

Welcome to this Lenten Sunday. Let us pray the Sorrowful Mysteries with hearts open to repentance, mercy, and renewal.

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

Today, we enter the Sorrowful Mysteries through the lens of Lent: the Agony in the Garden, the Scourging at the Pillar, the Crowning with Thorns, the Carrying of the Cross, and the Crucifixion. These moments reveal Christ's suffering, His obedience, and His love poured out for the salvation of the world.

Queen of the Holy Rosary, you who stood at the foot of the Cross and shared in your Son's sorrow, help me to walk with Him in humility and faith. As I pray these mysteries, I offer my intentions (**mention your request**), and ask for the grace of true conversion, healing, and strength. May this Rosary deepen my love for Christ and unite me with all who suffer. Amen.

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 God the Father almighty; from there he will come 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.

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.

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

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

O my Jesus, forgive our sins, save us from the fires of hell, lead all souls to heaven, especially those most in need of Your mercy. Amen.

The First Sorrowful Mystery: The Agony in the Garden. Fruit of the Mystery: True Repentance for Sin. I desire a contrite and repentant heart, open to God's mercy. Let us reflect on Jesus in the Garden of Gethsemane, where He suffered great anguish. Bearing the weight of all human sin, He sweat blood and prayed, Not my will, but Yours be done.

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The Second Sorrowful Mystery: The Scourging at the Pillar. Fruit of the Mystery: Spirit of Mortification. I desire a heart conformed to Christ through sacrifice and self-denial. Let us reflect on Jesus, bound to a pillar and scourged with cruel force. Each blow tore His flesh, yet He endured it in love for our sins and healing.

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The Third Sorrowful Mystery: The Crowning with Thorns. Fruit of the Mystery: Moral Courage. I desire the strength to stand firm in virtue. Let us reflect on Jesus, mocked and crowned with thorns pressed into His head. Surrounded by cruelty, He bore the pain in silence, offering Himself for our pride and disobedience.

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The Fourth Sorrowful Mystery: The Carrying of the Cross. Fruit of the Mystery: Patience. I desire patient endurance in trials and suffering. Let us reflect on Jesus as He carried the heavy cross to Calvary. Weakened by pain, He bore it with love and without complaint, uniting His suffering to our redemption.

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The Fifth Sorrowful Mystery: The Crucifixion and Death of Jesus. Fruit of the Mystery: Perseverance in Faith. I desire to persevere in faith until the end. Let us reflect on Jesus, nailed to the cross, His heart overflowing with love. For three hours, He hung in agony, offering Himself as a sacrifice for the world's redemption.

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Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your 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.

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.

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

Mary, Mother of Sorrows, thank you for guiding us through these Sorrowful Mysteries of Lent. As we journey toward the Cross, may your witness of compassion and courage inspire our own path of discipleship.

We entrust to you all our prayers and burdens, and ask your intercession for forgiveness, peace, and the grace to begin again.

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