

# 1

FIRST SORROWFUL MYSTERY:

## *The Agony in the Garden*

*"My heart is filled with sorrow to the point of death.  
Remain here and stay awake." Mark 14:34*

Lord, when You agonized in the garden, You had asked your closest friends to stay awake with You. To accompany You. To be willing to sacrifice their sleep because You mattered more than their physical relief and comfort. But they preferred sleep. Had they known what was at stake, no doubt they would have stayed awake. Oh God, there are so many things we prefer to You. We forget how much our holiness matters...we justify looking to our own comfort above all else, and forget the words of Pope Benedict XVI, "You were not made for comfort, you were made for greatness." All too often, we are asleep when You are asking us to rise up and do the hard thing. So we come before You in humility, asking Your forgiveness for all the things we prefer over You...and the ways in which this plays out in our words and actions. We know that when You look at so many of our choices, Your heart is filled with sorrow to the point of death. We also know that You always meet our sin with mercy and forgiveness. **With each Hail Mary of this mystery, we say, "I am sorry, please forgive me."**



FRUIT OF THIS MYSTERY: REPENTANCE

1. Please forgive us for preferring sleep, mindless scrolling on our phones, and constant activity over prayer.
2. Please forgive us for preferring a good reputation where no one thinks we are "too religious" to speaking out when we know we should.
3. Please forgive us for preferring a fake image of holiness over an authentic admission and confession of our failings (which might free another person to be honest about theirs).
4. Please forgive us for preferring a lazy, loose tongue that is quick to delight in others' failings over self-control in our words and thoughts.
5. Please forgive us for preferring to nurse our bitterness and rehash our hurts over forgiving others as You've forgiven us.
6. Please forgive us for preferring to spend our money on ourselves and the accumulation of more stuff to giving sacrificially.
7. Please forgive us for preferring to give up on a God-ordained relationship instead of pressing on, through Your grace, and persevering in steadfast love.
8. Please forgive us for preferring to give a loved one the silent treatment over doing the work of growing in our ability to lovingly and honestly communicate.
9. Please forgive us for preferring to stay in an echo chamber with people who agree with us over doing the hard work of building a bridge across the division by asking questions and listening.
10. Please forgive us for preferring to rely on ourselves rather than humbly relying on Your Holy Spirit to guide and empower us.

## The Scourging at the Pillar



*“He was pierced for our offenses, crushed for our sins; upon Him was the chastisement that makes us whole, by His stripes we were healed.” Isaiah 53:5*

We come before You and ask for healing. We are healed by Your stripes—by Your wounds—by Your willingness to take the punishment for our sin in our place. But so many of us struggle with the need for healing deep within. And until You touch those places deep within us, we will continue to turn to our old patterns of behavior. Those patterns of behavior are coping mechanisms we’ve adopted to deal with pain, but You are calling us in Ephesians 4 to put off our old natures, which belonged to our former manner of life...and to be renewed. To put on the new nature, which is created after Your likeness in true righteousness and holiness. So please heal us, Lord, so that we, in turn, can be agents of healing and reconciliation. **With each Hail Mary of this mystery, we say, “Heal [us], O Lord, and [we] shall be healed” (Jeremiah 17:14).**

1. We pray for healing of wounds caused by being abandoned and left without help, which have caused us to believe the lie “I am all alone.” May we experience healing and come to believe that You will never leave us.
2. We pray for healing of wounds caused by being rejected by people who we wanted to love and care for us, which caused us to believe the lie, “I am unacceptable. I am disgusting. I am not enough.” May we experience healing and come to believe that Your love for us is relentless and never-failing.
3. We pray for healing of wounds caused by divorce, which cause us to feel powerless, hopeless, and unable to trust. May we experience healing and come to believe that change and authentic love is possible, and that You will always provide for our needs.
4. We pray for healing of wounds caused by situations where we felt powerless, leading us to believe the lie that we have no agency, we can’t change anything, and all is hopeless. May we experience healing and come to believe the promise of Isaiah 43:19 that You are doing a new thing, even if we can’t perceive it; You are making a way in the wilderness and streams in the desert.
5. We pray for healing of wounds caused by physical, sexual, spiritual, and emotional abuse, which have led us to believe the lie that You were not there, or You did not care, or You were powerless to help. May we experience healing and come to believe the promise of Joel 2:25 that You will restore to us the years that the locusts have eaten.

FRUIT OF THIS MYSTERY: HEALING



6. We pray for healing of wounds caused by infidelity, which have led us to believe the lie that it isn't safe to trust, that there is something wrong with us—something that was not enough—that this affliction will define us forever, and that we won't recover from the pain. May we experience healing and live out Ephesians 3:14–19—that we would be rooted and established in love, and may have power...to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge...that we'd be filled to the measure of all the fullness of God.
7. We pray for healing of wounds caused by experiences of shame, which have led us to feel ashamed of ourselves and believe the lie that there is something fundamentally wrong with us, that we are unlovable and unworthy. May we experience healing—God filling the hole in our hearts and rebuilding our sense of self. May the promise of 2 Corinthians 5:17, “If anyone is in Christ, he is a new creation. The old has gone; the new has come,” be our lived experience.
8. We pray for healing of our grief. Only You can go to the deepest places in our hearts where the sense of loss is most acute. Please plumb the depths with Your presence. Shine Your light into the dark places where we have lost hope and feel paralyzed by pain.
9. We pray for healing of injustice. In those places where dignity, love, respect, and freedom should have been given but weren't, please step in as Jehovah Jireh, our provider. You see what we need, and You see where our needs have not been met and have been denied. You are a God of superabundance, and we ask You to make up for what we have lacked. We turn to You instead of to anger or bitterness and ask You for healing.
10. We pray for healing of our addictions. It all begins with a desire for something good—perhaps for security, peace, happiness, or rest. But we have turned to the wrong things to meet our needs. The very things we thought would bring relief and a sense of control now have control over us. Help us to admit we have a problem—to admit it out loud. Help us to ask for help and do whatever it takes to be free. In all of it, please be our Healer, because we cannot heal without You.

SECOND SORROWFUL MYSTERY







THIRD SORROWFUL MYSTERY:

## ***The Crowning with Thorns***

*“When Jesus came out wearing the crown of thorns...  
Pilate said to them: ‘Behold this man!’” John 19:5*

Lord, we picture the crown of thorns descending onto Your head and remember when the Holy Spirit descended on You like a dove. You were crowned with thorns so that we could be crowned and filled by Your Holy Spirit. Your Holy Spirit makes all the difference. And so we come before You, and we ask for a powerful movement of the Holy Spirit within us. We echo the words of Isaiah 64:1, “Oh, that you would rend the heavens and come down, that the mountains might quake at your presence.” **With every Hail Mary of this mystery, we say, “Open up the floodgates. We long to see a movement of Your spirit in our hearts, minds and bodies.”**

1. Come, Holy Spirit, as it says in Ephesians 1:19; help us to understand the immeasurable greatness of Your power in us who believe You—that same power that raised Jesus from the dead. Help us comprehend that this power lives and breathes in us and is available for our growth in holiness.
2. Come, Holy Spirit, and empower us to do what You have called us to. We read in John 14:12 that Jesus promised that we would do the same works that He did; in fact, even greater works, through the power of the Holy Spirit. Fill us with Your very self so that we can make ourselves living sacrifices, holy and pleasing to God.
3. Come, Holy Spirit, and help make John 14:26 be true of our lives—that You, the Counselor, the Holy Spirit, who the Father has sent, will teach us all things and bring to our remembrance all that You have said.
4. Come, Holy Spirit. We claim the promise of Ephesians 3:20 that by Your power at work within us, You would do far more abundantly than all we ask or think. May Christ be glorified in each one of us.
5. Come, Holy Spirit. We read in 1 Corinthians 12:7 that to each one of us a manifestation of You, Holy Spirit, has been given, and this is for the common good. You give spiritual gifts to each one of us as You will. May we not covet the gifts You have given another, and instead, look for the gifts You have given us. May we then take those gifts and develop and use them for Your kingdom.
6. We claim the promise of Ephesians 3:16–17 that according to the riches of God’s glory, we may be strengthened with might through You, Holy Spirit, in our inner person, and that through You, Christ would dwell in our hearts through faith, rooting and grounding us in divine love.
7. Come, Holy Spirit, as we claim the promise of Ephesians 3:18–19. Please give us Your power so we can comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that we might be filled with all the fullness of God.
8. Come, Holy Spirit, and empower us to display the fruits of the Spirit of Galatians 5:22–23 in our lives. May we abound in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
9. We claim Romans 15:13 over our lives: the God of hope would fill us with all joy and peace in believing, so that by the power of the Holy Spirit we may abound in hope.
10. Come, Holy Spirit, and reveal to us the truth of 1 Corinthians 6:19–20. Help us to know that our bodies are a temple of the Holy Spirit, that we are not our own, and that we have been bought with a price. Help us to glorify God in our bodies.

FRUIT OF THIS MYSTERY: A MOVEMENT OF THE HOLY SPIRIT IN OUR LIVES

# *The Carrying of the Cross*

# 4

*"He was counted among the wicked." Isaiah 53:12*

Lord, You were counted among the wicked so that we could be free. We are promised in 2 Corinthians 3:17, "Where the Spirit of the Lord is, there is freedom." We claim that promise. So many of us live in bondage, and sadly, we don't even realize it. Help us to wake up to what life could be if we were truly free. Help us to see that faith is caught more than taught, and that if our lives don't look like they have any joy, people aren't going to be attracted to our faith. Jesus, You promised, "If the son makes you free, you will be free indeed" (John 8:36). **With every Hail Mary of this mystery, we say, "Jesus, set us free."**



FRUIT OF THIS MYSTERY: FREEDOM FROM THE CHAINS THAT BIND US

1. Come, Holy Spirit, and break the chain that keeps us tethered to the approval of others.
2. Come, Holy Spirit, and break the chain that keeps us fearful.
3. Come, Holy Spirit, and break the chain that makes us afraid to step into our callings.
4. Come, Holy Spirit, and break the chain of self-loathing that keeps us from seeing ourselves as Your children.
5. Come, Holy Spirit, and break the chain of self-reliance that keeps us from depending on You.
6. Come, Holy Spirit, and break the chain of hypocrisy that keeps us from seeing our need of You.
7. Come, Holy Spirit, and break the chain of defining ourselves by our sin.
8. Come, Holy Spirit, and break the chain of suicide and self-destructive thoughts.
9. Come, Holy Spirit, and break the chain of numbing with alcohol, shopping, and busyness.
10. Come, Holy Spirit, and break the chain of disbelief and cynicism.

# 5

FIFTH SORROWFUL MYSTERY:

## ***The Crucifixion***

*“He was cut off from the land of the living.” Isaiah 53:8*

Lord, You died on the cross, but that is not the end of the story. You rose again so that we could be free. You didn't die and rise so we could be a group of rule followers. You died for us, out of love for us, because You want to be in an intimate relationship with us. May we daily experience the conversion of heart needed to be close to You. May we grow in our personal understanding of who You are and how You love us. **With each Hail Mary of this mystery, we say, “Soften our hearts and increase our hunger for and closeness to You.”**

1. May we know and believe that we are unconditionally loved by You. (Romans 8:38-39)
2. May we know and believe that if we confess our sin, You will always forgive. (1 John 1:9)
3. May we know and believe that if we say we have no sin, the truth is not in us. (1 John 1:8)
4. May we know and believe that the wages of sin is death, but the gift of God is eternal life. (Romans 6:23)
5. May we know and believe that You can bring the dead places in our hearts back to life. (Ezekiel 37:5)
6. May we know and believe that You alone can deliver the rescue and salvation we need. (Acts 4:12)
7. May we know and believe that the only place to ground our hope is in You. (Hebrews 6:19)
8. May we confess with our mouths and believe in our hearts that You are God. (Romans 10:9)
9. May we remember that we don't need to finish as we have begun. (Isaiah 43:19)
10. May we believe that, with You, there is always a second chance. (Lamentations 3:21-23)

FRUIT OF THIS MYSTERY: AN INCREASE IN HUNGER FOR GOD

