth Sorrowful Mystery: The Crucifixion

And when they came to the place which is called The Skull, there

they crucified him, and the criminals, one on the right and one on the left.

And Jesus said, "Father, forgive them; for they know not what they

do."

LUKE 23: 33,34

"Having nailed My hands, without pity they pull at My feet; My

wounds burst open afresh . . . the nerves are severed. . .the bones

dislocated. . . the torture is unspeakable! They pierce my

feet and My blood is poured forth upon the ground. . .Who is the

victim of such torture? It is Jesus Christ, the very Son of

God, Maker of heaven and earth and all things. . Behold Him,

unable to move, an object of scorn. But soon what a multitude

will follow Him, throwing away fortune, comfort,

honour, family and homeland ."

Our Father, 10 Hail

Mary's, Glory Be O Jesus, forgive us our sins . . .

Jesus, remember me, when you come into your

kingdom Jesus, remember me, when you come

into your kingdom

Prayers of the Rosary (in sequence)