

1st Sorrowful Mystery: The Agony in the Garden



Read: In an active & faith-filled way, circling & underlining any words or phases that catch your attention & could spark a conversation with Christ.

Then Jesus said to them, "You will all become deserters because of me this night; for it is written, 'I will strike the shepherd, and the sheep of the flock will be scattered.' But after I am raised up, I will go ahead of you to Galilee." Peter said to him, "Though all become deserters because of you, I will never desert you." Jesus said to him, "Truly I tell you, this very night, before the cock crows, you will deny me three times." Peter said to him, "Even though I must die with you, I will not deny you." And so said all the disciples. (Matthew 26:31-35)

Then Jesus went with them to a place called Gethsemane; and he said to his disciples, "Sit here while I go over there and pray." He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. Then he said to them, "I am deeply grieved, even to death; remain here, and stay awake with me." And going a little farther, he threw himself on the ground and prayed, "My Father, if it is possible, let this cup pass from me; yet not what I want but what you want." Then he came to the disciples and found them sleeping; and he said to Peter, "So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." Again he went away for the second time and prayed, "My Father, if this cannot pass unless I drink it, your will be done." Again he came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the same words. Then he came to the disciples and said to them, "Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand." (Matthew 26:36-46)



Ask: What's my "one thing"?



Pray: Talk about your "one thing" with Jesus, using TED, RIM, & Begin Again to go deeper.

2nd Sorrowful Mystery: The Scouring at the Pillar



Read: In an active & faith-filled way, circling & underlining any words or phases that catch your attention & could spark a conversation with Christ.

Then he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. (Matthew 27:26)

He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account. Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. (Isaiah 53:3-5)

He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body. (1 Corinthians 6:18-20)

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you. (1 Peter 4:12-14)



Ask: What's my "one thing"?



Pray: Talk about your "one thing" with Jesus, using TED, RIM, & Begin Again to go deeper.

3rd Sorrowful Mystery: The Crowning of Thorns



Read: In an active & faith-filled way, circling & underlining any words or phrases that catch your attention & could spark a conversation with Christ.

Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, "Hail, King of the Jews!" and striking him on the face. (John 19:1-3)

He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account. Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. (Isaiah 53:3-5)

But I am a worm, and not human; scorned by others, and despised by the people. All who see me mock at me; they make mouths at me, they shake their heads; "Commit your cause to the Lord; let him deliver—let him rescue the one in whom he delights!" (Psalm 22:6-8)

Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong. (2 Corinthians 12:7-10)



Ask: What's my "one thing"?



Pray: Talk about your "one thing" with Jesus, using TED, RIM, & Begin Again to go deeper.

4th Sorrowful Mystery: The Carrying of the Cross



Read: In an active & faith-filled way, circling & underlining any words or phrases that catch your attention & could spark a conversation with Christ.

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us.' For if they do this when the wood is green, what will happen when it is dry?" (Luke 23:36-32)

So they took Jesus; and carrying the cross by himself, he went out to what is called the place of the Skull, which in Hebrew is called Golgotha. (John 19:17)

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? (Matthew 16:24-26)

I am now rejoicing in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church. (Col. 1:24)

Looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. (Hebrews 12:2-3)



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5th Sorrowful Mystery: The Crucifixion and Death of Our Lord



Read: In an active & faith-filled way, circling & underlining any words or phrases that catch your attention & could spark a conversation with Christ.

"When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.'" (Luke 23:33–34)

"Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'" (Luke 23:39–43)

"Standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home." (John 19:25–27)

"And about three o'clock Jesus cried with a loud voice, 'Eli, Eli, lema sabachthani?' that is, 'My God, my God, why have you forsaken me?'" (Matthew 27:46)

"After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), 'I am thirsty.'" (John 19:28)

"When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit." (John 19:30)

"Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last." (Luke 23:46)

"For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God." (1 Corinthians 1:18)

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." (John 3:16)



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