

Out of the Upper Room - 04

The Rosary: The Sorrowful Mysteries

The Sorrowful Mysteries



The Agony in the Garden



The Scourging at the Pillar



The Crowning with Thorns



The Carrying of the Cross



The Crucifixion and Death of Our Lord

This week we will be focusing on the Sorrowful Mysteries prayed on Tuesday and Friday. These mysteries call us to meditate on the passion and death of Jesus. They remind us of the immense love God has for us. We are invited to appreciate the mystery of Christ's passion and death and how it applies to our own lives today.

The Sorrowful Mysteries pick up where the Luminous Mysteries end. We begin after the Last Supper in the Garden of Gethsemane.

First Sorrowful Mystery: Agony in the Garden - Jesus is in the Garden, praying in absolute agony knowing what is ahead of him. He shows his fully human and fully divine self in this moment. He pleads with God to take this away from him and then in the same breath accepts God's Will. "Father, if you are willing, remove this cup from me; yet not my will but yours be done. Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly and his sweat became like great drops of blood falling down on the ground." (Luke 22: 42-44) We too are called to conform our will to God's.

Fruit of the mystery: Contrition, Conformity to the Will of God.

Second Sorrowful Mystery: Scourging at the Pillar - "Then Pilate took Jesus and had him flogged." (John 19:1) Eight small words that hurt so deeply. Jesus suffered immensely for us, his very flesh and blood were sacrificed for us. Throughout everyday there is always an opportunity to offer our small sacrifices up to God in thanksgiving.

Fruit of the mystery: Purity

Third Sorrowful Mystery: Crowning with Thorns - The soldiers were mocking Jesus. They made his a crown of thorns. Jesus said nothing, he remained silent and resolute. "And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe." (John 19:2) We pray that we have courage to stand up for what we believe.

Fruit of the mystery: Moral Courage

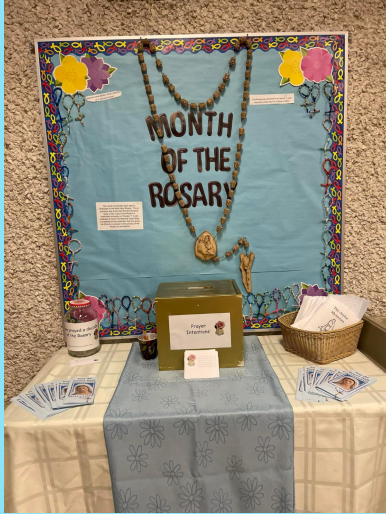
Fourth Sorrowful Mystery: Carrying of the Cross - Jesus accepts the cross, the vessel of his death, and carries it through the hostile, rocky streets of Jerusalem. It is a wonder how he managed to do it, he was just whipped and beaten, he falls three times and keeps getting back up. "And bearing the cross for himself, he went forth to the place called the Skull, in Hebrew, Golgotha." (John 19: 17)

Fruit of the mystery: Patience

Fifth Sorrowful Mystery: Crucifixion - "Jesus cried out with a loud voice and said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last." (Luke 23: 46)

On that Friday 2000 years ago Jesus died on the cross for us. For you, for me, for all who have lived and all who will live.– he died for our salvation.

Fruit of the mystery: Salvation, Self-denial



We are now more than halfway through the month of the Rosary. Have you been able to pray the Rosary as much as you have wanted? If yes– great! Keep it up! If not-- it's not too late! It's never too late!

If you're not sure where to start visit our display at the back of the church, we have a guide there for you to take home and colouring books of the Mysteries.

Don't forget to enter your name in the draw jar and leave us your prayer intentions.



For Fr. Joseph's Reflection and Assignments click the link: [MISSION POSSIBLE](#)

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