

# The Sorrowful Mysteries

## **Decade Instructions for the Embodied Rosary**

- Announce the mystery and read the reflection.
- Pray the Our Father with your hands clasped together.
- Starting with number one, make the gesture, read the description or question, and hold the gesture as you pray the Hail Mary. Repeat this process for 2-10.
- Finish with the Glory Be and Fatima Prayer.

## The Agony in the Garden

After the Last Supper, Jesus goes to the Garden of Gethsemane to pray. Jesus asks his disciples to keep watch and pray with him, but they are not able to remain awake. Jesus prays in great distress about his future, but ultimately accepts God's will. Judas betrays him with a kiss.

1. Jesus prays that the cup of suffering may pass him by.



6. When have I asked God to let this suffering pass me by?

2. Jesus prays to the Father, "Not my will, but your will be done."



7. How open am I to accepting God's will over my own?

3. The disciples fall asleep.



8. When have I fallen asleep in my relationship with God?

4. Jesus prays in agony to the point that his sweat is like drops of blood.



9. How do I rely on God in times of agony?

5. Jesus accepts God's plan and meets his betrayer Judas with a sorrowful heart.



10. How have I betrayed Jesus through my own actions or inactions?

# The Second Sorrowful Mystery

## The Scourging at the Pillar

Pilate has Jesus whipped before he is sent to be crucified. Soldiers brutally carry out the punishment.

1. Jesus stands with hands tied.



6. How have I found my hands tied?

2. A soldier whips Jesus with the right hand.



7. Whom have I hurt?

3. Another soldier strikes with his left hand.



8. When have I followed rules without thought?

4. The first soldier strikes again hitting lower.



9. Whom have I continued to hurt who was already suffering?

5. The other soldier strikes lower.



10. How have I sacrificed myself for others?

# The Third Sorrowful Mystery

## The Crowning with Thorns

After his scourging the soldiers make a crown of thorns and push it onto Jesus' head. The soldiers bow mockingly to Jesus, "King of the Jews." They spit on him and slap him repeatedly. Mary offers her prayers to help Jesus.

1. A soldier places a crown made of thorns on Jesus' head.



6. How have I been responsible for another person's pain?

2. Jesus wears the "crown of thorns" piercing his scalp.



7. What mental burden pierces my mind?

3. A soldier bows in mockery.



8. How have I been ridiculed?

4. Another soldier slaps Jesus in the face.



9. Whom have I wanted to slap?

5. Mother Mary prays fervently for Jesus.



10. For whom am I praying?

# The Fourth Sorrowful Mystery

## The Carrying of the Cross

Jesus must carry his own cross on his way to his crucifixion. Tradition says that Jesus falls three times on the way to Golgotha, the Place of the Skull. A Roman soldier chooses Simon, a Cyrenian, from the crowd to help Jesus carry his cross.

1. Jesus carries the cross over his right shoulder.



6. What is my cross to bear?

2. Jesus falls.



7. When have I had to rise up after a fall?

3. Jesus shifts the cross to his other shoulder.



8. What are the global crosses that I carry?

4. Jesus falls again.



9. When have I been too tired to continue?

5. A soldier orders Simon, the Cyrene, to pick up Jesus' cross.



10. How willing am I to help others in times of need?

# The Fifth Sorrowful Mystery

## The Crucifixion

Jesus is nailed to the cross one arm at a time and both feet. When the soldiers finish nailing him to the cross, they place him between two thieves for all to see. His mother Mary and the disciple John remain at the foot of the cross throughout Jesus' suffering and death. He unites them as mother and son.

1. Jesus has one hand nailed to the cross.



6. Who is dying unjustly?

2. Jesus' other hand is nailed to the cross.



7. Do I feel Jesus' pain?

3. Then both feet are nailed to the cross.



8. Are my feet on the path of sacrifice and compassion?

4. Mother Mary prays at the foot of the cross and Jesus unites her and John.



9. What does Jesus say to me when I come to Him at the foot of the cross?

5. Jesus, fully crucified, says, "It is finished," and hands over his spirit.



10. For whom am I willing to die?