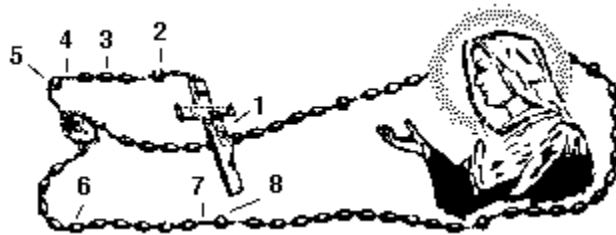


# The Sorrowful Mysteries

## without Distractions

Illustrations and suggested points of reflection from our booklet [Praying the Rosary Without Distractions](#), available in our on-line store.

Also available in our store: the booklet [Scripturally Based Rosary](#), ideal for individual study and prayer.



*(Numbers other than the 10 Hail Marys refer to the numbers pointing to the beads in the above illustration.)*

- 1) Make the **Sign of the Cross** saying "In the name of the Father, and of the Son, and of the Holy Spirit. Amen.", and say 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. On 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. He will come again in glory 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."
- 2) Say the **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."
- 3) Say **three Hail Marys** for Faith, Hope, and Charity: "Hail Mary, full of grace. The Lord is with thee. Blessed art thou among 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." – 3 times.
- 4) Say the **Glory Be**: "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."



5) Announce **"The First Sorrowful Mystery – The Agony in the Garden"** and then say the ***Our Father***.

6) Say ten ***Hail Marys*** while meditating on the Mystery.

1. Jesus comes with his disciples to Gethsemani: "Stay here, while I go yonder and pray."
2. Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death."
3. Jesus sees the sins of all mankind, whose guilt He has taken upon Himself.
4. He sees the wrath of the Father which His sufferings must appease.
5. So great is his anguish that His sweat becomes as drops of blood falling to the ground.
6. An angel appears to Him from heaven to strengthen Him.
7. "Father, if it be possible, let this cup pass from Me; yet, not My will but Yours be done."
8. Finding the disciples asleep: "Could you not watch one hour with me?"
9. Jesus is betrayed by Judas, cruelly bound and led away.
10. Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world.

Spiritual Fruit: **God's Will Be Done**

7) **Glory Be**

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.

**Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



8) Announce **"The Second Sorrowful Mystery – The Scourging at the Pillar"** and then

say the ***Our Father***.

Say ten ***Hail Marys*** while meditating on the Mystery.

1. Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted.
2. The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty.
3. The robber, Barabbas, is preferred to Jesus.
4. Pilate can “find no cause in Him”, yet to appease the Jews, he orders Jesus to be scourged.
5. The scourge is made of leather thongs to which are attached small sharp bones.
6. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds.
7. The Lamb of God offers His suffering for the sins of mankind.
8. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh.
9. The prophecy of Isaiah is fulfilled: “He was wounded for our iniquities, He was bruised for our sins.”
10. Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world.

Spiritual Fruit: **Purity**

### **Glory Be**

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.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce “**The Third Sorrowful Mystery – The Crowning With Thorns**” and then say the ***Our Father***.

Say ten **Hail Marys** while meditating on the Mystery.

1. Pilate asks, “Are You a king?” Jesus answers: “I am a King, but My kingdom is not of this world.”
2. In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king.
3. They fashion a crown out of thorns, and forcefully press it down upon His head.
4. In His bound hands they place a reed, as a sceptre, in mockery of His kingship.
5. Kneeling before Him in derision, they spit on Him, and cry out: “Hail, King of the Jews!”
6. Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp.
7. Pilate brings Jesus before the people, hoping His pitiful sight will soften them: “Behold the man!”
8. Their response: “Crucify Him! Crucify Him!”
9. Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride.
10. Father, by the merits of this painful humiliation, have mercy on us and on the whole world.

Spiritual Fruit: **Reign of Christ in Our Hearts**

### **Glory Be**

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.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce “**The Fourth Sorrowful Mystery – The Carrying of the Cross**” and then say the **Our Father**.

Say ten **Hail Marys** while meditating on the Mystery.

1. One condemned to death by crucifixion is forced to carry the cross to the place of execution.
2. The suffering of Jesus is intense as the cross is laid on His bruised and wounded back and shoulders.
3. Weak and exhausted from loss of blood, lack of food and rest, Jesus falls three times under the cross.
4. Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother.
5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle.
6. Veronica wipes His face, leaving on her towel the image of His countenance.
7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus.
8. Jesus speaks to weeping women: "Weep not for Me, but for yourselves and your children."
9. "If anyone is to be My disciple, let him take up his cross and follow Me."
10. Father, by the merits of this painful journey to Calvary, have mercy on us and on the whole world.

Spiritual Fruit: **Patient Bearing of Trials**

### **Glory Be**

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.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce "**The Fifth Sorrowful Mystery – The Crucifixion and Death of Jesus**" and then say the **Our Father**.

Say ten **Hail Marys** while meditating on the Mystery.

1. The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother.
2. "Father, forgive them for they know not what they do."
3. "This day you will be with Me in paradise."
4. "Woman, behold your son. Son, behold your Mother."
5. "My God, My God, why have You forsaken Me?"
6. "I thirst."
7. "It is finished."
8. "Father, into Your hands I commend My spirit."
9. The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother.
10. Father, by the merits of the crucifixion and death of Jesus, have mercy on us and on the whole world.

Spiritual Fruit: **Pardoning of Injuries**

### **Glory Be**

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.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

## Closing Prayers

### ***Hail Holy Queen***

Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee we send up our sighs, mourning and weeping in this vale of tears. Turn then most gracious advocate, Thine eyes of mercy toward us, and after this, our exile, show unto us, the blessed fruit of thy 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. Amen.

***Final Prayer***

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that 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.

Make the ***Sign of the Cross***.

[HOW TO PRAY THE ROSARY](#)[GLORIOUS MYSTERIES](#)