

## **THE SORROWFUL MYSTERIES**

(Tuesday and Friday)

### ***Jesus Prays in the Garden of Olives***

Lord Jesus, you accepted being like us even to the point of suffering and dying for us. In prayer you realized this was the Father's will. We pray that our sufferings and weaknesses and those of all humanity may be sanctified by your Spirit and united to your sufferings for the life of the world.

### ***Jesus is scourged***

Lord Jesus, your whole body was scourged and whipped. Your skin and flesh were torn to pieces. I'm so indifferent to what other people have to suffer. Yet I feel so sorry for myself whenever I get a rash or insect bite, or have a cold or a digestive problem. I look for bodily comforts and pleasures. I'm so selfish in so many ways. Please give me the grace to put up with hurts and discomforts and to control myself so that you may take control of more and more aspects of my life. I want to belong to you.

### ***Jesus is mocked and crowned with thorns***

Lord Jesus, you were insulted and sorely hurt. I'm sorry for all the times I belittled or hurt you in the person of your brothers and sisters, in my attitudes of pride, envy, anger, impatience and indifference. Teach me to accept humiliations and grow in kindness and generous love, so that I may grow in your likeness.

### ***Jesus carries his cross***

Lord Jesus, you accepted the burden of the cross on your way to being executed. Give me the grace, the courage and the sincere desire to take up my cross daily and follow you more closely.

### ***Jesus dies on the Cross***

Lord Jesus, you loved us and gave your life for us on the Cross. Help me realize how and how much you love me, so that with that same love I may love you, the Father and the Holy Spirit with all my mind, heart, strength and being. Teach me to love myself as you love me, and to love others as my own self. Teach me to love others as you love them, because you love them.

## **THE GLORIOUS MYSTERIES**

(Wednesday and Friday)

### ***Jesus is raised up from the dead***

Lord Jesus, in your resurrection your crucified human body experienced the joy of the Spirit, the joy of being totally one with the Father, totally like the Father in divine life. Grant me the joy of the Spirit, the joy of being closer and closer to you, more and more like you.

### ***Jesus ascends to heaven***

Lord Jesus, you are glorified as Lord of the universe, seated at the right hand of the Father. By your Holy Spirit draw me up towards yourself, draw me to all that is good, holy, true, beautiful and spiritual. I pray this also for all my sisters and brothers, even those who don't know you.

### ***Jesus sends us his Holy Spirit***

Lord Jesus, you sent your Spirit to your apostles united in prayer with your Mother Mary. May Mary teach me to pray, to grow in prayer. Keep me close to your Mother and your apostolic Church, that they may keep me close to you. May the Spirit draw all to share in your paschal life.

### ***Mary, body and soul, is taken up to heaven***

Mary, you were totally glorified, sharing totally in God's own life, because of your total obedience to his Word. Teach me be guided and ruled by God's Word, so that I God may be glorified in me, in the way God desires. I pray this also for all my sisters and brothers, even those who don't know Jesus.

### ***Mary is crowned as our Queen***

Mary, I want you to be my Queen, to reign in every aspect of my life, so that you may submit me to the reign of your Son, Jesus. Bring more and more of my life subject to your reign until Christ reign totally in me. I pray this also for all my sisters and brothers, even those who don't know Jesus.

Meditations by Fr. John Gorski, M.M.  
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## **Missionary Meditations on the Mysteries of the Rosary**

### **THE JOYFUL MYSTERIES**

(Monday and Saturday)

#### ***The Annunciation***

Mary, you listened to the Word of God  
Announced by the Angel Gabriel  
And believed, becoming the Mother of God.  
Teach me to listen to the Word and keep it.  
May it take root in my heart, grow and blossom,  
For my life and that of others too.

#### ***The Visitation***

Mary, you visited Elizabeth in her need.  
Each of you was moved by the Holy Spirit  
To praise God for what he had done for you.  
Teach me to be attentive to how the Spirit  
Is present in my life and the life of others too.

#### ***The Birth of Jesus***

Mary, you gave birth to Jesus, God's own Son.  
At the foot of his cross you became my mother.  
Raise me as your own child.  
Raise me as God's own child. You know how.  
Take care of all of God's children  
Even those who don't know that they are His.

#### ***The Presentation***

Mary, when Jesus was a little boy,  
You offered him to the service of his Father.  
Take me with you, bring me close to God.  
Offer me and all of God's children  
With Jesus and like Jesus  
To be servants of God and of each other.

#### ***The Boy Jesus is Found in the Temple***

Mary, when you lost Jesus  
You searched for him and found him.  
When I feel that I'm not so close to Jesus  
Teach me to look for him and find him.  
Teach me to help others experience the joy  
Of finding that Jesus is so close to them.

### **THE LUMINOUS MYSTERIES**

(Thursday)

#### ***The Baptism of Jesus***

Lord Jesus, you were baptized by John.  
Even though you were sinless  
You associated with us sinners  
Because you wanted to get close to us.  
Free me from feeling I'm better than others  
May all of us get closer to you.

#### ***The Wedding at Cana***

Lord Jesus, you introduced your disciples  
To your mother Mary at the wedding in Cana.  
She teaches us to do whatever you say.  
Show me how mighty you are in love  
So that I may believe in you and follow you  
And help others believe in you and follow you.

#### ***The Preaching of the Kingdom of God***

Lord Jesus, in your person the Kingdom of God  
Has a human face, a human name.  
I don't want to be ruled by any other power.  
Take over more and more of my life, of our lives  
Until you rule totally in me and all of us,  
And rule over everyone, over the whole world.

#### ***The Transfiguration***

Lord Jesus, your Father showed your disciples  
Who you really are, the Son of God.  
He told them to listen to you.  
I want to be your disciple, I want to listen to you  
And learn from you and become like you.  
May your Spirit transform me into your likeness.  
May others also learn from you and be like you.

#### ***The Institution of the Eucharist***

Lord Jesus, you gave your life for us,  
You nourish us with your own body and blood.  
You prepare a table for all peoples  
Who will come to you from east to west  
Drawn by the Holy Spirit to share in your life.  
Make me a server and sharer at this banquet.