

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, "Prophecy! 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
unspeakabl
e! 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)