

NCCW Rosary Meditations
Sorrowful Mysteries
July 13, 2021

For solace in our time of grief over our
friends and family who died during the Pandemic

Apostles' Creed
One Our Father
Three Hail Marys
Glory Be

First Sorrowful Mystery

The Agony of Jesus in the garden.

Fruit of the Mystery - Contrition, Conformity to the Will of God

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." (Mat 26:36-39). He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground. (Luke 22:44)

Oh my beloved Jesus. We know you share with us the agony of losing our friends and family to this pandemic. Stay with us as we learn to live without them and comfort us when the grief seems to overwhelm us.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

Second Sorrowful Mystery

The scourging of Jesus at the pillar.

The fruit of the Mystery - Purity, Mortification

Pilate addressed them a third time, "What evil has this man done? I found him guilty of no capital crime. Therefore I shall have him flogged and then release him." With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. The verdict of Pilate was that their demand should be granted. (Luke 23: 22-24)

Oh my forgiving Jesus, in our grief did we pray that someone else would suffer and die instead of our loved one? Help us to accept that everyone who died was our loved one through you and that you suffered and died for all of us.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Third Sorrowful Mystery

The Crowning with Thorns.

The Fruit of the Mystery - Moral Courage

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head. And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him. (Mat 27, 27-31)

Oh my suffering Jesus, like you, many of our family members suffered as they died. We too suffered because we could not hold their hand as they left this world to join you in heaven. Let us take comfort in knowing that our loved ones were never alone; you were there, holding their hand.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Fourth Sorrowful Mystery

The Carrying of the Cross.

The Fruit of the Mystery - Patience

As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. 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, 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!' for if these things are done when the wood is green what will happen when it is dry?" (Luke 23, 26-31)

Oh my supportive Jesus, many of us will carry guilt over the death of our loved ones. Help us through this time to understand that just because we went to the store or didn't wash our hands for 20 seconds, we did not cause the death of our loved one. Help us find forgiveness and peace.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

The Fifth Sorrowful Mystery

The crucifixion and death of Jesus.

Fruit of the Mystery- Salvation, Self-Denial

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. 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, 25-27)

Oh my Beloved Jesus, in your final hour, you gave us your mother to be in our homes and hearts, always. Let us take comfort from her during our grief.

Our Father
10 Hail Marys
Glory Be
Fatima Prayer

Hail, Holy Queen
Closing Prayer