

## 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)