



## The Holy Rosary:

# Sorrowful Mysteries

Selected Points For Meditation (From Holy Scripture, Traditional Stations of the Cross)

The Sorrowful Mysteries Are Said On: Tuesdays, Fridays, Sundays (In Lent)



"...grant, we beseech Thee, that meditating on these mysteries in the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise..." (10/7 Collect)

### 1st Mystery: The Agony in the Garden

- ① Then Jesus came with them into a country place which is called Gethsemani. And he said to his disciples: Sit you here, till I go yonder and pray.
- ② And taking with him Peter and the two sons of Zebedee, he began to grow sorrowful and to be sad.
- ③ Then he saith to them: My soul is sorrowful even unto death. Stay you here and watch with me.
- ④ And going a little further, he fell upon his face, praying and saying: My Father, if it be possible, let this chalice pass from me. Nevertheless, not as I will but as thou wilt.
- ⑤ And there appeared to him an angel from heaven, strengthening him. And being in an agony, he prayed the longer.
- ⑥ And his sweat became as drops of blood, trickling down upon the ground.
- ⑦ And when he rose up from prayer and was come to the disciples, he found them sleeping for sorrow.
- ⑧ And he said to them: Why sleep you? Arise: pray: lest you enter into temptation.
- ⑨ As he was yet speaking, behold a multitude; and he that was called Judas, one of the twelve, went before them and drew near to Jesus, for to kiss him.
- ⑩ And Jesus said to him: Judas, dost thou betray the Son of man with a kiss?

Ref.: Mt. 26:36-39; Lk. 22:43-48 [DR Trans.]

### 4th Mystery: The Carrying of the Cross

- ① And after they had mocked him, they took off the cloak from him and put on him his own garments and led him away to crucify him.
- ② A heavy cross is laid upon the bruised shoulders of Jesus. He receives it with meekness, nay, with a secret joy, for it is the instrument with which He is to redeem the world.
- ③ And bearing his own cross, he went forth to the place which is called Calvary
- ④ His strength fails Him; He falls to the ground under the cross.
- ⑤ Still burdened with His cross, and wounded yet more by His fall, Jesus proceeds on His way. He is met by His Mother.
- ⑥ And...they found a man of Cyrene, named Simon: him they forced to take up his cross.
- ⑦ As Jesus proceeds on the way, covered with the sweat of death, a woman, moved with compassion, makes her way through the crowd, and wipes His face with a handkerchief.
- ⑧ The pain of His wounds and the loss of blood increasing at every step of His way, again His strength fails Him, and Jesus falls to the ground a second time.
- ⑨ Jesus turning to them, said: Daughters of Jerusalem, weep not over me; but weep for yourselves and for your children.
- ⑩ His strength again fails Him, and He falls the third time, to be again dragged up and goaded onward by the brutal soldiers.

Ref.: Mt. 27:31; Jn. 19:17; Mt. 27:32; Lk. 23:28 [DR Trans.]; \* Also: iStations

### 2nd Mystery: The Scourging of Jesus at the Pillar

- ① Then Jesus took unto him the twelve and said to them:
- ② Behold, we go up to Jerusalem; and all things shall be accomplished which were written by the prophets concerning the Son of man.
- ③ For he shall be delivered to the Gentiles and shall be mocked and scourged and spit upon.
- ④ And after they have scourged him, they will put him to death. And the third day he shall rise again.
- ⑤ And Pilate seeing that he prevailed nothing, but that rather a tumult was made, taking water washed his hands before the people, saying: I am innocent of the blood of this just man. Look you to it.
- ⑥ And the whole people answering, said: His blood be upon us and upon our children.
- ⑦ Then he released to them Barabbas: and having scourged Jesus, delivered him unto them to be crucified.
- ⑧ He boasteth that he hath the knowledge of God, and calleth himself the son of God... He is grievous unto us, even to behold:
- ⑨ For his life is not like other men's, and his ways are very different... Let us examine him by outrages and tortures, that we may know his meekness, and try his patience.
- ⑩ But he was wounded for our iniquities, he was bruised for our sins: the chastisement of our peace was upon him, and by his bruises we are healed.

Ref.: Lk. 18:31-33; Mt. 27:24-26; Wisdom 2:13, 15, 19; Isa. 53:5 [DR Trans.]

### 5th Mystery: The Crucifixion and Death of Our Lord Jesus

- ① And when they were come to the place which is called Calvary, they crucified him there: and the robbers, one on the right hand, and the other on the left... And the soldiers also mocked him
- ② And there was also a superscription written over him in letters of Greek and Latin and Hebrew THIS IS THE KING OF THE JEWS.
- ③ And Jesus said: Father, forgive them, for they know not what they do.
- ④ And [the good thief] said to Jesus: Lord, remember me when thou shalt come into thy kingdom. And Jesus said to him: Amen I say to thee: This day thou shalt be with me in paradise.
- ⑤ When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother.
- ⑥ And about the ninth hour, Jesus cried with a loud voice, saying: Eli, Eli, lamma sabacthani? That is, My God, My God, why hast thou forsaken me? [See quotes at <http://www.MyCatholicSource.com/JLWJ>]
- ⑦ Afterwards, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, said: I thirst.
- ⑧ Jesus therefore, when he had taken the vinegar, said: It is consummated.
- ⑨ And Jesus crying with a loud voice, said: Father, into thy hands I commend my spirit. And saying this, he gave up the ghost.
- ⑩ And behold the veil of the temple was rent in two from the top even to the bottom: and the earth quaked and the rocks were rent. And the graves were opened

Ref.: Lk. 23:33, 36, 38, 34, 42-43; Jn. 19:26-27; Mt. 27:46; Jn. 19:28, 30; Lk. 23:46; Mt. 27:51-52 [DR Trans.]

### 3rd Mystery: The Crowning of Jesus with Thorns

- ① And stripping him, they put a scarlet cloak about him. And plating a crown of thorns, they put it upon his head, and a reed in his right hand.
- ② And bowing the knee before him, they mocked him, saying: Hail, King of the Jews.
- ③ And spitting upon him, they took the reed and struck his head.
- ④ Pilate...went forth again and saith to them: Behold, I bring him forth unto you, that you may know that I find no cause in him.
- ⑤ Jesus therefore came forth, bearing the crown of thorns and the purple garment. And he saith to them: Behold the Man.
- ⑥ When the chief priests, therefore, and the servants had seen him, they cried out, saying: Crucify him, Crucify him.
- ⑦ Pilate saith to them: Take him you, and crucify him: for I find no cause in him.
- ⑧ And it was the parasceve of the pasch, about the sixth hour: and he saith to the Jews: Behold your king.
- ⑨ But they cried out: Away with him: Away with him: Crucify him. Pilate saith to them: shall I crucify your king? The chief priests answered: We have no king but Caesar.
- ⑩ Then therefore he delivered him to them to be crucified. And they took Jesus and led him forth.

Ref.: Mt. 27:28-30; Jn. 19:4-6, 14-16 [DR Trans.]

**Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen. [Latin: *In Nomine Patris, et Filii, et Spiritus Sancti. Amen.*]

**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, sitteth 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. [Latin: *Credo in Deum, Patrem omnipotentem, Creatorem caeli et terrae. Et in Jesum Christum, Filium ejus unicum, Dominum nostrum: qui conceptus est de Spiritu Sancto, natus ex Maria Virgine, passus sub Pontio Pilato, crucifixus, mortuus, et sepultus; descendit ad inferos; tertia die resurrexit a mortuis; ascendit ad caelos; sedet ad dexteram Dei Patris omnipotentis; inde venturus est iudicare vivos et mortuos. Credo in Spiritum Sanctum, sanctam Ecclesiam catholicam, sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam aeternam. 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. [Latin: *Pater Noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie. Et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Amen.*]

**Hail Mary:** Hail Mary, full of grace, the Lord is with thee; Blessed art thou amongst 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. [Latin: *Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus uteris tui, Jesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.*]

**Glory Be/Doxology:** Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen. [Latin: *Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.*]

**Fatima Prayer:** O my Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those who are in most need of Thy mercy. [Latin: *Mi Jesu, indulge peccata nostra, conserva nos ab igne inferni, duc omnes ad caeli gloriam, praecipue tua misericordia egentes.*]

**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. [V. Pray for us. O Holy Mother of God. R. That we may be made worthy of the promises of Christ.] [Latin: *Salve Regina, Mater misericordiae: vita, dulcedo, et spes nostra salve. Ad te clamamus, exules illi Hevae, Ad te suspiramus gementes et flentes in hac lacrimarum valle. Eia ergo, Advocata nostra, illos tuos misericordes oculos ad nos converte. Et Jesum benedictum fructum uteris tui, nobis post hoc exilium ostende. O clement, O pia, O dulcis Virgo Maria. V. Ora pro nobis, sancta Dei Genetrix. R. Ut digni efficiamur promissionibus Christi.]*

**10/7 Collect:** O God, who only-begotten Son, by His life, His death and His resurrection hath purchased for us the reward of eternal salvation; grant, we beseech Thee, that meditating on these mysteries in the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise. Through the same Lord. [Latin: *Deus, cuius Unigenitus per vitam, mortem et resurrectionem suam nobis salutis aeternae praemia comparavit: concede, quaesumus; ut, haec mysteria sacratissimo beatae Mariae Virginis Rosario recolentes, et imitemur quod continent, et quod promittunt, assequamur. Per eundem Dominum.*]