

THE SCRIPTURAL ROSARY

SORROWFUL MYSTERIES

The Rosary is one of the most treasured forms of prayer in Catholicism. Its roots go well back into the Middle Ages, with its origins in monasteries where monks in prayer and contemplation read the 150 Psalms each day. The lay brothers, most of whom were illiterate, substituted other prayers since they were unable to read them. By the 15th century, the Rosary had evolved into a format that closely corresponds to its present form.

A Scriptural Rosary is a contemporary version of the way the Rosary was prayed for centuries in Western Europe. The inclusion of the Scripture quotations is an adaptation of the ancient custom of reflecting on a different thought prior to reciting each Hail Mary.

In the name of the Father, ✠ the Son, and the Holy Spirit. AMEN

OPENING PRAYER

In Christian hope we come before you, O God, to pray this Scriptural Rosary in order to immerse ourselves more deeply in the Sorrowful Mysteries of your Passion and Death. Into your hands, O Lord, we commend our very selves. Be pleased to receive our service of prayer which we offer in the name of our Savior, Jesus Christ. May Christ, who is our hope, one day speak to us the words he once promised to those who believe: "Come. You have my Father's blessing. Inherit the Kingdom prepared for you from the creation of the world."

APOSTLE'S CREED

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

(at the words that follow, up to and including the Virgin Mary, all bow)

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 there he will 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, who art in heaven...

Hail Mary...

Hail Mary...

Hail Mary...

Glory be to the Father... *(also at the end of each decade of the Rosary)*

O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, especially those who are in most need of thy Mercy.

SORROWFUL MYSTERIES OF THE ROSARY



FIRST MYSTERY: THE AGONY IN THE GARDEN

From personal experience, Jesus knows what it is like to be betrayed by a friend, denied by another friend, and abandoned by most of His friends. When a relationship with a close friend deteriorates and we feel abandoned and rejected, we can draw great comfort and solace from Christ, who agonized over suddenly changing relationships and yet remained faithful to God's plan for Him. Our Father, who art in heaven...

1. Then they came to a place named Gethsemane, and he said to his disciples, "Sit here while I pray." He took with him Peter, James, and John, and began to be troubled and distressed. *(Mark 14:32-33)* Hail Mary...
2. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch." *(Mark 14:34)* Hail Mary...
3. He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; *(Mark 14:35)* Hail Mary...
4. And Jesus said, "Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will be done." *(Mark 14:36)* Hail Mary...
5. And Jesus said to me, "My grace is sufficient for you, for power is made perfect in weakness." I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me. *(11 Cor. 12:9)* Hail Mary...
6. Insult has broken my heart, and I am weak; I looked for compassion, but there was none, for comforters, but found none. *(Psalm 69:21)* Hail Mary...
7. My heart pounds within me; death's terrors fall upon me. Fear and trembling overwhelm me; shuddering sweeps over me. *(Psalm 55:5-6)* Hail Mary...
8. And to strengthen him an angel from heaven appeared to him. He was in such agony and he prayed so fervently that his perspiration became like drops of blood falling on the ground. *(Luke 22:43-44)* Hail Mary...
9. Listen, God, to my prayer; do not hide from my pleading; hear me and give answer. I rock with grief; I groan at the uproar of the enemy, the clamor of the wicked. They heap trouble upon me, savagely accuse me. *(Psalm 55:2-4)* Hail Mary...
10. "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." *(Matt. 26:45b-46)* Hail Mary...

Glory be to the Father.... O my Jesus....

SECOND MYSTERY: THE SCOURGING AT THE PILLAR

Thinking about how the innocent Jesus suffered mockery, insults, and flogging, we realize that we must also guard against the danger of inflicting pain upon others by our vicious gossip, harsh criticism, cutting remarks, or unkind words. The suffering Jesus helps us to comfort others by our practical assistance in times of need. When we receive insults, we can think about Christ's sufferings and unite our sufferings with His. Our Father, who art in heaven...

1. Those who had arrested Jesus led him away to Caiaphas the high priest, where the scribes and the elders were assembled. *(Matt. 26:57)* Hail Mary...
2. Again the high priest asked him and said to him, "Are you the Messiah, the son of the Blessed One?" Then Jesus answered, "I am; and 'you will see the Son of Man seated at the right hand of the Power and coming with the clouds of heaven.' " At that the high priest tore his garments and said, "What further need have we of witnesses?" *(Mark 14:61b-63)* Hail Mary...
3. "You have heard the blasphemy. What do you think?" They all condemned him as deserving to die. Some began to spit on him. They blindfolded him and struck him and said to him, "Prophecy!" And the guards greeted him with blows. *(Mark 14:64-65)* Hail Mary...
4. When it was morning, all the chief priests and the elders of the people took counsel against Jesus to put him to death. They bound him, led him away, and handed him over to Pilate, the governor. *(Matt. 27:1-2)* Hail Mary...
5. Then Pilate took Jesus and had him scourged. *(John 19:1)* Hail Mary...
6. Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted. *(Isaiah 53:4)* Hail Mary...
7. He was spurned and avoided by men, a man of suffering, accustomed to infirmity, one of those from whom men hide their faces, spurned, and we held him in no esteem. *(Isaiah 53:3)* Hail Mary...
8. "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one to him as well." *(Matt. 5:38-39)* Hail Mary...
9. Bitterly she weeps at night, tears upon her cheeks, with not one to console her of all her dear ones. *(Lamentations 1:2a-b)* Hail Mary...
10. Though he was harshly treated, he submitted and opened not his mouth; like a lamb led to the slaughter or a sheep before the shearers, he was silent and opened not his mouth. *(Isaiah 53:7)* Hail Mary...

Glory be to the Father.... O my Jesus....

THIRD MYSTERY: THE CROWNING WITH THORNS

Scorned for His Kingship, Jesus remained silent. He neither uttered a complaint nor returned a vengeful action. When others inflict pain upon us, we are strengthened by the example of Jesus. We need not seek revenge. We can remain silent and bear the wrongs patiently. Moreover, we can pray for those who harm us. Our Father, who art in heaven...

1. But he was pierced for our offenses, crushed for our sins, upon him was the chastisement that makes us whole, by his stripes we were healed. *(Isaiah 53:5)* Hail Mary...
2. The soldiers led him away inside the palace, that is, the praetorium, and assembled the whole cohort. They clothed him in purple and, weaving a crown of thorns, placed it on him. *(Mark 15:16-17)* Hail Mary...

3. Because of his affliction he shall see the light in fullness of days; through his suffering, my servant shall justify many, and their guilt he shall bear. *(Isaiah 53:11)* Hail Mary...
4. But I am afflicted and in pain; let your saving help protect me, God. *(Psalm 69:30)* Hail Mary...
5. Be not crushed on their account, as though I would leave you crushed before them. *(Jeremiah 1:17b)* Hail Mary...
6. They began to salute him with, "Hail, King of the Jews!" and kept striking his head with a reed and spitting upon him. They knelt before him in homage. *(Mark 15:18-19)* Hail Mary...
7. Once more Pilate went out and said to them, "Look, I am bringing him out to you, so that you may know that I find no guilt in him." So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them, "Behold, the man!" *(John 19:4-5)* Hail Mary...
8. Pilate went back into the praetorium and said to Jesus, "Where are you from?" Jesus did not answer him. So Pilate said to him, "Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?" *(John 19:9-10)* Hail Mary...
9. Jesus answered Pilate, "You would have no power over me if it had not been given to you from above. For this reason the one who handed me over to you has the greater sin." *(John 19:11)* Hail Mary...
10. 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." *(Matt. 27:24-25)* Hail Mary...

Glory be to the Father.... O my Jesus....

FOURTH MYSTERY: THE CARRYING OF THE CROSS

Jesus staggered and fell beneath the weight of the heavy cross, but He in no way rejected the cross. As we journey through life, we are presented a cross to bear. By perseveringly carrying our cross without complaint, we unite ourselves to the suffering Christ, who helps us to properly adjust the cross to our shoulders. Our Father, who art in heaven...

1. And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes, and led him out to crucify him. *(Matt. 15:20)* Hail Mary...
2. And carrying the cross himself Jesus went out to what is called the Place of the Skull, in Hebrew, Golgotha. *(John 19:17)* Hail Mary...
3. A faithful friend is a sturdy shelter; he who finds one finds a treasure. A faithful friend is beyond price, no sum can balance his worth. A faithful friend is a lifesaving remedy, such as he who fears God finds. *(Sirach 6:14-16)* Hail Mary...
4. "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." *(Matt. 25:40b)* Hail Mary...
5. 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." *(Luke 23:27-28)* Hail Mary...
6. "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' " *(Luke 23:29-30)* Hail Mary...
7. I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. *(Romans 8:18)* Hail Mary...

8. Jesus summoned the crowd with his disciples and said to them, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” *(Mark 8:34)* Hail Mary...
9. Oppressed and condemned, he was taken away, and who would have thought any more of his destiny? When he was cut off from the land of the living, and smitten for the sin of his people. *(Isaiah 53:8)* Hail Mary...
10. The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. *(I Cor. 1:18)* Hail Mary...

Glory be to the Father.... O my Jesus....

FIFTH MYSTERY: THE CRUCIFIXION AND DEATH OF JESUS

In His dying moments, Jesus surrendered Himself in loving obedience to the will of His Heavenly Father, and He forgave His persecutors. In the process of gradually relinquishing our personal vanities, sensuous pleasures, and self-centeredness, we surrender ourselves to God's will. It is through our own personal and voluntary surrender to God and our forgiveness of others' injuries that I imitate the dying Christ, experience the power of God, and find the peace of Christ. Our Father, who art in heaven...

- 1 They brought him to the place of Golgotha (which is translated Place of the Skull). *(Mark 15:22)* Hail Mary...
2. And Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted and you yourself a sword will pierce so that the thoughts of many hearts may be revealed.” *(Luke 2:34-35)* Hail Mary...
3. And at three o'clock Jesus cried out in a loud voice, “Eloi, Eloi, lema sabachthani?” which is translated, “My God, my God, why have you forsaken me?” *(Mark 15:34)* Hail Mary...
4. They have pierced my hands and feet I can number all my bones. *(Psalm 22:17b18a)* Hail Mary...
5. Then Jesus said, “Father, forgive them, they know not what they do.” *(Luke 23:34a)* Hail Mary...
6. When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts. *(Luke 23:48)* Hail Mary...
7. Now one of the criminals hanging there reviled Jesus, saying, “Are you not the Messiah? Save yourself and us.” The other, however, rebuking him, said in reply, “Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.” Then he said, “Jesus, remember me when you come into your kingdom.” He replied to him, “Amen, I say to you, today you will be with me in Paradise.” *(Luke 23:39-43)* Hail Mary...
8. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home. *(John 19:26-27)* Hail Mary...
9. Jesus cried out in a loud voice, “Father, into your hands I commend my spirit;” and when he had said this he breathed his last. *(Luke 23:46)* Hail Mary...
10. A grave was assigned him among the wicked and a burial place with evildoers, though he had done no wrong nor spoken any falsehood. But the Lord was pleased to crush him in infirmity. If he gives his life as an offering for sin, he shall see his descendants in a long life, and the will of the Lord shall be accomplished through him. *(Isaiah 53:9-10)* Hail Mary...

Glory be to the Father.... O my Jesus....