

NCCW Meditations
Sorrowful Mysteries
March 13, 2020

Friday, March 13: (Lenten Season) Pray for help with guilt feelings related to the loss of a loved one and for courage to stand up to help those in pain.

Apostles' Creed
One Our Father
Three Hail Marys
Glory Be

Agony in the Garden: In the Garden of Gethsemane, Jesus the man was frightened and yet he remained steady in his faithfulness to His Father's will. We also see the weakness of his disciples who ultimately dispersed in fear when Christ was unjustly arrested. Each one of us knows the meaning of despair especially when we face a calamity beyond our control. We feel powerless. Do we run away from our Lord like the disciples or do we pray for an increase in faith, hope, and charity to unite with Jesus as we face our pain and suffering. Heavenly Mother, in our hour of darkness, help us to turn to Our Lord and accept His will in our suffering.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

Scourging at the Pillar: The scorn, the scourging, the great pain and suffering, Christ endured it all and He responded with faith, hope, and merciful love. We are called to do the same. In the dark night of our soul, we will be tested and tried. How we handle life's adversities, tragedies, and feelings of guilt is the choice we will all face. If we choose not to follow Christ's example, we risk closing ourselves off from God and all the love He has to offer. In this Season of Lent, may faith, hope and love guide us and give us the grace and dignity of Christ to forgive those who persecute us and those we love.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Crowning with Thorns: With the crown of thorns digging into His scalp, Christ was mocked, struck repeatedly, and suffered deeply the pains and sins of the world. To behold Jesus in His suffering is to realize He endured it all out of love for us and for the sake of our salvation. To alleviate His suffering and ours, we must listen to Our Lord and do whatever He tells us. Let us pray for the courage to alleviate the suffering of Our Lord and of those who face the pain of hopelessness.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Carrying of the Cross: Each one of us will face the cross. Each one of us has burdens to bear—illness, loss of a loved one, tragic events, abuse, bullying, addictions, and uncontrollable circumstances. In unity with Christ, these burdens—no matter how large—will not defeat us. What’s more, with Christ we have the ability to look beyond our own trials and use our suffering to help others in need. By sharing the grace of mercy, we discover consolation and dignity when all else is bleak. Let us pray for the fortitude to look beyond our own troubles to help those in greater need than ourselves and when our troubles overwhelm us, let us pray to have faith and trust in the Lord’s loving mercy.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Crucifixion: From His cross, Christ gave us mercy when He said, “Father, forgive them, they know not what they do.” He gave us hope when He said to the repentant criminal “today you will be with me in Paradise.” He gave us love when He gave us Mary to be our Mother, and He gave us faith when He said: “Father, into your hands I commend my spirit.” We are asked to do the same—to respond to life’s adversities with faith, hope, and merciful love. We really do not know what we are fully capable of doing until we give ourselves up to God. May each of us be given the strength to lay down our life as we know it to stand with dignity, perseverance, and fortitude in face of fear, distrust and evil; and may we meet every challenge with faith, hope, and love to make our lives and our world a better place.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

Hail Holy Queen
Concluding Prayer