

SCRIPTURAL REFLECTIONS

FOR THE PRAYING OF THE HOLY ROSARY

The Sorrowful Mysteries



## The First Sorrowful Mystery: The Agony in the Garden

Jesus prayed with great intensity and anguish over His impending death. His agony, perhaps, was an inner one; a distress and sadness that the death He was about to undergo, would be suffered in vain for many.

Like Jesus, we also face crucial decisions, stress and difficulties, and pain in our daily lives.

If we can kneel with Jesus in **His** agony,

He will be there in ours.

## PRAYER INTENTION

Let us pray for all those who suffer, physically,  
and emotionally; all those who are spiritually ill.

Let us pray that their agony can be united with that of  
Jesus, and not lost through despair or resentment.

Our Father.../ Pater Noster...

1. Then Jesus went with them to a place called Gethsemani;  
and He began to experience sorrow and distress.

*(Mt. 26:36-37)*

Hail Mary.../ Ave Maria...

2. Then He said to them, "My heart is nearly broken with  
sorrows. Remain here and stay awake with Me".

*(Mt. 26:38)*

Hail Mary.../ Ave Maria...

3. He withdrew from them and knelt down and prayed.

*(Lk. 22:41)*

Hail Mary.../ Ave Maria...

4. Father, if it is possible, let this cup pass from me.

Still, let it be as you would have it, not as I.

*(Mt. 26:39)*

Hail Mary.../ Ave Maria...

5. When He returned to His disciples,

He found them asleep. He said to Peter,

“So you could not stay awake with me for even an hour?

Be on guard and pray that you may not undergo the test.

The spirit is willing, but nature is weak.”

*(Mt. 26:40-42)*

Hail Mary.../ Ave Maria...

6. In His anguish, He Prayed more earnestly.  
An angel appeared to Him, coming from Heaven  
to give Him strength.

*(Lk. 22: 44)*

Hail Mary.../ Ave Maria...

7. “The hour is on us when the Son of Man  
is to be handed over to the power of evil men”.

*(Mt. 26 :45)*

Hail Mary.../ Ave Maria...

8. While He was still speaking, Judas, one of the twelve,  
arrived, accompanied by a great crowd  
with swords and clubs.

*(Mt. 26:47)*

Hail Mary.../ Ave Maria...

9. He immediately went over to Jesus, said to Him,  
“Peace, Rabbi,” and embraced Him.

*(Mt. 26:49)*

Hail Mary.../ Ave Maria...

10. Jesus answered, “Friend, do what you are here for”.

At that moment they stepped forward  
to lay hands on Jesus and arrested Him.

*(Mt. 26:50)*

Hail Mary.../ Ave Maria...

Glory be to the Father...

O My Jesus, forgive us our sins...

O Mary conceived without sin...



## The Second Sorrowful Mystery:

### The Scourging at the Pillar

Pilate disturbed at the meek majesty of his prisoner, had Him scourged at the pillar, though he could not find any fault in Him. Perhaps he simply resented the fact that Jesus had no use for this world, Pilate's world, and spoke so overwhelmingly for the next world.

Which way do we view this world? Can we offer and accept our suffering as a sacrifice to God, as Jesus offered His life for us?

## PRAYER INTENTION

Let us pray this decade in thanksgiving for the sacrifices made by Our Lord for the love of us. Pray also, in reparation for all the sins of the world inflicted upon the Sacred Heart of Jesus, and the indifference to His Mother.

Our Father.../ Pater Noster...

1. As soon as it was daybreak, the chief priest with the elders and scribes, reached a decision. They bound Jesus, led Him away, and handed Him over to Pilate. Pilate interrogated Him, “Are you the King of the Jews?”  
*(Mk. 15:1-2)*

Hail Mary.../ Ave Maria...

2. Jesus answered, “My Kingdom does not belong to this world”. At this Pilate said, “So then you are a King? .  
*(Jn. 18:36)*



Hail Mary.../ Ave Maria...

3. “This much only will I say; ‘From now on, the Son of Man will have his seat at the right hand of the Power of God’”.

*(Lk. 22:69)*

Hail Mary.../ Ave Maria...

4. “So you are the Son of God?” they asked in chorus.  
He answered, “It is you who say that I Am”.

*(Lk. 22:70)*

Hail Mary.../ Ave Maria...

5. Pilate’s next move was to take Jesus  
and have Him scourged.

*(Jn. 19:1)*

Hail Mary.../ Ave Maria...

6. Despised and rejected by men, a man of sorrows.

*(Is. 53: 3)*

Hail Mary.../ Ave Maria...

7. And yet, ours were the sufferings He bore.

*(Is. 53 :3)*

Hail Mary.../ Ave Maria...

8. He was pierced through, for our faults,  
crushed for our sins.

*(Is. 53:522)*

Hail Mary.../ Ave Maria...

9. They blindfolded Him, slapped Him  
and then taunted Him.

*(Lk. 23:64)*

Hail Mary.../ Ave Maria...

10. And after He had Jesus scourged, Pilate handed  
Him over to be crucified.

*(Mt. 15:15)*

Hail Mary.../ Ave Maria...

Glory be to the Father...

O My Jesus, forgive us our sins...

O Mary conceived without sin...



## The Third Sorrowful Mystery: The Crowning of Thorns

The coronation,  
offered to Jesus by the world,  
was a crown of thorns.

How do **we** crown Him now?

Do we deny Him,  
or simply show indifference?

Do we truly seek Him out?

## PRAYER INTENTION

Let us offer this decade in thanksgiving for all the people who suffer under oppression and persecution. Those who suffer humiliation and rejection. And we pray in reparation to God for the sins of the world, the thorns of the crown.

Our Father.../ Pater Noster...

1. The soldiers now led Jesus away into the hall known as the Praetorium; at the time they assembled the whole cohort.

*(Mt. 15:16)*

Hail Mary.../ Ave Maria...

2. They dressed Him in royal purple, then wove a crown of thorns and put it on Him.

*(Mk. 15:17)*

Hail Mary.../ Ave Maria...

3. They began to salute Him, “All hail, King of the Jews”.  
*(Mk. 15:18)*

Hail Mary.../ Ave Maria...

4. Continually striking Jesus on the head with a reed and spitting at Him, they genuflected before Him and pretended to pay homage.

*(Mk. 15:19)*

Hail Mary.../ Ave Maria...

5. Pilate said to the crowd: “Observe what I do. I am going to bring Him out to you, to make you realize that I find no case against Him.”

*(Jn. 19:4)*

Hail Mary.../ Ave Maria...

6. When Jesus came out wearing the crown of thorns and the purple cloak, Pilate said to them, “Look at the Man”.
- (Jn. 19: 5)*

Hail Mary.../ Ave Maria...

7. As soon as the chief priests and the temple guards saw Him they shouted, “Crucify Him, Crucify Him”.
- (Jn. 19 :6)*

Hail Mary.../ Ave Maria...

8. “Why, what crime has He committed?”, asked Pilate. They only shouted the louder, “Crucify Him”.
- (Mk. 15:14)*

Hail Mary.../ Ave Maria...

9. Pilate said to the Jews, "Look at your King".

*(Jn. 19:14)*

Hail Mary.../ Ave Maria...

10. In the end, Pilate handed Jesus over to be crucified.

*(Jn. 19:16)*

Hail Mary.../ Ave Maria...

Glory be to the Father...

O My Jesus, forgive us our sins...

O Mary conceived without sin...





The Forth Sorrowful Mystery:  
The Carrying of the Cross  
The Son of God carries the  
instrument of His death  
to the hill of Calvary.  
Jesus' carrying of the cross  
was a fulfillment  
of His earlier words,  
“Let all who would believe in me,  
take up their cross  
and follow me”.  
A cross He did not have to carry.  
Neither do we, unless  
we choose Jesus  
over Satan and sin.

## PRAYER INTENTION

Let us pray for the suffering, the lonely, the homeless.

Let us ask Jesus to give special meaning  
to the crosses they carry.

Our Father.../ Pater Noster...

1. When they had finished making a fool of Him, they stripped Jesus of the cloak, dressed Him in His own cloths, and led Him off to crucifixion.

*(Mt. 27:31)*

Hail Mary.../ Ave Maria...

2. On the way out they met a Cyrenian named Simon. This man they pressed into service to carry the cross.

*(Mt. 27:32)*

Hail Mary.../ Ave Maria...

3. A great crowd of people followed Him, including women who beat their breasts and lamented over Him..

*(Lk. 23:27)*

Hail Mary.../ Ave Maria...

4. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me.

Weep for yourselves and your children”.

*(Lk. 23:28)*

Hail Mary.../ Ave Maria...

5. Two others who were criminals were led along with Him to be crucified.

*(Lk. 23:32)*

Hail Mary.../ Ave Maria...

6. Upon arriving at a site called Golgotha, they gave Him a drink of wine flavoured with gall, which He tasted but refused to drink.

*(Mt. 27: 33-34)*

Hail Mary.../ Ave Maria...

7. When they had crucified Him, they divided His clothes among them by casting lots; then they sat down there and kept watch over Him.

*(Mt. 27:35-36)*

Hail Mary.../ Ave Maria...

8. “Whoever wishes to be my follower must deny his very self”.

*(Lk. 9:23)*

Hail Mary.../ Ave Maria...

9. “He must take up his cross each day  
and follow in my steps”.

*(Lk. 9:23)*

Hail Mary.../ Ave Maria...

10. “Whoever would save his life will loose it,  
whoever loses his life for my sake, will save it.

*(Lk. 9:24)*

Hail Mary.../ Ave Maria...

Glory be to the Father...

O My Jesus, forgive us our sins...

O Mary conceived without sin...



## The Fifth Sorrowful Mystery: The Crucifixion and Death

Jesus died on the cross.  
With it came our redemption,  
our salvation.

Before His final breath, He gave  
the world His Mother, and gave  
her a role in the salvation of all  
mankind by making us all,  
her children.

Just as she was there, at the foot  
of the cross, she asks **US** to pray  
at the foot of the cross.  
Our forgiveness is there.  
Great graces are there.  
Love the cross. In this  
meditation, is our salvation.

## PRAYER INTENTION

Let us pray for forgiveness and as Jesus forgave on the cross, let us pray for the grace to forgive others. Let us give all our past pain to Jesus. It is why He is on the cross.

Our Father.../ Pater Noster...

1. Jesus said, “Father, forgive them, they do not know what they are doing”.

*(Lk. 23:34)*

Hail Mary.../ Ave Maria...

2. One of the criminals said, “Jesus, remember me when You enter upon Your reign”. And Jesus replied, “I assure you; this day you will be with Me in paradise”.

*(Lk. 23:42-43)*

Hail Mary.../ Ave Maria...

3. Seeing His Mother there with the disciple whom He loved, Jesus said to His Mother,  
“Woman, there is your son”.

*(Jn. 19:26)*

Hail Mary.../ Ave Maria...

4. In turn He said to the disciple, “There is your Mother.”  
From that hour onwards, the disciple took her into his care.

*(Jn. 19:27)*

Hail Mary.../ Ave Maria...

5. Then towards midafternoon, Jesus cried out in a loud tone, “My God, My God, why have You forsaken Me?”

*(Mt. 27:46)*

Hail Mary.../ Ave Maria...



6. Jesus, realizing that everything was now finished, said to fulfill the Scriptures, “I am thirsty”. There was a jar there, full of common wine. They stuck a sponge soaked in this wine on a stick, and raised it to His lips.

*(Jn. 19:28)*

Hail Mary.../ Ave Maria...

7. When Jesus took the wine, He said, “Now it is finished”.

*(Jn. 19:30)*

Hail Mary.../ Ave Maria...

8. Jesus uttered a loud cry and said, “Father, into Your hands I commend My spirit.” After He said this, He expired.

*(Lk. 23:46)*

Hail Mary.../ Ave Maria...

9. Darkness came over the whole land until midafternoon  
with an eclipse of the sun.

The curtain in the sanctuary was torn in two.

*(Lk. 23:44-45)*

Hail Mary.../ Ave Maria...

10. They took Jesus' body, and in accordance with  
Jewish burial custom, bound it up in  
wrappings of cloth with perfumed oils.

*(Jn. 19:40)*

Hail Mary.../ Ave Maria...

Glory be to the Father...

O My Jesus, forgive us our sins...

O Mary conceived without sin...