

Praying the Holy Rosary

The Sorrowful Mysteries

1. While holding the crucifix in your right hand:
 - a. Make the sign of the cross – Father, Son, & Holy Spirit.
 - b. Kiss the crucifix
 - c. Recite the Apostle’s Creed:
 - i. I believe in God, **the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen**
2. While holding the 1st bead next to the crucifix pray the Our Father:
 - a. 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. Finger the next three beads and pray three Hail Marys:
 - a. 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.**
4. On the chain/cord following the 3 beads pray the Doxology:
 - a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
5. While holding the next single bead name the mysteries you are going to pray (**Joyful**, Luminous, Sorrowful, or Glorious) and then announce the first of those mysteries (*The first Sorrowful mystery – The Agony in the Garden*)
 - a. *Mediation* – Anticipation, People like to say, is half the joy. By the same token, anticipation is half the pain and sorrow. Lord Jesus, as you stood there that day, slack-shouldered, head bowed, before your torturers and executioners, you must have felt in anticipation the sting of the lash, to which you knew most certainly you would be subjected. Yet you could find it within yourself to say: “Not as I will, but as you will” (Mt 26:39). Through it all, your friends slept soundly that day in Gethsemane, and Judas at the head of the mob betrayed you. I too have slept through my obligations to you, and in my own way have betrayed you. What a rock of strength and majesty you exemplified when firmly you replied to the crowd’s impertinence: “I am he.” “O Lord, my rock, my fortress, my deliverer, my God, my rock of refuge” (2 Sm 22:2). “Have mercy on me, God, in your goodness; in your abundant compassion blot out my offense” (Ps 51:3).
 - b. *Concluding Prayer* – Jesus, comforter of Mary, you experienced the dread fear that surrounds us who, because of the sin of our first parents, must confront death, and, in your human will, you remained obedient to the will of the Father. Forgive us for those times when we have wavered before the challenges that we encounter as we fulfill our baptismal promises.
 - c. *Brief silence.*
 - d. *Pray the Lord’s Prayer* - 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.**
6. On the next 10 beads (called a decade) pray ten Hail Marys while meditating on the announced mystery:

- a. 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.**
7. On the chain/cord pray the Doxology:
- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
- b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
8. While holding the next single bead name *the 2nd Sorrowful mystery – The Scourging at the Pillar.*
- a. Meditation – Lord Jesus, I am left to wonder which was more lacerating: the slash of the whip or the sad awareness of the hatred which your tormentors bore you? And then the chilling aloneness of that moment harder to bear than the sting of the whip. In spite of Peter’s boast, “Even though I should have to die with you, I will not deny you” (Mk 14:31), “they all left him and fled” (Mk 14:50) – including Peter. It was your driving love for me that brought you to earth in the first place to a life of excruciating labor and suffering, to an appalling death. May I lean into your pain and learn its lessons. “How long will you set upon people,/ all of you beating them down,/ As though they were a sagging fence/ or a battered wall?” (Ps 62:4). “They will fight against you, but not prevail over you,/ for I am with you to deliver you, says the Lord” (Jer 1:19).
- b. Concluding Prayer – Jesus hidden from Mary, you received the harsh blows of the soldiers’ whips that came from the hands of those who obeyed an authority blind to the original plan of God. Forgive us for those times when we have followed blindly in the way of sins and have chosen another obedience than the gentle yoke to which our afflicted Savior invites us.
- c. Brief silence.
- d. Pray the Lord’s Prayer - 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.**
9. On the next decade pray ten Hail Marys while meditating on the announced mystery:
- a. 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.**
10. On the chain/cord pray the Doxology:
- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
- b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
11. While holding the next single bead name *the 3rd Sorrowful mystery – The Crowning with Thorns.*
- a. Meditation – “O Sacred Head Surrounded by Crown of piercing thorn. O bleeding Head so wounded, reviled, and put to scorn” – that Head which had thought such kind and tender thoughts about people: “Let the children come to me” (Mk 10:14), “Come to me, all you who labor and are burdened and I will give you rest” (Mt 11:28), “My heart is moved with pity for the crowd, for they...have nothing to eat” (Mt 15:32). For which of these statements of concern and affection are you now being penalized? “And the Lord shall be king over them on Mount Zion,/from now and forever” (Mi 4:7). “O God, give your judgment to the king;/ your justice to the son of kings” (Ps 72:1)
- b. Concluding prayer – Jesus brought before Mary, you endured the mockery of those who were persuaded of their own power and righteousness, but who failed to recognize the hour of their visitation. Forgive us for the times when we have set our own judgments and reasoning against the wisdom and truth that comes down from the Lord of glory.
- c. Brief silence.
- d. Pray the Lord’s Prayer - 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.

12. On the next decade pray ten Hail Marys while meditating on the announced mystery:
 - a. 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.**
13. On the chain/cord pray the Doxology:
 - a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
 - b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
14. While holding the next single bead name **the 4th Sorrowful mystery – The Carrying of the Cross.**
 - a. Meditation – As it rubbed your shoulders raw, you transformed the cross from a symbol of death and disgrace to a symbol of hope and safety. The very item that facilitated your death, the cross, brings me no death but life – “by your holy cross you have redeemed the world.” As you hobbled along through the narrow lanes of Jerusalem, some who saw you were filled with pity, others with scorn. Across the ages things have not changed that much; to this day some love you and your Church, others are filled with hate. And the irony of it all – each gory, excruciating step brought you closer to your glorification on Calvary. “Prosperity will march before the Lord, / and good fortune will follow behind” (Ps 85:14). “God, my Lord, is my strength; / he makes my feet swift as those of hinds/ and enables me to go upon the heights” (Hb 3:19).
 - b. Concluding Prayer – Jesus meeting Mary, you marked out the Christian life by taking the steps that brought you to Calvary and so established an unalterable pattern for each Christian believer to follow. Forgive us for the times when we have strayed from the path that your providence has set out for each of us, and so have bypassed the consolation that Blessed Mary, Comforter of the Afflicted, brings to all who follow the way of her Son.
 - c. Brief silence.
 - d. Pray the Lord’s Prayer - 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.**
15. On the next decade pray ten Hail Marys while meditating on the announced mystery:
 - a. 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.**
16. On the chain/cord pray the Doxology:
 - a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
 - b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
17. While holding the next single bead name the **5th Sorrowful Mystery – The Crucifixion.**
 - a. Meditation – Lord Jesus, There You Hang Reigning gloriously from the cross. “But you, Bethlehem-Ephrathah,/ too small to be among the clans of Judah,/ From you shall come forth for me/ one who is to be ruler in Israel” (Mi 5:1). Right from the start your story is full of paradox but the greatest paradox of them all is your death on the cross. Incredibly, it makes possible my eternal life – beyond the grave. Meantime, as I move through life let me feel your bracing presence in those moments of ugliness that dog every human life. With your presence, fill those dry and vacant days that dawn too often for me as a normal human being. Be my strength and my salvation on earth. “Listen! The cry of the daughter of the my people,/ far and wide in the land!/ Is the Lord no longer in Zion,/ is her King no longer in her midst?” (Jer 8:19). “I will praise you always/ for what you have done./ I will proclaim before the faithful/ that your name is good” (Ps 52:11).

- b. Concluding Prayer – Jesus held by Mary, you descended into the lower regions to set free all those who from the beginning of the world have waited for the Savior. Forgive us for the times that we have failed to remember those who have gone before us marked with the sign of faith, and to pray for those who remain suffering members of the Church.
 - c. Brief silence.
 - d. Pray the Lord’s Prayer - 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.**
18. On the next decade pray ten Hail Marys while meditating on the announced mystery:
- a. 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.**
19. On the chain/cord pray the Doxology:
- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
 - b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
20. Holding the connecting medallion (or cord) pray the Hail Holy Queen and closing prayers:
- a. 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 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!**
V. Pray for us, O Holy Mother of God,
R. **That we may be worthy of the promises of Christ.**
 - b. Closing prayers – 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 on 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.
V. May the divine assistance remain always with us.
R. **May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**