

Rosary Retreat



Sorrowful Mysteries

Read: Be not afraid—That is our Lord’s message to us. Our Lord is more powerful than any pain and suffering we may encounter. Try as we do to avoid pain and suffering, we will encounter them in some form because they are part of life in this world.

Taking on the sins of the world, Jesus Christ endured pain and suffering for the sake of our healing and redemption so that we may have eternal life in Heaven. Therefore, embracing our Lord gives us the strength to carry whatever cross we encounter in our lives. When we unite our pain and suffering with Jesus, we participate in his mission of loving mercy, for ourselves and our world.

By way of the cross, we can contribute to the work of making all things new. Let us not forget, Mary our Blessed Mother remained with Jesus in His suffering. Mary comforted her Son, and Our Lady comforts us with her maternal love.

Pray: Apostle’s Creed

Pray: One Our Father and three Hail Mary’s for increase in faith, hope, and charity. Glory Be

First Sorrowful Mystery Agony in the Garden

{Jesus} He said to them {Peter and two sons of Zebedee}, “My soul is sorrowful even to death. Remain here and keep watch with me.” [Matthew 26:37, 38]

Read: “My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.” [Matthew 26:39] Christ remained steadfast in His faithfulness to His Father’s will. Yes, Jesus the man, was frightened in the Garden of Gethsemane. He did not want to be alone. When He rose from prayer, He found His disciples asleep from grief.

Each one of us knows the meaning of fear and despair. We feel powerless and alone. God understands our fears. He calls on us to draw closer to Him. Remember, Christ was not alone in His agony, putting Himself completely in God's hands. "And to strengthen Him an angel from heaven appeared to Him." [Luke 22:43]

Reflection

- **How can Christ's agony in the Garden help you as you face your challenges?**
- **Take time to pray for a greater understanding of uniting your suffering to Christ's suffering for the sake of love, healing, and redemption.**

Pray: Dear Lord, help me to draw close to you in my hour of darkness.

Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer

Second Sorrowful Mystery The Scourging at the Pillar

Read: Jesus suffered betrayal, injustice, and humiliation. He endured the horror of the scourging and responded with faith, hope, and merciful love. We are called to do the same. How we handle life's adversities is the choice we all face. May faith, hope, and love guide each of us in our darkest moments and give us the grace and dignity of Christ to forgive those who persecute and hurt us. Following the Way, the Truth, and the Life of our Lord help bring peace into our lives, our homes, our communities, our world and ultimately lead us to the Kingdom of Heaven.

Reflection

- **How do you respond to the harshness in the world, especially when it hurts you personally?**
- **Does Christ's suffering draw you closer to Him or pull you away? Consider the reasons for the choice you make.**
- **With God's grace, how can you turn your suffering into a greater good?**

Pray: Lord, please give me strength and courage in times of pain and distress so that I may be firmly united with you in redemptive suffering.

Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer

Third Sorrowful Mystery

The Crowning with Thorns

Read: Sin cuts deep. With a crown of thorns digging into Christ's scalp, He was mocked, struck repeatedly, and suffered for the sins of the world. Do we really appreciate what Jesus went through for our sake? Do we fully understand why He went through such agonizing pain for us?

Be careful not to answer yes too quickly because if we really appreciate and understand what Jesus endured for us, we would never sin. We would never give into temptation. Sin is the rejection of all that Our Lord has to give to us—the grace to live a holy life, the mercy to forgive our sins, and the love that will last for all eternity.

Reflection

- **What steps do you take to stop yourself from giving into temptation?**
- **How often do you pray for the strength to meet life's challenges and temptations with faith, hope, and love?**

Pray: Dear God, give us the strength to avoid sin and the courage to live a life that alleviates the suffering of your Son Jesus Christ.

Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer

Fourth Sorrowful Mystery

The Carrying of the Cross

Read: By embracing His cross, Jesus embraced all of us with all our troubles, worries, and our sins. He carried us all on His journey toward Heaven. He stumbled; He fell and needed help carrying His cross. However, Christ did not give up. Jesus, with our Blessed Mother's support, made all things new. Christ looked beyond His own pain and suffering to give us mercy.

Each one of us will face the cross; we all have burdens to bear. In unity with Christ, these burdens will not defeat us. With Christ, we have the ability to look beyond our own trials and tribulations and use our sufferings to help others in need. Our Lord gives us the grace and humility to accept help from others and to give help to others when needed. We may stumble and fall, but with Our Lord's grace and Mary by our side, we will not fail on our daily journey.

Reflection

- **What burdens do you bear?**

- **In what ways can carrying your cross help others in need?**
- **Ponder the greater purpose in uniting your suffering with Jesus.**

Pray: Dear Jesus, may we have the courage to look beyond our own troubles to help those in greater need than ourselves and when our troubles overwhelm us, may we have the faith to trust Your loving mercy. Amen.

Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer

Fifth Sorrowful Mystery The Crucifixion

Read: From His Cross, Christ gave us mercy when He said: “Father forgive them, they know not what they do” [Luke 23:34]. He gave us hope when He said to the repentant criminal, “today you will be with me in Paradise” [Luke 23:43]. He gave us love when He gave us Mary to be our Mother, and He gave us faith, when He said “Father, into your hands I commend my spirit” [Luke 23:46]. We are asked to do the same: to respond to life’s adversities with faith, hope, and merciful love.

We really do not know what we are capable of doing until we give ourselves up to God. In essence, we must die to ourselves to live the fruitful lives God wants us to live. 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” [John 12:24]. Jesus came into the world and sacrificed Himself to show us how to live when we put our joys, our works, and our sorrows in God’s hands.

Reflection

- **How does Christ’s crucifixion inspire you to live a better life?**
- **What sacrifices are you willing to make in the name of God?**
- **Imagine standing next to Mary our Blessed Mother and holding her hand at the foot of her Son’s cross.**

Pray: Heavenly Father, give us the strength to lay down our lives to stand with dignity, perseverance, and fortitude in the face of fear, distrust and evil; and may we meet every challenge with faith, hope, love, and trust in You to make our lives and our world better. Amen.

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer
Hail Holy Queen
Closing Prayer**