



## The Sorrowful Mysteries

### 1. 1st Sorrowful Mystery - The Agony In The Garden

- a. As they were gathering in Galilee, Jesus said to them, “The Son of Man is to be handed over to men, and they will kill him, and he will be raised on the third day.” And they were overwhelmed with grief. (Matthew 17:22-23\*)
- b. When Jesus finished all these words, he said to his disciples, “You know that in two days’ time it will be Passover, and the Son of Man will be handed over to be crucified.” (Matthew 26:1-2\*)
- c. Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him. (Luke 22:39\*)
- d. When he had said this, Jesus went out with his disciples across the Kidron valley to where there was a garden, into which he and his disciples entered. (John 18:1\*)
- e. Judas his betrayer also knew the place, because Jesus had often met there with his disciples. (John 18:2\*)
- f. He took with him Peter, James, and John, and began to be troubled and distressed. Then he said to them, “My soul is sorrowful even to death. Remain here and keep watch.” (Mark 14:33-34\*)
- g. “I am troubled now. Yet what should I say? ‘Father, save me from this hour’? But it was for this purpose that I came to this hour. (John 12:27\*)
- h. Then Jesus came with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray.” (Matthew 26:36\*)
- i. When he arrived at the place he said to them, “Pray that you may not undergo the test.” (Luke 22:40\*)
- j. After withdrawing about a stone’s throw from them and kneeling, he prayed, saying, “Father, if you are willing, take this cup away from me; still, not my will but yours be done.” (Luke 22:41-42\*)
- k. Jesus said to them, “You do not know what you are asking. Can you drink the cup that I drink or be baptized with the baptism with which I am baptized?” They said to him, “We can.” (Mark 10:38-39\*)
- l. How can I repay the Lord for all the great good done for me? I will raise the cup of salvation and call on the name of the Lord. (Psalm 116:12-13\*)
- m. He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, “Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will.” (Mark 14:35-36\*)

- n. Turn to me, be gracious to me; give your strength to your servant; save the son of your handmaid. (Psalm 86:16\*)
- o. With my own voice I cry to the Lord; with my own voice I beseech the Lord. Before him I pour out my complaint, tell of my distress in front of him. (Psalm 142:2-3\*)
- p. After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." [And to strengthen him an angel from heaven appeared to him. (Luke 22:41-43\*)
- q. My heart pounds within me; death's terrors fall upon me. (Psalm 55:5\*)
- r. He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground.] (Luke 22:44\*)
- s. My body! my body! how I writhe! The walls of my heart! My heart beats wildly, I cannot be still; (Jeremiah 4:19a\*)
- t. He has made me eat gravel, trampled me into the dust; My life is deprived of peace, I have forgotten what happiness is; (Lamentations 3:16-17\*)
- u. When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? (Matthew 26:40\*)
- v. Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." (Matthew 26:41\*)
- w. When he rose from prayer and returned to his disciples, he found them sleeping from grief. (Luke 22:45\*)
- x. He said to them, "Why are you sleeping? Get up and pray that you may not undergo the test." (Luke 22:46\*)
- y. Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup pass without my drinking it, your will be done!" (Matthew 26:42\*)
- z. so I said, "See; I come with an inscribed scroll written upon me. I delight to do your will, my God; your law is in my inner being!" (Psalm 40:8-9\*)
- aa. But Samuel said: "Does the Lord delight in burnt offerings and sacrifices as much as in obedience to the Lord's command? Obedience is better than sacrifice, to listen, better than the fat of rams. (1 Samuel 15:22\*)
- bb. Then he returned once more and found them asleep, for they could not keep their eyes open and did not know what to answer him. (Mark 14:40\*)
- cc. So Judas got a band of soldiers and guards from the chief priests and the Pharisees and went there with lanterns, torches, and weapons. (John 18:3\*)
- dd. He left them and withdrew again and prayed a third time, saying the same thing again. (Matthew 26:44\*)
- ee. He returned a third time and said to them, "Are you still sleeping and taking your rest? It is enough. The hour has come. (Mark 14:41\*)
- ff. Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand." (Matthew 26:45-46\*)
- gg. While he was still speaking, a crowd approached and in front was one of the Twelve, a man named Judas. He went up to Jesus to kiss him. (Luke 22:47\*)

- hh. Jesus said to him, "Judas, are you betraying the Son of Man with a kiss?" (Luke 22:48\*)
- ii. Even my trusted friend, who ate my bread, has raised his heel against me. (Psalm 41:10\*)
- jj. His disciples realized what was about to happen, and they asked, "Lord, shall we strike with a sword?" And one of them struck the high priest's servant and cut off his right ear. (Luke 22:49-50\*)
- kk. But Jesus said in reply, "Stop, no more of this!" Then he touched the servant's ear and healed him. (Luke 22:51\*)
- ll. Jesus said to Peter, "Put your sword into its scabbard. Shall I not drink the cup that the Father gave me?" (John 18:11\*)
- mm. Jesus, knowing everything that was going to happen to him, went out and said to them, "Whom are you looking for?" (John 18:4\*)
- nn. They answered him, "Jesus the Nazorean." He said to them, "I AM." Judas his betrayer was also with them. (John 18:5\*)
- oo. When he said to them, "I AM," they turned away and fell to the ground. (John 18:6\*)
- pp. When evildoers come at me to devour my flesh, These my enemies and foes themselves stumble and fall. (Psalm 27:2\*)
- qq. Let those who seek my life be put to shame and disgrace. Let those who plot evil against me be turned back and confounded. (Psalm 35:4\*)
- rr. So he again asked them, "Whom are you looking for?" They said, "Jesus the Nazorean." (John 18:7\*)
- ss. Jesus answered, "I told you that I AM. So if you are looking for me, let these men go." (John 18:8\*)
- tt. This was to fulfill what he had said, "I have not lost any of those you gave me." (John 18:9\*)
- uu. And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it [on] the last day. (John 6:39\*)
- vv. When I was with them I protected them in your name that you gave me, and I guarded them, and none of them was lost except the son of destruction, in order that the scripture might be fulfilled. (John 17:12\*)
- ww. And Jesus said to the chief priests and temple guards and elders who had come for him, "Have you come out as against a robber, with swords and clubs? (Luke 22:52\*)
- xx. Day after day I was with you in the temple area, and you did not seize me; but this is your hour, the time for the power of darkness." (Luke 22:53\*)
- yy. My child, when you come to serve the Lord, prepare yourself for trials. (Ben Sira 2:1\*)

## **2. 2nd Sorrowful Mystery - The Scourging At The Pillar**

- a. but they found none, though many false witnesses came forward. Finally two came forward who stated, "This man said, 'I can destroy the temple of God and within three days rebuild it.'" (Matthew 26:60-61\*)

- b. at the uproar of the enemy, the clamor of the wicked. They heap trouble upon me, savagely accuse me. (Psalm 55:4\*)
- c. The high priest rose and addressed him, "Have you no answer? What are these men testifying against you?" (Matthew 26:62\*)
- d. To us he is the censure of our thoughts; merely to see him is a hardship for us, Because his life is not like that of others, and different are his ways. (Wisdom 2:14-15\*)
- e. Though harshly treated, he submitted and did not open his mouth; Like a lamb led to slaughter or a sheep silent before shearers, he did not open his mouth. (Isaiah 53:7\*)
- f. I have conducted my investigation in your presence and have not found this man guilty of the charges you have brought against him, nor did Herod, for he sent him back to us. So no capital crime has been committed by him. (Luke 23:14-15\*)
- g. "Behold, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death, and hand him over to the Gentiles to be mocked and scourged and crucified, and he will be raised on the third day." (Matthew 20:18-19\*)
- h. Therefore I shall have him flogged and then release him." (Luke 23:16\*)
- i. But beware of people, for they will hand you over to courts and scourge you in their synagogues, (Matthew 10:17\*)
- j. But you have a custom that I release one prisoner to you at Passover. Do you want me to release to you the King of the Jews?" They cried out again, "Not this one but Barabbas!" Now Barabbas was a revolutionary. (John 18:39-40\*)
- k. Again Pilate addressed them, still wishing to release Jesus, but they continued their shouting, "Crucify him! Crucify him!" (Luke 23:20-21\*)
- l. All those who hate me whisper together against me; they imagine the worst about me: (Psalm 41:8\*)
- m. Pilate addressed them a third time, "What evil has this man done? I found him guilty of no capital crime. Therefore I shall have him flogged and then release him." (Luke 23:22\*)
- n. With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. The verdict of Pilate was that their demand should be granted. (Luke 23:23-24\*)
- o. Yes, I hear the whisperings of many: "Terror on every side! Denounce! let us denounce him!" All those who were my friends are on the watch for any misstep of mine. "Perhaps he can be tricked; then we will prevail, and take our revenge on him." (Jeremiah 20:10\*)
- p. So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. (Luke 23:25\*)
- q. Seized and condemned, he was taken away. Who would have thought any more of his destiny? For he was cut off from the land of the living, struck for the sins of his people. (Isaiah 53:8\*)
- r. Yet it was our pain that he bore, our sufferings he endured. (Isaiah 53:4\*)

- s. When Pilate saw that he was not succeeding at all, but that a riot was breaking out instead, he took water and washed his hands in the sight of the crowd, saying, "I am innocent of this man's blood. Look to it yourselves." (Matthew 27:24\*)
- t. And the whole people said in reply, "His blood be upon us and upon our children." (Matthew 27:25\*)
- u. But you should certainly know that by putting me to death, you bring innocent blood on yourselves, on this city and its inhabitants. For in truth it was the Lord who sent me to you, to speak all these words for you to hear." (Jeremiah 26:15\*)
- v. But he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. (Isaiah 53:5\*)
- w. for whom the Lord loves, he disciplines; he scourges every son he acknowledges." (Hebrews 12:6\*)
- x. I gave my back to those who beat me, my cheeks to those who tore out my beard; (Isaiah 50:6a\*)
- y. Against me alone he turns his hand—again and again all day long. (Lamentations 3:3\*)
- z. With violence and torture let us put him to the test that we may have proof of his gentleness and try his patience. (Wisdom 2:19\*)
- aa. Upon my back the plowers plowed, as they traced their long furrows. (Psalm 129:3\*)

### 3. 3rd Sorrowful Mystery - The Crowning with Thorns

- a. There I will make a horn sprout for David; I will set a lamp for my anointed. His foes I will clothe with shame, but on him his crown shall shine." (Psalm 132:17-18\*)
- b. "Behold, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death and hand him over to the Gentiles who will mock him, spit upon him, scourge him, and put him to death, but after three days he will rise." (Mark 10:33-34\*)
- c. The soldiers led him away inside the palace, that is, the praetorium, and assembled the whole cohort. (Mark 15:16\*)
- d. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" (Matthew 27:29\*)
- e. But as for you, son of man, do not fear them or their words. Do not fear, even though there are briars or thorns and you sit among scorpions. Do not be afraid of their words or be terrified by their looks for they are a rebellious house. (Ezekiel 2:6\*)
- f. By their fruits you will know them. Do people pick grapes from thornbushes, or figs from thistles? (Matthew 7:16\*)
- g. and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly. (John 19:3\*)
- h. They gape at me with their mouths; They strike me on the cheek with insults; they are all enlisted against me. God has given me over to the impious; into the hands of the wicked he has cast me. (Job 16:10-11\*)

- i. Now grieve, O grieving daughter! “They have laid siege against us!” With the rod they strike on the cheek the ruler of Israel. (Micah 4:14\*)
- j. and kept striking his head with a reed and spitting upon him. They knelt before him in homage. (Mark 15:19\*)
- k. They abhor me, they stand aloof, they do not hesitate to spit in my face! Because he has loosened my bowstring and afflicted me, they have thrown off restraint in my presence. (Job 30:10-11\*)
- l. Viciously have they attacked me from my youth, yet they have not prevailed against me. (Psalm 129:2\*)
- m. Accept whatever happens to you; in periods of humiliation be patient. For in fire gold is tested, and the chosen, in the crucible of humiliation. (Ben Sira 2:4-5\*)
- n. My face I did not hide from insults and spitting. (Isaiah 50:6b\*)
- o. But I say to you, offer no resistance to one who is evil. When someone strikes you on [your] right cheek, turn the other one to him as well. (Matthew 5:39\*)
- p. Many are the oppressed who rise to the throne; some that none would consider wear a crown. Many are the exalted who fall into utter disgrace, many the honored who are given into the power of the few. (Ben Sira 11:5-6\*)
- q. And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes, and led him out to crucify him. (Mark 15:20\*)
- r. Surely mockers surround me, at their provocation, my eyes grow dim. I am made a byword of the people; I am one at whom people spit.(Job 17:2&6\*)
- s. But I am a worm, not a man, scorned by men, despised by the people. All who see me mock me; they curl their lips and jeer; they shake their heads at me: (Psalm 22:7-8\*)
- t. So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them, “Behold, the man!” (John 19:5\*)
- u. Humble yourself the more, the greater you are, and you will find mercy in the sight of God. (Ben Sira 3:18\*)
- v. He was spurned and avoided by men, a man of suffering, knowing pain, Like one from whom you turn your face, spurned, and we held him in no esteem. (Isaiah 53:3\*)
- w. They shall say among themselves, rueful and groaning through anguish of spirit: “This is the one whom once we held as a laughingstock and as a type for mockery, (Wisdom 5:3\*)
- x. Make no mistake: God is not mocked, for a person will reap only what he sows, because the one who sows for his flesh will reap corruption from the flesh, but the one who sows for the spirit will reap eternal life from the spirit. (Galatians 6:7-8\*)
- y. Yet in your great mercy you did not completely destroy them and did not forsake them, for you are a gracious and merciful God. (Nehemiah 9:31\*)

#### **4. 4th Sorrowful Mystery - The Carrying of the Cross**

- a. Even as many were amazed at him—so marred were his features, beyond that of mortals his appearance, beyond that of human beings—(Isaiah 52:14\*)

- b. So Abraham took the wood for the burnt offering and laid it on his son Isaac, while he himself carried the fire and the knife. As the two walked on together, (Genesis 22:6\*)
- c. and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. (John 19:17\*)
- d. I look to my right hand to see that there is no one willing to acknowledge me. My escape has perished; no one cares for me. (Psalm 142:5\*)
- e. Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. (Luke 9:23\*)
- f. and whoever does not take up his cross and follow after me is not worthy of me. (Matthew 10:38\*)
- g. With a yoke on our necks, we are driven; we are worn out, but allowed no rest. (Lamentations 5:5\*)
- h. Yet it was our pain that he bore, our sufferings he endured. (Isaiah 53:4a\*)
- i. you who hear our prayers. To you all flesh must come with its burden of wicked deeds. We are overcome by our sins; only you can pardon them. (Psalm 65:3-4\*)
- j. Come, all who pass by the way, pay attention and see: Is there any pain like my pain, which has been ruthlessly inflicted upon me, (Lamentations 1:12a\*)
- k. As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. (Luke 23:26\*)
- l. The kindness people have done crosses their paths later on; should they stumble, they will find support. (Ben Sira 3:31\*)
- m. It was not an envoy or a messenger, but his presence that saved them. Because of his love and pity the Lord redeemed them, Lifting them up and carrying them all the days of old. (Isaiah 63:9\*)
- n. A large crowd of people followed Jesus, including many women who mourned and lamented him. (Luke 23:27\*)
- o. Happy are those who love you, and happy are those who rejoice in your peace. Happy too are all who grieve over all your afflictions, For they will rejoice over you and behold all your joy forever. (Tobit 13:14\*)
- p. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, (Luke 23:28\*)
- q. He had no majestic bearing to catch our eye, no beauty to draw us to him. (Isaiah 53:2\*)
- r. for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' (Luke 23:29\*)
- s. At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' (Luke 23:30\*)
- t. for if these things are done when the wood is green what will happen when it is dry?" (Luke 23:31\*)
- u. Though the just fall seven times, they rise again, but the wicked stumble from only one mishap. (Proverbs 24:16\*)

- v. They staggered blindly in the streets, defiled with blood, So that people could not touch even their garments: (Lamentations 4:14\*)
- w. They brought him to the place of Golgotha (which is translated Place of the Skull). (Mark 15:22\*)
- x. They gave him wine drugged with myrrh, but he did not take it. (Mark 15:23\*)

#### **5. 5th Sorrowful Mystery - The Crucifixion**

- a. When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. (Luke 23:33\*)
- b. O God, the arrogant have risen against me; a ruthless band has sought my life; to you they pay no heed. (Psalm 86:14\*)
- c. The inscription of the charge against him read, "The King of the Jews." (Mark 15:26\*)
- d. [Then Jesus said, "Father, forgive them, they know not what they do."] (Luke 23:34a\*)
- e. Therefore I will give him his portion among the many, and he shall divide the spoils with the mighty, Because he surrendered himself to death, was counted among the transgressors, Bore the sins of many, and interceded for the transgressors. (Isaiah 53:12\*)
- f. they divide my garments among them; for my clothing they cast lots. (Psalm 22:19\*)
- g. They divided his garments by casting lots. (Luke 23:34b\*)
- h. Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." (Luke 23:39\*)
- i. The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? (Luke 23:40\*)
- j. And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." (Luke 23:41\*)
- k. Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise." (Luke 23:42-43\*)
- l. Those passing by reviled him, shaking their heads and saying, "Aha! You who would destroy the temple and rebuild it in three days, save yourself by coming down from the cross." (Mark 15:29-30\*)
- m. Likewise the chief priests, with the scribes, mocked him among themselves and said, "He saved others; he cannot save himself. (Mark 15:31\*)
- n. Do not mock the one who wears only a loin-cloth, or scoff at a person's bitter day. For strange are the deeds of the Lord, hidden from mortals his work. (Ben Sira 11:4\*)
- o. He trusted in God; let him deliver him now if he wants him. For he said, 'I am the Son of God.'" (Matthew 27:43\*)
- p. He judges us debased; he holds aloof from our paths as from things impure. He calls blest the destiny of the righteous and boasts that God is his Father. Let us see whether his words be true; let us find out what will happen to him in the end. (Wisdom 2:16-17\*)



- q. For if the righteous one is the son of God, God will help him and deliver him from the hand of his foes. With violence and torture let us put him to the test that we may have proof of his gentleness and try his patience. (Wisdom 2:18-19\*)
- r. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (John 19:26-27\*)
- s. And about three o'clock Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" (Matthew 27:46\*)
- t. My God, my God, why have you abandoned me? (Psalm 22:2a\*)
- u. After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." (John 19:28\*)
- v. There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. (John 19:29\*)
- w. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. (John 19:30\*)
- x. I cry out to you, Lord, I say, You are my refuge, my portion in the land of the living. (Psalm 142:6\*)
- y. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last. (Luke 23:46\*)
- z. he humbled himself, becoming obedient to death, even death on a cross. (Philippians 2:8\*)
- aa. but one soldier thrust his lance into his side, and immediately blood and water flowed out. (John 19:34\*)
- bb. I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of mercy and supplication, so that when they look on him whom they have thrust through, they will mourn for him as one mourns for an only child, and they will grieve for him as one grieves over a firstborn. (Zechariah 12:10\*)
- cc. Then the angel showed me the river of life-giving water, sparkling like crystal, flowing from the throne of God and of the Lamb (Revelation 22:1\*)
- dd. The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said, "Truly, this was the Son of God!" (Matthew 27:54\*)
- ee. The message of 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\*)
- ff. When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts; but all his acquaintances stood at a distance, including the women who had followed him from Galilee and saw these events. (Luke 23:48-49\*)
- gg. Then I saw standing in the midst of the throne and the four living creatures and the elders a Lamb that seemed to have been slain. (Revelation 5:6a\*)
- hh. It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. (Luke 23:44-45\*)

- ii. Give thanks to the Lord with righteousness, and bless the King of the ages, so that your tabernacle may be rebuilt in you with joy. May he gladden within you all who are captives; may he cherish within you all who are distressed for all generations to come. (Tobit 13:10\*)
- jj. Now since the children share in blood and flesh, he likewise shared in them, that through death he might destroy the one who has the power of death, that is, the devil, (Hebrews 2:14\*)
- kk. He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By his wounds you have been healed. (1 Peter 2:24\*)

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