

Meditated Rosary: Sorrowful Mysteries

1st Mystery: The Agony in the Garden

Fruit of the Mystery: Contrition for Sin

Christ is alone in the garden; the apostles sleep. The salvation of the world is at stake, yet no one seems aware. Only an angel comes to console the God-Man.

Let us contemplate this immense love: He saves us even as we fail to think of Him.

Let us entrust all hidden sufferers and martyrs, especially Isidore Ngei Ko Lat.

2nd Mystery: The Scourging at the Pillar

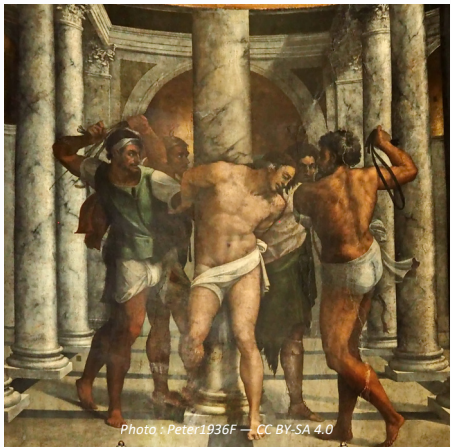
Fruit of the Mystery: Mortification of the Senses

"I have shed this drop of blood for thee": these words, which Blaise Pascal attributes to Christ, must make us aware of the personal love that God has for us.

Christ did not offer His life for mankind as some vast, undifferentiated whole: it is each one of us whom He loves—each one personally—as though the faces of all men passed before Him during His Passion.

He suffered in His very flesh out of love for us.

Let us ask the Virgin for the strength to offer our physical sufferings in reparation for our sins and for the salvation of souls. May the blessed martyr Isidore intercede for us, he who knew this suffering even unto death for Christ.



3rd Mystery: The Crowning with Thorns

Fruit of the Mystery: Mortification of the Mind and Repentance for Pride

Jesus finds Himself alone in the praetorium, with no one left to see Him; the apostles and the Virgin, who may have witnessed His unjust trial or His scourging, are not admitted within the Roman enclosure. Behold the King of kings, mocked and derided in His kingship, without any outward recognition to acknowledge in Him the true King of the universe.



“Despised and rejected of men, a man of sorrows and acquainted with grief—and yet it was our sins that He bore,” as the prophet Isaiah teaches us.

Let us pray these Hail Marys for all those who feel abandoned, alone, mocked, and without any form of support. May the Blessed Virgin come to console them in their trials.

4th Mystery: The Carrying of the Cross

Fruit of the Mystery: Patience and resignation in trials



love identifies her with Christ and gives her her name: “True Image”—Veronica.

The tradition of the Way of the Cross comes, as it were, to compensate for—or rather to unfold—the brevity of the Gospel account.

In this decade, we may contemplate the figure of Saint Veronica, who runs forward before her Master and Lord to wipe His face, covered with spittle, blood, and sweat.

She gives herself entirely, without fear of what others may say, of the threats of the crowd, or of the harshness of the Romans. Her gratuitous and fearless

May we become true images of the merciful Christ, after the example of the blessed Isidore, who gave his life even to the shedding of his blood to bear witness to his faith in catechesis and in mission.

5th Mystery: The Crucifixion and Death of Jesus on the Cross

Fruit of the Mystery: A greater love of God and the salvation of souls

It is the Cross that brings us salvation. Let us understand this well: it is not suffering in itself that makes reparation, nor death in itself that saves. It is love and the power of the Resurrection that triumph and save us.

But this love and this Resurrection are fully manifested only when they come to fight upon the very battlefield where the devil believed himself victorious since the Fall. Since original sin, death and suffering were the work of the devil; through Christ, they can become instruments of God—provided they are filled with love.

Let us pray to the Sorrowful Virgin at the foot of the Cross to open suffering hearts to love, so that the trials of all those around us may not enclose them in hatred or sadness, but may mysteriously open them to grace.

