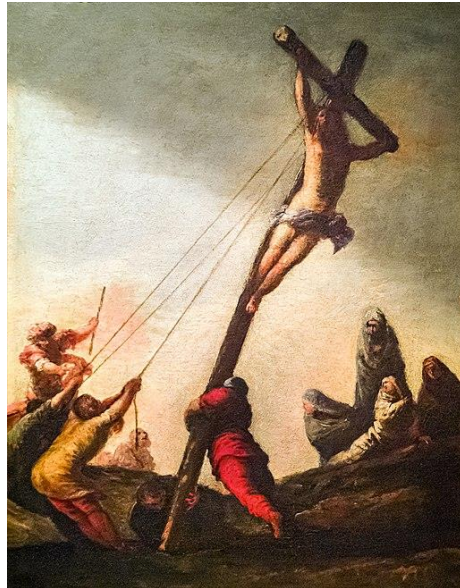


Sorrowful Mysteries



Which days are the Sorrowful Mysteries to be prayed?

Tuesday

Friday

*Sundays of Septuagesima
& Lent*

The Holy Rosary – Sorrowful Mysteries

Opening Prayers

Sign of the Cross

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

(As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

Queen of the Holy Rosary

Queen of the Holy Rosary,
you have deigned to come to Fatima to reveal to the three shepherd children
the treasures of grace hidden in the Rosary.
Inspire my heart with a sincere love of this devotion,
in order that by meditating on the Mysteries of our Redemption
which are recalled in it,
I may be enriched with its fruits and obtain peace for the world,
the conversion of sinners and of Russia,
and the favor which I ask of you in this Rosary.

(Mention your request here)

I ask it for the greater glory of God,
for your own honor, and for the good of souls,
especially for my own.
Amen.

Apostle's Creed

The Holy Rosary – Sorrowful Mysteries

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 arose again from the dead.
He ascended into heaven,
and sits 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;
and lead us not into temptation;
but deliver us from evil.
Amen.

Hail Mary

Hail Mary,
full of grace,
the Lord is with thee;

The Holy Rosary – Sorrowful Mysteries

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.

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.

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.

Glory be to the Father

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.

The Holy Rosary – Sorrowful Mysteries

Fatima Prayer

O my Jesus,
forgive us our sins,
save us from the fires of hell,
lead all souls to Heaven,
especially those who have most need of your mercy.
Amen.

The Holy Rosary – Sorrowful Mysteries

Five Mysteries

Agony in the Garden

First Sorrowful Mystery of the Rosary



Luke 22: 39-46

And going out, he went, according to his custom, to the Mount of Olives. And his disciples also followed him.

And when he was come to the place, he said to them: Pray, lest ye enter into temptation. And he was withdrawn away from them a stone's cast; and kneeling down, he prayed, Saying: Father, if thou wilt, remove this chalice from me: but yet not my will, but thine be done. And there appeared to him an angel from heaven, strengthening him. And being in an agony, he prayed the longer. And his sweat became as drops of blood, trickling down upon the ground.

And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow. And he said to them: Why sleep you? arise, pray, lest you enter into temptation.

Our Father

Our Father,
who art in heaven,

The Holy Rosary – Sorrowful Mysteries

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

Hail Mary **Repeat 10 Times**

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.

Glory be to the Father

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,

The Holy Rosary – Sorrowful Mysteries

lead all souls to Heaven,
especially those who have most need of your mercy.
Amen.

Scourging at the Pillar Second Sorrowful Mystery of the Rosary



Matthew 27: 11-26

And Jesus stood before the governor, and the governor asked him, saying: Art thou the king of the Jews? Jesus saith to him: Thou sayest it. And when he was accused by the chief priests and ancients, he answered nothing. Then Pilate saith to him: Dost not thou hear how great testimonies they allege against thee? And he answered him to never a word; so that the governor wondered exceedingly.

Now upon the solemn day the governor was accustomed to release to the people one prisoner, whom they would. And he had then a notorious prisoner, that was called Barabbas. They therefore being gathered together, Pilate said: Whom will you that I release to you, Barabbas, or Jesus that is called Christ? For he knew that for envy they had delivered him.

And as he was sitting in the place of judgment, his wife sent to him, saying: Have thou nothing to do with that just man; for I have suffered many things this day in a dream because of him.

But the chief priests and ancients persuaded the people, that they should ask for Barrabbas, and take Jesus away. And the governor answering, said to them: Whether will you of the two to be released unto you? But they said, Barrabbas. Pilate saith to them: What shall I do then with Jesus that is called Christ? They say all: Let him be crucified. The governor said to them: Why, what evil hath he done? But they cried out the more, saying: Let him be crucified.

The Holy Rosary – Sorrowful Mysteries

And Pilate seeing that he prevailed nothing, but that rather a tumult was made; taking water washed his hands before the people, saying: I am innocent of the blood of this just man; look you to it. And the whole people answering, said: His blood be upon us and our children. Then he released to them Barabbas, and having scourged Jesus, delivered him unto them to be crucified.

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

Hail Mary

Repeat 10 Times

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.

Glory be to the Father

Glory be to the Father,
and to the Son,
and to the Holy Spirit.

The Holy Rosary – Sorrowful Mysteries

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 who have most need of your mercy.
Amen.

Crowning with Thorns **Third Sorrowful Mystery of the Rosary**



Matthew 27:27-31

Then the soldiers of the governor taking Jesus into the hall, gathered together unto him the whole band; And stripping him, they put a scarlet cloak about him. And plaiting a crown of thorns, they put it upon his head, and a reed in his right hand. And bowing the knee before him, they mocked him, saying: Hail, king of the Jews. And spitting upon him, they took the reed, and struck his head. And after they had mocked him, they took off the cloak from him, and put on him his own garments, and led him away to crucify him.

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

The Holy Rosary – Sorrowful Mysteries

Hail Mary **Repeat 10 Times**

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.

Glory be to the Father

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 who have most need of your mercy.
Amen.

Carrying the Cross Fourth Sorrowful Mystery of the Rosary



Luke 23: 26-33

And as they led him away, they laid hold of one Simon of Cyrene, coming from the country; and they laid the cross on him to carry after Jesus.

And there followed him a great multitude of people, and of women, who bewailed and lamented him.

But Jesus turning to them, said: Daughters of Jerusalem, weep not over me; but weep for yourselves, and for your children. For behold, the days shall come, wherein they will say: Blessed are the barren, and the wombs that have not borne, and the paps that have not given suck. Then shall they begin to say to the mountains: Fall upon us; and to the hills: Cover us. For if in the green wood they do these things, what shall be done in the dry?

And there were also two other malefactors led with him to be put to death. And when they were come to the place which is called Calvary, they crucified him there; and the robbers, one on the right hand, and the other on the left.

The Holy Rosary – Sorrowful Mysteries

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

Hail Mary

Repeat 10 Times

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.

Glory be to the Father

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.

The Holy Rosary – Sorrowful Mysteries

Fatima Prayer

O my Jesus,
forgive us our sins,
save us from the fires of hell,
lead all souls to Heaven,
especially those who have most need of your mercy.
Amen.

Crucifixion of Christ Fifth Sorrowful Mystery of the Rosary



John 19: 25-27

Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen.

When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother. And from that hour, the disciple took her to his own.

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

The Holy Rosary – Sorrowful Mysteries

Hail Mary **Repeat 10 Times**

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.

Glory be to the Father

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 who have most need of your mercy.
Amen.

The Holy Rosary – Sorrowful Mysteries

Closing Prayers

The Hail, Holy Queen (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.

Rosary Closing Prayer

O God
whose only begotten Son has purchased for us the rewards of eternal life,
Grant that we beseech Thee
while meditating upon these mysteries of the Most Holy Rosary
of the Blessed Virgin Mary,
we may both imitate what they contain
and obtain what they promise,
through the same Christ our Lord.
Amen.

Fatima Pardon Prayer

The Holy Rosary – Sorrowful Mysteries

My God,
I believe,
I adore,
I hope,
and I love You.
I beg pardon of You for those who do not believe,
do not adore,
do not hope,
and do not love You.

Sign of the Cross

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

(As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)