

Mysteries of the Rosary

The Rosary is one of the most popular devotions in the Church. It helps us pray to Jesus through Mary. As we pray the Rosary, we think about important events or moments in the lives of Jesus and Mary. We call these events the mysteries of the Rosary. The Church has given us four sets of mysteries to be prayed on different days and at different times of the year: the Joyful Mysteries, the Mysteries of Light, the Sorrowful Mysteries, and the Glorious Mysteries.

Sorrowful Mysteries

During Lent it is especially appropriate to meditate on the Sorrowful Mysteries of the Rosary as we pray. These events focus on the suffering and Death of Jesus. They are the moments of Jesus' life that occurred during the time period we remember as Holy Week.

Finding the Sorrowful Mysteries in Scripture

- A. The events that make up the Sorrowful Mysteries can be found in the four Gospels. Below are the Scripture verses for the Gospel of Matthew. Use your Bible to find each verse. Read the verse and then write a short summary about that event in Jesus' life.

Sorrowful Mysteries	Scripture Verse	Summary
The Agony in the Garden	Matthew 26:36–46	
The Scourging at the Pillar	Matthew 27:26	
The Crowning of Thorns	Matthew 27:29	
The Carrying of the Cross	Matthew 27:31–32	
The Crucifixion	Matthew 27:33–37	

- B. Choose one of the Sorrowful Mysteries. On the back of this page, reflect on that mystery and write what it means to you.