

## **SORROWFUL MYSTERIES**

### **Journey into the miracles of humanity**

*When people become self-centred and self-enclosed, their greed increases. The emptier a person's heart is, the more he or she needs things to buy, own and consume...Obsession with a consumerist lifestyle, above all when few people are capable of maintaining it, can only lead to violence and mutual destruction. **LS204***

*No system can completely suppress our openness to what is good, true and beautiful, or our God-given ability to respond to his grace at work deep in our hearts. **LS205***

### **1st Sorrowful Mystery - JESUS' AGONY AT GETHSEMANE**

“My soul is sorrowful to the point of death. Wait here and keep awake with me.” (Matthew 26 :38)

Mary, at the most terrible moment of his agony, Jesus summons his disciples. He calls us to surround him, to watch and pray together, as brothers and sisters.

### **HUMAN FRATERNITY**

**Praised be you, Eternal One,** by our human sisters and brothers.  
Blessed are you for having created humanity, both one and many.  
Thank you for each and every one of us, all unique under your loving gaze yet at the same time, members of one body.

**Forgive** us for the times when we surrender to the illusion that we can achieve happiness on our own. When we forget that the suffering of others is our own and that what we do to others, we do to ourselves. We do it to you, Jesus, and to all Creation! **Forgive** our difficulties and reluctance to ask for forgiveness and to forgive.

**Mary**, Mother of Humankind, through your intercession, may the Spirit of love awaken in us an awareness of our intimate connection to one another that connects us all at the deepest level of our being.

### **OUR FATHER...**

#### **(Hail Mary... 10X)**

Hail Mary, full of grace,

The Lord is with you.

Blessed are you among women

**And blessed is Jesus, who bears the suffering of all humankind and all living things.**

Holy Mary, Mother of God

Pray for us sinners

Now and at the hour of our death, AMEN

#### **Glory to You, Source of all Being, Eternal Word and Holy Spirit**

As it was in the beginning, is now, and ever shall be,

World without end. AMEN

## **2nd Sorrowful Mystery – THE SCOURGING OF JESUS**

“No one takes my life. I give it freely.” (John 10, 18)

“Then Pilate had Jesus taken away and scourged”. (John 19:1)

With you, Mary, we contemplate Jesus, who walks freely towards death and life: he opens us up to true freedom.

### **TRUE FREEDOM**

**Praise be to you, Eternal One**, for creating us free to accept or reject your loving plan for Creation. Thank you for calling us to true freedom, the freedom that fulfills our deepest desire, our vocation as children of God.

**Forgive** us for those moments when we succumb to our addictive tendencies (alcohol, food, drugs, pornography, games, screens, overconsumption...). These illusions that blind us, these diversions that push us towards emptiness, these chains that imprison us in a false self and damage our body and soul.

**Mary**, through the merits of your Immaculate Heart, open our eyes to all of our addictions and intercede that we may be delivered to answer Jesus' call to true freedom.

### **OUR FATHER...**

**(Hail Mary... 10X)**

Hail Mary, full of grace,  
The Lord is with you.  
Blessed are you among women  
**And blessed is Jesus, who delivers us from our slavery.**

Holy Mary, Mother of God  
Pray for us sinners  
Now and at the hour of our death, AMEN

**Glory to You, Source of all Being, Eternal Word and Holy Spirit**  
As it was in the beginning, is now, and ever shall be,  
World without end. AMEN

### **3<sup>rd</sup> Sorrowful Mystery – THE CROWING OF THORNS**

“The soldiers twisted some thorns into a crown and put it on his head, then dressed him in a purple robe. They came up to him and said, 'Hail, King of the Jews!' And they slapped him in the face.” (John 19, 2-3)

Mary, with you we contemplate Jesus, who, without retaliating, allows himself to be insulted and beaten in a testimony of humility that spans the centuries to reveal to us the secret of the heart's intelligence: as we LOVE, *“when I am weak, then I am strong.”*

### **THE INTELLIGENCE OF THE HEART**

**Praise be to you, Eternal One,** for the beautiful achievements of Humankind

when inspired by you, in science, art, medicine, law...Thank you for the constant advances in knowledge, in the well-being of all and in the reduction of violence and injustice.

**Forgive** us for contaminating our minds with rationalist opinions and beliefs that run counter to the laws of life (infinite growth, competitiveness, power and dominion)

**Forgive** us for the distortions of our vision, which often reduces the planet and living beings to resources, objects, machines...

**Mary**, Champion of the intelligence of the heart, intercede for the healing of our spirit and the purification of our intelligence.  
Guide us to the inspired wisdom of true humility.

**OUR FATHER...**

**(Hail Mary... 10X)**

Hail Mary, full of grace,

The Lord is with you.

Blessed are you among women

**And blessed is Jesus, who teaches us true humility.**

Holy Mary, Mother of God

Pray for us sinners

Now and at the hour of our death, AMEN

**Glory to You, Source of all Being, Eternal Word and Holy Spirit**

As it was in the beginning, is now, and ever shall be,

World without end. AMEN

## **4<sup>th</sup> Sorrowful Mystery – THE CARRYING OF THE CROSS**

“Daughters of Jerusalem, do not weep for me! Weep instead for yourselves and for your children” (Luke 23:28).

With you, Mary, we follow in Jesus' footsteps on the road to Golgotha, and it is a mother's heart that weeps for all the violence done to the weakest and most innocent.

### **THE DESIRE FOR RECONCILIATION BETWEEN FEMININE AND MASCULINE**

**Praise be to you, Eternal One,** for the lessons in humility, love and dignity given to us by so many children, women, people with disabilities and differences, all those discriminated and oppressed human beings, who bear the cross with Jesus.

**Forgive** us for those who have been mistreated, excluded, exploited, tortured, humiliated, abused, killed, especially children, women, immigrants, refugees, the elderly...

**Forgive** us for our complicity in our way of thinking (patriarchy and labelling people) which are at the root of this suffering.

**Mary,** daughter, mother and wife, you who suffered with your son for our salvation, come to heal our gaze and reorder the wounded femininity and masculinity at the heart of humanity, in each and every one of us.

**OUR FATHER...**

**(Hail Mary... 10X)**

Hail Mary, full of grace,  
The Lord is with you.  
Blessed are you among women  
**And blessed is Jesus, who calls us to carry the cross with Him.**

Holy Mary, Mother of God  
Pray for us sinners  
Now and at the hour of our death, AMEN

**Glory to You, Source of all Being, Eternal Word and Holy Spirit**  
As it was in the beginning, is now, and ever shall be,  
World without end. AMEN

## **5<sup>th</sup> Sorrowful Mystery – THE CRUCIFIXION AND DEATH OF JESUS**

*“One of the criminals hanging there abused him: ‘Are you not the Christ? Save yourself, and us as well!’ But the other reproached him sharply: ‘Have you no fear of God at all? You got the same sentence as he did, but in our case, we deserved it. But this man has done nothing wrong. Jesus, he said, remember me when you come into your Kingdom. And Jesus said to him, indeed, I promise you, today you will be with me in paradise.’” (Luke 23, 39-43).*

Mary, you call us to be with you at the foot of the Cross, looking at Jesus' sufferings and bearing them with him.

## **THE LAW OF MUTUAL AID**

**Praise be to you, Eternal One,** for the compassion, care and love that grow and flourish in times of trial and distress. Thank you for all those who give their time, their health, and their lives for others.

**Forgive** us for the victims of sinful structures; consciously or unconsciously erected by our society; those who suffer and die as a result of the plundering of resources, pollution, contamination and epidemics caused by our senseless practices, or wars and persecutions generated by our thirst for profit and domination.

**Forgive** us for our doubt and lack of courage in the face of disasters.

Mary, consoling Mother at the foot of every cross, we entrust to you those who suffer and their loved ones, and the souls of all victims. Inspire us with the hope and strength of love needed to denounce and dismantle the structures of sin.

**OUR FATHER...**

**(Hail Mary... 10X)**

Hail Mary, full of grace,

The Lord is with you.

Blessed are you among women

**And blessed is Jesus, who dies of love for humanity and for all of Creation.**

Holy Mary, Mother of God

Pray for us sinners

Now and at the hour of our death, AMEN

**Glory to You, Source of all Being, Eternal Word and Holy Spirit**

As it was in the beginning, is now, and ever shall be,

World without end. AMEN