*****Sorrowful Mysteries – Tuesday & Friday  
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***MEDITATION PRAYERS FOR THE SORROWFUL MYSTERIES***

1. ***The Agony in the Garden****Luke 22:39-46**Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him.* *When he arrived at the place he said to them, “Pray that you may not undergo the test.”* *After withdrawing about a stone’s throw from them and kneeling, he prayed,* *saying, “Father, if you are willing, take this cup away from me; still, not my will but yours be done.”* *And to strengthen him an angel from heaven appeared to him.* *He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground.* *When he rose from prayer and returned to his disciples, he found them sleeping from grief.* *He said to them, “Why are you sleeping? Get up and pray that you may not undergo the test.”  
     
   Matthew 26: 36-50  
   Then Jesus came with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray.” He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, “My soul is sorrowful even to death. Remain here and keep watch with me.” He advanced a little and fell prostrate in prayer, saying, “My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.”* *When he returned to his disciples he found them asleep. He said to Peter, “So you could not keep watch with me for one hour?* *Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak.” Withdrawing a second time, he prayed again, “My Father, if it is not possible that this cup pass without my drinking it, your will be done!”* *Then he returned once more and found them asleep, for they could not keep their eyes open.* *He left them and withdrew again and prayed a third time, saying the same thing again.  Then he returned to his disciples and said to them, “Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand.” While he was still speaking, Judas, one of the Twelve, arrived, accompanied by a large crowd, with swords and clubs, who had come from the chief priests and the elders of the people.* *His betrayer had arranged a sign with them, saying, “The man I shall kiss is the one; arrest him.”* *Immediately he went over to Jesus and said, “Hail, Rabbi!” and he kissed him.* *Jesus answered him, “Friend, do what you have come for.” Then stepping forward they laid hands on Jesus and arrested him.*
2. ***The Scourging at the Pillar****Matthew 27: 22-26  
   Pilate said to them, “Then what shall I do with Jesus called Messiah?” They all said, “Let him be crucified!”* *But he said, “Why? What evil has he done?” They only shouted the louder, “Let him be crucified!” When Pilate saw that he was not succeeding at all, but that a riot was breaking out instead, he took water and washed his hands in the sight of the crowd, saying, “I am innocent of this man’s blood. Look to it yourselves.”* *And the whole people said in reply, “His blood be upon us and upon our children.”* *Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.  
     
   Galatians 2:20**I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me.*
3. ***The Crowning with Thorns****Matthew 27:27-30  
   Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him.* *They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, “Hail, King of the Jews!” They spat upon him and took the reed and kept striking him on the head.  
     
   Isaiah 53:3-7  
   He was spurned and avoided by men, a man of suffering, knowing pain, like one from whom you turn your face, spurned, and we held him in no esteem. Yet it was our pain that he bore, our sufferings he endured. We thought of him as stricken, struck down by God and afflicted, but he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. We had all gone astray like sheep, all following our own way; But the LORD laid upon him the guilt of us all. Though harshly treated, he submitted and did not open his mouth; like a lamb led to slaughter or a sheep silent before shearers, he did not open his mouth.*
4. ***The Carrying of the Cross****Luke 23: 26-31  
   As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus.* *A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children,* *for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed.’* *At that time people will say to the mountains, ‘Fall upon us!’ and to the hills, ‘Cover us!’* *for if these things are done when the wood is green what will happen when it is dry?”  
     
   Luke 14: 27**Whoever does not carry his own cross and come after me cannot be my disciple.*
5. ***The Crucifixion****John 19: 28-30  
   After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, “I thirst.”* *There was a vessel filled with common wine.**So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, “It is finished.” And bowing his head, he handed over the spirit.  
     
   Philippians 2:7-8  
   Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross.*

***Sign of the Cross:*** *In the name of the Father and of the Son and of the Holy Spirit. Amen.* ***Memorare:*** *Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.*

***Intentions:*** *We lift up our rosary prayer to bind our children to the Sacred Heart of Jesus and the Immaculate Heart of Mary. We pray for … [list your intentions related to our own needs or the needs of others].*

***Apostle’s 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; from thence he shall 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:*** *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. Lead us not into temptation, but deliver us from evil. Amen.*

***Sign of the Cross:*** *In nomine Patris, et Filii, et Spiritus Sancti. Amen.*

***Memorare:*** *Memorare, O piissima Virgo Maria, non esse auditum a saeculo, quemquam ad tua currentem praesidia, tua implorantem auxilia, tua petentem suffragia, esse derelictum. Ego tali animatus confidentia, ad te, Virgo Virginum, Mater, curro, ad te venio, coram te gemens peccator assisto. Noli, Mater Verbi, verba mea despicere; sed audi propitia et exaudi. Amen.*

***Intentions (In English):*** *We lift up our rosary prayer to bind our children to the Sacred Heart of Jesus and the Immaculate Heart of Mary. We pray for … [list your intentions related to our own needs or the needs of others].*

***Apostle’s Creed:*** *Credo in Deum Patrem omnipoténtem, Creatórem cæli et terræ. Et in Iesum Christum, Fílium Eius únicum, Dóminum nostrum, qui concéptus est de Spíritu Sancto, natus ex María Vírgine, passus sub Póntio Piláto, crucifíxus, mórtuus, et sepúltus, descéndit ad ínfernos, tértia die resurréxit a mórtuis, ascéndit ad cælos,*

*sedet ad déxteram Dei Patris Omnipoténtis, inde ventúrus est iudicáre vivos et mórtuos. / Credo in Spíritum Sanctum, sanctam Ecclésiam cathólicam, sanctórum communiónem, remissiónem peccatórum, carnis resurrectiónem, vitam ætérnam. Amen.*

***Our Father:*** *Pater Noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie. Et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Amen.*

***Hail Mary:*** *Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.*

***Glory Be:*** *Gloria Patri, et Filio, et Spiritui Sancto.**Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.*

***Fatima Prayer:*** *Domine Iesu, dimitte nobis débita nostra, salva nos ab igne inferni, perduc in cælum omnes ánimas, præsertim eas, quæ misericórdiæ tuæ máxime indigent.*

***Salve Regina:*** *Salve Regína, Mater misericórdiæ; Vita, dulcédo, et spes nostra, salve. Ad te Clamámus éxsules fílii Evæ; Ad te suspirámus, geméntes et flentes in hac lacrimárum valle. Eia ergo, advocáta nostra, illos tuos misericórdes óculos ad nos convérte: Et Iesum, benedíctum fructum ventris tui, nobis post hoc exsílium osténde. o clemens, o pia, o dulcis Virgo María. V/. Ora pro nobis, Sancta Dei Génetrix. Ut digni efficiámur promissionibus Christi.*

***Closing Prayer:*** *Déus, cújus Unigénitus per vítam, mortem, et resurrectiónem Súam nóbis salútis ætérnæ præmia comparávit: concéde, quæsumus: ut hæc mystéria sacratíssimo beátæ Maríæ Vírginis Rosário recoléntes, et imitémur quod cóntinent, et quod promíttunt, assequámur. Per eúndem Chrístum Dóminum nóstrum. Amen.* ***The Sign of the Cross:*** *In nomine Patris, et Filii, et Spiritus Sancti. Amen.*

***Hail Mary:*** *Hail Mary, full of Grace, the Lord is with thee. Blessed are 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.*

***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.*

***Fatima Prayer:*** *O my Jesus, forgive us our sins, save us from the fires of Hell. Lead all souls to heaven, especially those most in need of thy mercy.*

***Salve Regina:*** *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. Pray for us O Holy Mother of God that we may be made worthy of the promises of Christ. Amen.*

***Closing Prayer:*** *O God, whose only begotten Son, by whose 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.*

***The Sign of the Cross:*** *In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*