

## **SORROWFUL MYSTERIES** through the eyes of Mary – March, 2021 -- Lent

Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways be mindful of Him, and he will make your paths straight. (Proverbs 3:5-6)

Tonight we pray:

*(Special prayer requests mentioned)*

- For our families, especially our children and grandchildren; *(pause to mention out loud, if you choose to)*
- For those dealing with health issues: physical, mental or spiritual;
- For our leaders as they seek to help manage the challenges we face;
- For all the special intentions we hold in our hearts.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The 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 rose again from the dead. He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from there He will 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.

Our Father....

Hail Mary....

Glory Be....

### **1st Sorrowful Mystery - The Agony in the Garden**

My Son came with His apostles to the Mount of Olives. There was a garden there where He frequently went to pray. He felt a sadness. He felt lonely. Jesus took His closest friends, Peter, James, and John and said to them: "My heart is sorrowful to the point of death; stay here and pray and keep watch." Jesus poured out His heart to His Father as I often have seen Him do in His prayer. During the time He prayed, He saw all the agony He was going to suffer: and the agony was not so much the pain of the crucifixion as the pains of the sins of the world.

My children, in your times of loneliness, darkness, depression, or doubt, pray that you learn to hear the voice of God in your suffering, and that you can better follow His example, despite your doubts and fears. Let us pray together for all those who are in doubt, those who do not know where to turn, those who are afraid or suffering: may they feel the comfort and mercy of our Father in Heaven.

Our Father.... Hail Mary .... Glory Be ....

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 your mercy.

## **2nd Sorrowful Mystery - The Scourging at the Pillar**

My Son was sent to Pilate after being judged by the Jewish authorities. I heard Pontius Pilate as he came out to talk to the crowd. He said: "I find no fault in this Man worthy of death; so I will have Him scourged." Pilate said this to placate the crowd because he knew my Son was innocent of all the accusations. Jesus received all this scourging for the love of you.

My children, pray to the Father that He will heal the wounds of your heart so that you can pray with love. Ask the Father to teach you how to love the way my Son loves. Pray for those who are possessed by hatred, and for those who have an insatiable need to seek revenge. Let us pray together that they too will be liberated and healed by the stripes of my Son.

Our Father.... Hail Mary .... Glory Be ....

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 your mercy.

## **3rd Sorrowful Mystery - Jesus is Crowned with Thorns**

The governor's soldiers took Jesus with them into the praetorium, stripped Him and made Him wear a scarlet cloak; and having twisted some thorns into a crown, they put this on His head and placed a reed in His right hand. They knelt to Him and mocked Him saying, "Hail King of the Jews!" And they spat on Him and took the reed and struck Him on the head with it. When they had finished mocking Him, they led Him away to crucify Him.

More humiliation and cruelty piled on top of a savage beating. Jesus came into this world humbly to teach the way of salvation. My son endured the humiliation and mockery with love and tolerance. He forgave all of His tormenters; He saved all of mankind— past, present, and future —from the bondage of sin. We have but to follow in His path, to follow the model He presented to us.

My children, pray that you will humbly pursue Christ's path of love and tolerance toward those who might persecute or ridicule you; pray that you do not allow ridicule or embarrassment to ever deter you from Christ's way.

Our Father.... Hail Mary .... Glory Be ....

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 your mercy.

#### **4th Sorrowful Mystery - Jesus Carries His Cross**

Jesus was forced to carry His Cross to His own execution. After torture and humiliation beyond human comprehension, Jesus picked up His Cross and moved toward Calvary. He had a mission to complete. He experienced in that short period of time all the sin and evil in this world and now it was all in that Cross. He carried it to fulfill His Father's will and to save all mankind. He did it in this way so that we could see and never forget. He gave everything, and He did not despair. And when His human body could no longer endure the abuse, He fell, and Simon helped carry the cross. God worked through Simon for us to see that when we fall, we must not despair; that we must find God in others and accept help on the way to fulfilling God's will for us.

My children, pray for those who have burdens on their hearts. When the weight of their trials seems more than they can bear, pray that they will have the strength to carry their crosses, and that you might be Simon to them. May you carry your own crosses, knowing that Jesus is there to help you, and may your eyes be open to see Christ in those around you.

Our Father.... Hail Mary .... Glory Be ....

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 your mercy.

#### **5th Sorrowful Mystery - The Crucifixion of our Lord**

The Crucifixion is the final and ultimate indignity inflicted upon Jesus. But even in death, caused by selfishness, pride, and lack of charity, Jesus loved us enough to finish what He came for. My son was tortured and humiliated, suffered, and died so that we would have everlasting life with the Father. His mind and His words were filled with forgiveness, love, and charity. He showed how abundant His mercy is. Jesus's crucifixion is not about despair—it is about hope. It is about what is possible in God.

My children, ask the Father to extend His salvation and forgiveness to your enemies. Pray for those who hurt you in any form; ask forgiveness for the hurts you may have caused. Come to the foot of the cross and there I will pray with you and for you that sins will be blotted out--that all will experience the redeeming power of my Son, Jesus.

I pray that I may follow Christ's example even in my most difficult times to become more Christ-like and continue living in faith, hope and love.

Our Father.... Hail Mary .... Glory Be ....

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 your mercy.

**HAIL, HOLY QUEEN**, Mother of Mercy, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary!

Pray for us, O Holy Mother of God -- That we may be made worthy of the promises of Christ.

**O GOD**, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech You, that while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

Lord, we pray for the grace to be aware of Your presence as You walk with us on our journey through life. Please free us from fear, give us patience and hope, and bring harmony, peace and wellness to our world. As I follow Jesus more closely, may the Holy Spirit help me to be the one who helps another to find rest and healing in the Lord.

Knowing You, Lord, are hearing us better than we are speaking, we offer these prayers in all the holy names of God. Amen.