

Scriptural Rosary

Sorrowful Mysteries

Sign of the Cross

[Apostles' Creed](#)

For Pope Leo's intentions.

[Our Father...](#)

*Because God did not make death, nor does he rejoice in the destruction of the living.
(Wisdom 1:13)*

[Hail Mary ...](#)

*For he fashioned all things that they might have being; and the creatures of the world
are wholesome, (Wisdom 1:14a)*

[Hail Mary ...](#)

*And there is not a destructive drug among them nor any domain of the nether world on
earth, (Wisdom 1:14b)*

[Hail Mary ...](#)

For justice is undying. (Wisdom 1:15)

[Glory Be...](#)

First Sorrowful Mystery: The Agony in the Garden

Your beloved Son Jesus is alone. Can you feel, Mother Mary, how He is suffering and trembling at this moment? His disciples are asleep, they are full of fear and confusion. Not long ago on the same night, they received His very Body and Blood. They heard Jesus speak words of infinite tenderness and love. But now everything seems dark and dreadful. Scripture tells us that an angel came to console Jesus in His agony. I wonder, dearest Mother, if the angel reminded Jesus of the moment when you gave your FIAT at the Annunciation. Now He too speaks words of total abandonment and assent – “My Father, if it is possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.” (Mt. 26, 39) My Mother, so often I fail to speak these words out of fear what could happen if I really abandoned myself to the hands of the Father. And so, I seek refuge in you and I join my voice to yours, that my FIAT, no matter how small, may console the Heart of your Son Jesus.

[Our Father...](#)

When he arrived at the place he said to them, "Pray that you may not undergo the test." (Luke 22:40)

[Hail Mary ...](#)

After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." (Luke 22:41-42)

[Hail Mary ...](#)

And to strengthen him an angel from heaven appeared to him. (Luke 22:43)

[Hail Mary ...](#)

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)

[Hail Mary ...](#)

The spirit is willing, but the flesh is weak. (Matthew 26:41b)

Hail Mary ...

I cry aloud to God, cry to God to hear me. (Psalm 77:2)

Hail Mary ...

On the day of my distress I seek the Lord; by night my hands are raised unceasingly; I refuse to be consoled. (Psalm 77:3)

Hail Mary ...

My eyes cannot close in sleep; I am troubled and cannot speak. (Psalm 77:5)

Hail Mary ...

In the night I meditate in my heart; ponder and my spirit broods: (Psalm 77:7bc)

Hail Mary ...

Has God's love ceased forever? Has the promise failed for all ages? (Psalm 77:9)

Hail Mary ...

Has God forgotten mercy, in anger withheld compassion? (Psalm 77:10)

Glory Be ...

O my Jesus ...

Second Sorrowful Mystery: The Scourging at the Pillar

As this scene unfolds before my eyes, I want to run to you, Mother Mary, to hide from the terror before me. You bury me in your embrace, as tears run down your cheeks. I can hear with each whip, the voice of Jesus that is full of pain and suffering. Then suddenly silence fills the square. The scourging has ended and for the first time I dare to look up. Our Lord is covered in blood, my heart breaks and I can only look at you, Mother, and whisper a faint "How much more does He have to endure?". A profound strength and courage is in your eyes, Mary, even through the tears. "It is not finished yet", you respond. So, I remain closely at your side as we follow Jesus.

[Our Father...](#)

"Therefore I shall have him flogged and then release him." (Luke 23:22b)

[Hail Mary ...](#)

With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. (Luke 23:23)

[Hail Mary ...](#)

The verdict of Pilate was that their demand should be granted. (Luke 23:24)

[Hail Mary ...](#)

Then Pilate took Jesus and had him scourged. (John 19:1)

[Hail Mary ...](#)

So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. (Luke 23:25)

[Hail Mary ...](#)

How lonely she is now, the once crowded city! (Lamentations 1:1a)

[Hail Mary ...](#)

Widowed is she who was mistress over nations. (Lamentations 1:1b)

Hail Mary ...

The princess among the provinces has been made a toiling slave. (Lamentations 1:1c)

Hail Mary ...

Bitterly she weeps at night, tears upon her cheeks. (Lamentations 1:2a)

Hail Mary ...

With not one to console her of all her dear ones. (Lamentations 1:2b)

Hail Mary ...

Her friends have all betrayed her and become her enemies. (Lamentations 1:2c)

Glory Be ...

O my Jesus ...

Third Sorrowful Mystery: The Crowning with Thorns

After more humiliations, Jesus is led inside, while I remain with you, Mary, in the crowd. What are they doing to Him now? Then suddenly the door of Pilate's palace swings wide open. Soldiers drove Jesus out like an animal and I can see that they put a purple cloak around Him and crowned Him with a crown made of large thorns. Pilate yells loudly "ECCE HOMO" (Jn. 19, 5) – "Behold the man." I hear another voice right next to me respond quietly "ECCE ANCILLA DOMINI" (Lk. 1, 38) – "Behold the handmaid of the Lord." It is you, O Mary! Did Jesus hear your voice? The crowd begins to shout, demanding that Jesus would be crucified. I tremble when I think about what will happen next. But at your side, Mary, I stand and in the midst of all the shouts of hatred and anger, we behold Jesus with all the love of our hearts.

[Our Father...](#)

They stripped off his clothes and threw a scarlet military cloak about him. (Matthew 27:28)

[Hail Mary ...](#)

Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. (Matthew 27:29a)

[Hail Mary ...](#)

And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" (Matthew 27:29b)

[Hail Mary ...](#)

They spat upon him and took the reed and kept striking him on the head. (Matthew 27:30)

[Hail Mary ...](#)

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. (Matthew 27:31)

[Hail Mary ...](#)

Lord, my God, I call out by day; at night I cry aloud in your presence. (Psalm 88:2)

Hail Mary ...

You plunged me into the bottom of the pit, into the darkness of the abyss. (Psalm 88:7)

Hail Mary ...

All day I call on you, Lord; I stretch out my hands to you. (Psalm 88:10bc)

Hail Mary ...

Why do you reject me, Lord? Why hide your face from me? (Psalm 88:15)

Hail Mary ...

All the day they surge round like a flood; from every side they close in on me. (Psalm 88:18)

Hail Mary ...

Because of you companions shun me; my only friend is darkness. (Psalm 88:19)

Glory Be ...

O my Jesus ...

Fourth Sorrowful Mystery: The Carrying of the Cross

We have been standing silently for a while, when suddenly there is movement. Jesus is led among the crowd now with a heavy cross that had been laid on His shoulders. He is already staggering and weakened. Mary, you take me by the hand and quietly we walk with Him. Nobody stops us, the crowd is too angry and loud to even take notice of us. Women are wailing, men are screaming, but we are silent, as Jesus is silent. The roads are narrow and uneven and more than once, Jesus falls beneath the weight of His cross. The rough hands of the soldiers force Him back up when all of a sudden, His eyes meet yours, Mary. In an exchange of the most loving tenderness, you seem to lift Him up by the power of your love. And then He looks over to me, His eyes pierce my innermost being. He looks at me as if to say "You are worth all of this. I would carry this cross to the ends of the world for you. Will you let Me do this for you?" I whisper quietly "Yes, my Jesus. I need You to do this for me!" and together we move on, step by step, towards the hill of Calvary.

[Our Father...](#)

A large crowd of people followed Jesus, including many women who mourned and lamented him. (Luke 23:27)

[Hail Mary ...](#)

Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children. (Luke 23:28)

[Hail Mary ...](#)

"The days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.'" (Luke 23: 29)

[Hail Mary ...](#)

"At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!'" (Luke 23:30)

[Hail Mary ...](#)

*"For if these things are done when the wood is green what will happen when it is dry?"
(Luke 23:31)*

[Hail Mary ...](#)

Jesus said, "Whoever wishes to come after me must deny himself, take up his cross, and follow me." (Mark 8:34)

[Hail Mary ...](#)

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke. (Isaiah 58:6)

[Hail Mary ...](#)

*Sharing your bread with the hungry, sheltering the oppressed and the homeless.
(Isaiah 58:7ab)*

[Hail Mary ...](#)

Clothing the naked when you see them, and not turning your back on your own. (Isaiah 58:7cd)

[Hail Mary ...](#)

*Then your light shall break forth like the dawn, and your wound shall quickly be healed.
(Isaiah 58:8ab)*

[Hail Mary ...](#)

*Then you shall call, and the Lord will answer, you shall cry for help, and he will say:
Here I am! (Isaiah 58:9ab)*

[Glory Be ...](#)

[O my Jesus ...](#)

Fifth Sorrowful Mystery: The Crucifixion

The cross has been lifted up, Jesus is fastened to it and in the shelter of your arm, Mother Mary, I stand at the foot of the cross. Minute after minute goes by, yet time seems to stand still. Jesus already spoke a few words from the cross, but now we hear His faint voice again. "I thirst" (Jn. 19, 28) My heart is responding to His desire in a way that I don't understand. I want to give myself, my own life totally to Him when I hear His request. When I ask you, Mary, what He meant, you whisper in my ear "He thirsts for you, my child, He thirsts for your heart. Will you give it to Him?" While the soldiers bring vinegar to quench the thirst of Jesus, I look up to Him and I give Him my heart and all that I am. Then He breathes His last. At the end of this day, I walk down the hill of Calvary with you, Mother Mary. My heart is broken into pieces, overwhelmed with sorrow and with all that I have seen this day, I cannot believe that Jesus is really dead. My mind is filled with thoughts and memories. Then I hear your voice once again, Mary. This time you are singing. "My soul proclaims the greatness of the Lord. And my spirit rejoices in God my Savior..." (Lk. 1, 46-47) Hesitantly I join in, and I notice how hope begins to fill my heart. He will rise! Yes, He will conquer death!

[Our Father...](#)

Then Jesus said, "Father, forgive them, they know not what they do." (Luke 23:34)

[Hail Mary ...](#)

"Jesus, remember me when you come into your kingdom." (Luke 23:42)

[Hail Mary ...](#)

And about three o'clock Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" (Matthew 27:46)

[Hail Mary ...](#)

Jesus cried out in a loud voice, "Father, into your hands I commend my spirit." (Luke 23:46)

[Hail Mary ...](#)

And bowing his head, he handed over the spirit. (John 19:30b)

Hail Mary ...

Do not hide your face from me; do not repel your servant in anger. You are my help; do not cast me off; do not forsake me, God my savior! (Psalm 27:9)

Hail Mary ...

But I believe I shall enjoy the Lord's goodness in the land of the living. (Psalm 27:13)

Hail Mary ...

Wait for the Lord, take courage; be stouthearted, wait for the Lord! (Psalm 27:14)

Hail Mary ...

But the souls of the just are in the hand of God, and no torment shall touch them. (Wisdom 3:1)

Hail Mary ...

They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction. (Wisdom 3:2)

Hail Mary ...

But they are in peace. (Wisdom 3:3b)

Glory Be ...

O my Jesus ...

*"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life."
(John 12:24-25)*

Hail, Holy Queen...

Let us pray...

Sources

Scripture passages from USCCB

<https://www.usccb.org/prayers/scriptural-rosary-sorrowful-mysteries>

Mystery meditations by Sr. Fidelis Marie, CFR

<https://www.franciscansisterscfr.com/post/meditations-on-the-sorrowful-mysteries-of-the-rosary>

Compiled by Scott Crevier, Rosary Garden podcast

<https://www.rosarygarden.net/>

2026-03-30