

# Praying the Rosary: The Sorrowful Mysteries

With Scripture References and Reflections



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# Why Family Prayer?

Vatican II recognized the family as the fundamental and essential building block of society and the Church. It taught that the family is a true, small, “domestic church.” The family home is the privileged place in which to come to know and love God and the saints.

Family prayer invites God into family homes and hearts as the most powerful force in heaven or on earth. It is family prayer that unites the family in unbreakable bonds of love, peace, trust and joy. Father Peyton summed it up well when he often said, “The family that prays together stays together.”

*Selected Scriptures and reflections included in this eBook adapted from Holy Cross Family Ministries annual recitation of "A Family Novena Celebrating Venerable Patrick Peyton's Birth." We invite you to join us every January 1 through January 9th to participate in this beautiful way to begin the new year.*

*Learn more at: [FamilyRosary.org](http://FamilyRosary.org).*



**Family Rosary**

HOLY CROSS  
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The family that prays together stays together

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# The First Sorrowful Mystery: The Agony in the Garden



*“Abba, Father, all things are possible to You; remove this chalice from Me; yet not what I will, but what You will.” (Mark 14:36)*

Blessed Mother, in the Garden of Gethsemane, Jesus shows us the meaning of true love. He teaches us that love is not a feeling, but a choice to do what is best for the beloved, especially when it is painful. Fill us with gratitude to Jesus for His love for us.

# The Second Sorrowful Mystery: The Scourging at the Pillar



*Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered Him to be crucified. (Mark 15:15)*

Blessed Mother, what was it like for You to see Your Son, wounded and racked with pain? His flesh, torn open, was Your flesh. Grant parents of children who are suffering or who do not follow Jesus a spirit of perseverance in prayer



# The Third Sorrowful Mystery: The Crowning with Thorns



*They stripped Him and put a scarlet robe upon Him, and plaiting a crown of thorns they put it on His head ... And kneeling before Him they mocked Him. (Matthew 27:28-29)*

Blessed Mother, the soldiers who crowned Jesus with thorns did not know that He was indeed a king. But You knew His true identity: that He is the God-Man. Pray that our family might invite Jesus to be king and center of our lives, and have the courage to acknowledge Him before others.

# The Fourth Sorrowful Mystery: The Carrying of the Cross



*So they took Jesus, and He went out, bearing His own cross, to the place called the place of the skull, which is called in Hebrew Golgotha. (John 19:17)*

Blessed Mother, the journey to Calvary was long and difficult, both for You and for Jesus. Like You, may we accompany each other as a family, not only in moments of joy, but also in moments of trial. Please walk with us as we learn to be Jesus' disciples



# The Fifth Sorrowful Mystery: The Crucifixion



*When Jesus saw His Mother, and the disciple whom He loved standing near, He said to His Mother, “Woman, behold your son!” Then He said to the disciple, “Behold, your mother!” (John 19:26-27)*

Blessed Mother, the Crucifixion has been compared to a wedding, because on the Cross Jesus offers Himself totally and unreservedly for His bride, the Church. You stand beneath the Cross as a representative of the Church. Obtain for spouses the wisdom to understand the sacrifice involved in faithful love and to embrace it with joy.

The rosary itself is composed of 59 beads laced together with a crucifix and a pendant of Mary where the three strands meet. We divide praying the Rosary into six segments. The first segment is composed of the introductory prayers and that is followed by five decades—each consisting of announcing a Mystery (list included), one Our Father, ten Hail Marys, and one Glory Be.







# How To Pray the Rosary

## Introductory Prayers

Make the Sign of the Cross:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Holding the Crucifix recite the Apostles' Creed:

I believe in God, the Father Almighty, creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of the God the Father Almighty; from there he will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

On the first bead say the Our Father:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

Next recite three Hail Marys:

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

# How To Pray the Rosary - cont'd

Finish each set of the introductory prayers with one Glory Be:

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

## Praying the Five Decades of the Rosary

At the start of each decade, announce the Mystery (see list below) then say the Our Father. Recite one Hail Mary for each of the ten smaller beads while meditating on the Mystery. Then conclude with a Glory Be.

### The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation in the Temple
5. The Finding of the Child Jesus in the Temple

### The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### The Glorious Mysteries

1. The Resurrection
2. The Ascension of Our Lord
3. The Descent of the Holy Spirit
4. The Assumption of Our Lady into Heaven
5. The Coronation of the Blessed Virgin Mary

### The Luminous Mysteries

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## Concluding Prayers

Hail Holy Queen:

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.





### **Concluding Prayers - cont'd**

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Conclude the Rosary with the Sign of the Cross.

## A Little History

*Venerable Patrick Peyton began his ministry in 1942 with the goal of building family unity through daily prayer of the Rosary. Inspired by his own father who had a deep appreciation for family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).*

*We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of family prayer. Now it can be part of your family's tradition so you can fulfill Father Peyton's vision, "The Family That Prays Together Stays Together."*

### Stay Connected:

Family Rosary@ [familyrosary.org](mailto:familyrosary.org)

Catholic Mom@ [catholicmom.com](mailto:catholicmom.com)

Museum of Family Prayer@ [museumoffamilyprayer.com](mailto:museumoffamilyprayer.com)

and on our Facebook and Instagram sites too!

**#PraytheRosary #FamilyPrayer #PrayTogetherNow**



We hope the time you've spent reflecting with this material has been enriching. Continue to pray with your family every day, wherever you are.

For additional online resources for family prayer including additional e-books and the mobile Rosary App, please visit our website at [FamilyRosary.org](http://FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "The family that prays together stays together."

The family that prays together stays together

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