



*Rosary of the Sorrowful Mysteries*

# How to pray the Rosary



One « Our Father » and ten « Hail Mary » is called a decade. Before each decade recall the appropriate mystery. You can also intrust your intentions to God and the assembly. After each decade you say the Glory Be

## 1 THE AGONY IN THE GARDEN

## 2 THE SCOURGING AT THE PILLAR

## 3 THE CROWNING WITH THORNS

## 4 THE CARRYING OF THE CROSS

## 5 THE CRUCIFIXION

### The Voice of Christ

MY CHILD, I came down from heaven for your salvation and took upon Myself your miseries, not out of necessity but out of love, that you might learn to be patient and bear the sufferings of this life without repining.

From the moment of My birth to My death on the cross, suffering did not leave Me. I suffered great want of temporal goods. Often I heard many complaints against Me. Disgrace and reviling I bore with patience. For My blessings I received ingratitude, for My miracles blasphemies, and for My teaching scorn.

### Imitation of Christ Book III Chapter 18

### The Voice of Christ

MY CHILD, patience and humility in adversity are more pleasing to Me than much consolation and devotion when things are going well.

### Imitation of Christ Book III Chapter 57

# 1 THE AGONY IN THE GARDEN

« Our Father, who art in even... »

36 Then Jesus came with them to a place called Gethsemane, and said to His disciples, "Sit here while I go over there and pray." 37 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. 38 Then He said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me."

« Hail, Marie, full of grace... »

Matthew{26:36-38}

35 And He went a little beyond them, and fell to the ground and began to pray that if it were possible, the hour might pass Him by. 36 And He was saying, "Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will."

« Hail, Marie, full of grace... »

Mark{14:35-36}

37 And He came and found them sleeping, and said to Peter, "Simon, are you asleep? Could you not keep watch for one hour?

38 Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak."

« Hail, Marie, full of grace... »

Mark {14:37-38}

42 He went away again a second time and prayed, saying, "My Father, if this cannot pass away unless I drink it, Your will be done." 40 And again He came and found them sleeping, for their eyes were very heavy; and they did not know what to answer Him.

« Hail, Marie, full of grace... »

matthew{26:42} Mark{14:40}

And He withdrew from them about a stone's throw, and He knelt down and began to pray, 42 saying, "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done."

« Hail, Marie, full of grace... »

Luke{22:41-42}

43 Now an angel from heaven appeared to Him, strengthening Him, 44  
And being in agony He was praying very fervently; and His sweat became  
like drops of blood, falling down upon the ground.

« Hail, Marie, full of grace... »

Luke{22:43-44}

41 And He came the third time, and said to them, "Are you still  
sleeping and resting? It is enough; the hour has come; behold, the  
Son of Man is being betrayed into the hands of sinners. 42 Get up,  
let us be going; behold, the one who betrays Me is at hand!"

« Hail, Marie, full of grace... »

Mark{14:41-42}

47 While He was still speaking, behold, a crowd came, and the one  
called Judas, one of the twelve, was preceding them; and he  
approached Jesus to kiss Him. 48 But Jesus said to him, "Judas, are  
you betraying the Son of Man with a kiss ?"

« Hail, Marie, full of grace... »

Luke{22:47-48}

Then they came and laid hands on Jesus and seized Him. 51 And  
behold, one of those who were with Jesus reached and drew out his  
sword, and struck the slave of the high priest and cut off his ear. 52  
Then Jesus said to him, "Put your sword back into its place; for all  
those who take up the sword shall perish by the sword.

« Hail, Marie, full of grace... »

Matthew {26:50-52}

55 At that time Jesus said to the crowds, "Have you come out with  
swords and clubs to arrest Me as you would against a robber?  
Every day I used to sit in the temple teaching and you did not seize  
Me. « but this hour and the power of darkness are yours. » 56 Then  
all the disciples left Him and fled.

« Hail, Marie, full of grace... »

Matthew {26:55-56} Luke {22:53}

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.

## 2 THE SCOURGING AT THE PILLAR

« Our Father, who art in even... »

53 They led Jesus away to the high priest; and all the chief priests and the elders and the scribes gathered together. 54 Peter had followed Him at a distance, right into the courtyard of the high priest; and he was sitting with the officers and warming himself at the fire. 55 Now the chief priests and the whole Sanhedrin Council kept trying to obtain testimony against Jesus to put Him to death, and they were not finding any.

« Hail, Marie, full of grace... »

Mark{14:53-55}

63 But Jesus kept silent. And the high priest said to Him, "I adjure You by the living God, that You tell us whether You are the Christ, the Son of God." 64 Jesus said to him, "You have said it yourself; nevertheless I tell you, hereafter you will see the Son of Man sitting at the right hand of Power, and coming on the clouds of heaven."

« Hail, Marie, full of grace... »

Matthew{26:63-64}

65 Then the high priest tore his robes and said, "He has blasphemed! What further need do we have of witnesses Behold, you have now heard the blasphemy; 66 what do you think?" They answered, "He deserves death!"

« Hail, Marie, full of grace... »

Matthew{26:65-66}

67 Then they spat in His face and beat Him with their fists; and others slapped Him, 64 and they blindfolded Him and were asking Him, saying, "Prophesy, who is the one who hit You?" 65 And they were saying many other things against Him, blaspheming.

« Hail, Marie, full of grace... »

Matthew{26:67}Luke{22:64-65}

73 A little later the bystanders came up and said to Peter, "Surely you too are one of them; for even the way you talk gives you away." 74 Then he began to curse and swear, "I do not know the man!" And immediately a rooster crowed. 75 And Peter remembered the word which Jesus had said, "Before a rooster crows, you will deny Me three times." And he went out and wept bitterly.

« Hail, Marie, full of grace... »

Matthew{26:73-75}

1 Now when morning came, 2 they bound Him, and led Him away and delivered Him to Pilate the governor. 29 Therefore Pilate went out to them and said, "What accusation do you bring against this Man?" 30 They answered and said to him, "If this Man were not an evildoer, we would not have delivered Him to you."

« Hail, Marie, full of grace... »

Matthew {27:1-2} John {18:29-30}

2 And they began to accuse Him, saying, "We found this man misleading our nation and forbidding to pay taxes to Caesar, and saying that He Himself is Christ, a King." 31 So Pilate said to them, "Take Him yourselves, and judge Him according to your law." The Jews said to him, "We are not permitted to put anyone to death,"

« Hail, Marie, full of grace... »

Luke {23:2} John {18:31}

33 Therefore Pilate entered again into the Praetorium, and summoned Jesus and said to Him, "Are You the King of the Jews?" 36 Jesus answered, "My kingdom is not of this world. If My kingdom were of this world, then My servants would be fighting so that I would not be handed over to the Jews; but as it is, My kingdom is not from here of this realm."

« Hail, Marie, full of grace... »

John {18:33-36}

37 Therefore Pilate said to Him, "So You are a king?" Jesus answered, "You say correctly that I am a king. For this I have been born, and for this I have come into the world, to testify to the truth. Everyone who is of the truth hears My voice."

« Hail, Marie, full of grace... »

John {18:37}

38 Pilate said to Him, "What is truth?" And when he had said this, he went out again to the Jews and said to them, "I find no guilt in Him. 39 But you have a custom that I release someone for you at the Passover; do you wish then that I release for you the King of the Jews?" 40 So they cried out again, saying, "Not this Man, but Barabbas." Now Barabbas was a robber. 1 Pilate then took Jesus and scourged Him.

« Hail, Marie, full of grace... »

John {18:38-40} {19:1}

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.

### 3 THE CROWNING WITH THORNS

« Our Father, who art in even... »

4 Then Pilate said to the chief priests and the crowds, "I find no guilt in this man." 5 But they kept on insisting, saying, "He stirs up the people, teaching all over Judea, starting from Galilee even as far as this place." 6 When Pilate heard it, he asked whether the man was a Galilean. 7 And when he learned that He belonged to Herod's jurisdiction, he sent Him to Herod,

« Hail, Marie, full of grace... »

Luke{23:4-7}

8 Now Herod was very glad when he saw Jesus; for he had wanted to see Him for a long time, because he had been hearing about Him and was hoping to see some sign performed by Him. 9 And he questioned Him at some length; but He answered him nothing.

« Hail, Marie, full of grace... »

Luke{23:8-9}

10 And the chief priests and the scribes were standing there, accusing Him vehemently. 11 And Herod with his soldiers, after treating Him with contempt and mocking Him, dressed Him in a gorgeous robe and sent Him back to Pilate. 12 Now Herod and Pilate became friends with one another that very day; for before they had been enemies with each other.

« Hail, Marie, full of grace... »

Luke{23:10-12}

27 Then the soldiers of the governor took Jesus into the Praetorium and gathered the whole Roman cohort around Him. 28 They stripped Him and put a scarlet robe on Him. 29 And after twisting together a crown of thorns, they put it on His head, and a reed in His right hand;

« Hail, Marie, full of grace... »

Matthew{27:27-29}

and they knelt down before Him and mocked Him, saying, "Hail, King of the Jews!" 30 They spat on Him, and took the reed and began to beat Him on the head.

« Hail, Marie, full of grace... »

Matthew{27:29-30}

4 Pilate came out again and said to them, "Behold, I am bringing Him out to you so that you may know that I find no guilt in Him."  
« Hail, Marie, full of grace... » John{19:4}

5 Jesus then came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Behold, the Man!"  
« Hail, Marie, full of grace... » John{19:5}

6 So when the chief priests and the officers saw Him, they cried out saying, "Crucify, crucify!" Pilate said to them, "Take Him yourselves and crucify Him, for I find no guilt in Him." 7 The Jews answered him, "We have a law, and by that law He ought to die because He made Himself out to be the Son of God."  
« Hail, Marie, full of grace... » John{19:6-7}

8 Therefore when Pilate heard this statement, he was even more afraid; 9 and he entered into the Praetorium again and said to Jesus, "Where are You from?" But Jesus gave him no answer.  
« Hail, Marie, full of grace... » John{19:8-9}

10 So Pilate said to Him, "You do not speak to me? Do You not know that I have authority to release You, and I have authority to crucify You?" 11 Jesus answered, "You would have no authority over Me, unless it had been given you from above; for this reason he who delivered Me to you has the greater sin."  
« Hail, Marie, full of grace... » John{19:10-11}

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.

## 4 THE CARRYING OF THE CROSS

« Our Father, who art in even... »

24 When Pilate saw that he was accomplishing nothing, but rather that a riot was starting, he took water and washed his hands in front of the crowd, saying, "I am innocent of this Man's blood; see to that yourselves." 25 And all the people said, "His blood shall be on us and on our children!" 26 Then he released Barabbas for them;

« Hail, Marie, full of grace... »

Matthew{27:24-26}

And he said to the Jews, "Behold, your King!" 15 So they cried out, "Away with Him, away with Him, crucify Him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." 16 So he then handed Him over to them to be crucified.

« Hail, Marie, full of grace... »

John{19:14-16}

17 They took Jesus, therefore, and He went out, bearing His own cross, 26 When they led Him away, they seized a man, Simon of Cyrene, coming in from the country, and placed on him the cross to carry behind Jesus.

« Hail, Marie, full of grace... »

John{19:17}Luke{23:26}

27 And following Him was a large crowd of the people, and of women who were mourning and lamenting Him. 28 But Jesus turning to them said, "Daughters of Jerusalem, stop weeping for Me,

« Hail, Marie, full of grace... »

Luke{23:27-28}

but weep for yourselves and for your children. 29 For behold, the days are coming when they will say, Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.

« Hail, Marie, full of grace... »

Luke{23:28-29}

30 Then they will begin to say to the mountains, 'Fall on us,' and to the hills, 'Cover us. 31 For if they do these things when the tree is green, what will happen when it is dry?"

« Hail, Marie, full of grace... »

Luke{23:30-31}

22 Then they brought Him to the place Golgotha, which is translated, Place of a Skull. 32 Two others also, who were criminals, were being led away to be put to death with Him.

« Hail, Marie, full of grace... »

Mark{15:22}Luke{23:32}

19 Pilate also wrote an inscription and put it on the cross. It was written, JESUS THE NAZARENE THE KING OF THE JEWS.

« Hail, Marie, full of grace... »

John{19:19}

20 Therefore many of the Jews read this inscription, for the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin and in Greek.

« Hail, Marie, full of grace... »

John{19:20}

21 So the chief priests of the Jews were saying to Pilate, « Do not write, 'The King of the Jews; but that He said, I am King of the Jews. » 22 Pilate answered, "What I have written I have written."

« Hail, Marie, full of grace... »

John{19:21-22}

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 THE CRUCIFIXION « Our Father, who art in even... »

23 They tried to give Him wine mixed with myrrh; but He did not take it. 24 And they crucified Him, and divided up His garments among themselves, casting lots for them to decide what each man should take. 25 It was the third hour when they crucified Him. 27 They crucified two robbers with Him, one on His right and one on His left. But Jesus was saying "Father, forgive them; for they do not know what they are doing." « Hail, Marie, full of grace... » Mark {15:23-27} Luke {23:34}

29 Those passing by were hurling abuse at Him, wagging their heads, and saying, "Ha! You who are going to destroy the temple and rebuild it in three days, 30 save Yourself, and come down from the cross!" 31 In the same way the chief priests also, along with the scribes, were mocking Him among themselves and saying, "He saved others; He cannot save Himself. Those who were crucified with him were also insulting him.

« Hail, Marie, full of grace... » Mark{15:29-32}

39 One of the criminals who were hanged there was hurling abuse at Him, saying, "Are You not the Christ? Save Yourself and us!" 40 But the other answered, and rebuking him said, "Do you not even fear God, since you are under the same sentence of condemnation?

« Hail, Marie, full of grace... » Luke{23:39-40}

And we indeed are suffering justly, for we are receiving what we deserve for our deeds; but this man has done nothing wrong." 42 And he was saying, "Jesus, remember me when You come in Your kingdom!" And He said to him, "Truly I say to you, today you shall be with Me in Paradise."

« Hail, Marie, full of grace... » Luke{23:41-43}

But standing by the cross of Jesus were His mother and His mother's sister, Mary the *wife* of Clopas, and Mary Magdalene. 26 When Jesus then saw His mother, and the disciple whom He loved standing nearby, He said to His mother, "Woman, behold, your son!" 27 Then He said to the disciple, "Behold, your mother!" From that hour the disciple took her into his own household.

« Hail, Marie, full of grace... » John{19:25-27}

33 When the noonsixth hour came, darkness fell over the whole land until the ninth hour. 34 At the ninth hour Jesus cried out with a loud voice, "Eloi, Eloi, lama sabachthani?" which is translated, "My God, My God, why have You forsaken Me?"

« Hail, Marie, full of grace... »

Mark{15:33-34}

28 After this, Jesus, knowing that all things had already been accomplished, to fulfill the Scripture, said, "I am thirsty."

« Hail, Marie, full of grace... »

John{19:28}

29 A jar full of sour wine was standing there; so they put a sponge full of the sour wine upon a branch of hyssop and brought it up to His mouth. 30 Therefore when Jesus had received the sour wine, He said, "It is finished!" And He bowed His head and gave up His spirit.

« Hail, Marie, full of grace... »

John{19:29-30}

and the veil of the temple was torn in two. 46 And Jesus, crying out with a loud voice, said, "Father, into Your hands I commit My spirit." Having said this, He breathed His last 39 When the centurion, who was standing right in front of Him, saw the way He breathed His last, he said, "Truly this man was the Son of God!"

« Hail, Marie, full of grace... »

Luke{23:45-46}Mark{15:39}

32 So the soldiers came, and broke the legs of the first man and of the other who was crucified with Him; 33 but coming to Jesus, when they saw that He was already dead, they did not break His legs. 34 But one of the soldiers pierced His side with a spear, and immediately blood and water came out. 35 And he who has seen has testified, and his testimony is true; and he knows that he is telling the truth, so that you also may believe.

« Hail, Marie, full of grace... »

John{19:32-35}

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.

This booklet may help you to meditate the sorrowful mysteries of the passion of our Lord, Jesus Christ, by reading extracts of gospel before each Hail Mary.

Why begining by the sorrowful mysteries ?

Because as ST Paul says to Corinthians : {1:23} But we are preaching Christ crucified. Certainly, to the Jews, this is a scandal, and to the Gentiles, this is foolishness. This is so important that he insists saying to Galathians {1:8} But if anyone, even we ourselves or an Angel from Heaven, were to preach to you a gospel other than the one that we have preached to you, let him be anathema.

From Diary of Saint Faustina Kowalska

186 Today Jesus said to me, I desire that you know more profoundly the love that burns in My Heart for souls, and you will understand this when you meditate upon My Passion. Call upon My mercy on behalf of sinners; I desire their salvation. When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give him the grace of conversion. This is the prayer: 187 "O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You."

369 I heard this voice in my soul:

There is more merit to one hour of meditation on My sorrowful Passion than there is to a whole year of flagellation that draws blood; the contemplation of My painful wounds is of great profit to you, and it brings Me great joy.

1397 The Lord said to me, The loss of each soul plunges Me into mortal sadness. You always console Me when you pray for sinners. The prayer most pleasing to Me is prayer for the conversion of sinners. Know, My daughter, that this prayer is always heard and answered.

## 1485 The Goodness of God.

The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: Come to Me, all of you.

Jesus: Be not afraid of your Savior, O sinful soul. I make the first move to come to you, for I know that by yourself you are unable to lift yourself to me. Child, do not run away from your Father; be willing to talk openly with your God of mercy who wants to speak words of pardon and lavish his graces on you. How dear your soul is to Me! I have inscribed your name upon My hand; you are engraved as a deep wound in My Heart.

Jesus: I am your strength, I will help you in the struggle.

Jesus: My child, do you fear the God of mercy? My holiness does not prevent Me from being merciful. Behold, for you I have established a throne of mercy on earth-the tabernacle-and from this throne I desire to enter into your heart. I am not surrounded by a retinue or guards. You can come to me at any moment, at any time; I want to speak to you and desire to grant you grace.

Jesus: My mercy is greater than your sins and those of the entire world. Who can measure the extent of my goodness? For you I descended from heaven to earth; for you I allowed myself to be nailed to the cross; for you I let my Sacred Heart be pierced with a lance, thus opening wide the source of mercy for you. Come, then, with trust to draw graces from this fountain. I never reject a contrite heart. Your misery has disappeared in the depths of My mercy. Do not argue with Me about your wretchedness. You will give me pleasure if you hand over to me all your troubles and griefs. I shall heap upon you the treasures of My grace.

Jesus: Child, speak no more of your misery; it is already forgotten. Listen, My child, to what I desire to tell you. Come close to My wounds and draw from the Fountain of Life whatever your heart desires. Drink copiously from the Fountain of Life and you will not weary on your journey. Look at the splendors of My mercy and do not fear the enemies of your salvation. Glorify My mercy.



*Amo Ergo Sum*