

Meditating on the Sorrowful Mysteries of the Rosary

The Sorrowful Mysteries draw us into that which Christ suffered for us, helping us to offer up our sufferings and the sufferings of others and unite them with His for the salvation of souls.

The Sorrowful Mysteries are:

The Agony in the Garden, where Jesus was in such agony that He sweat blood, yet found His disciples sleeping and asked them, "So you could not keep watch with me for one hour?"
(See *Matthew 26:36-46*)

The Scourging at the Pillar, recalling the brutal lashing that Jesus took before He was handed over for crucifixion.
(See *Mark 15:6-15*)

The Crowning with Thorns, remembering the mocking of Jesus by the soldiers charged with crucifying Him. They put a crown of thorns on His head and, striking Him with a reed, cried, "Hail, King of the Jews!"
(See *Matthew 27:27-31*)

The Carrying of the Cross, reflecting on how Jesus, just as He told us to do, carried His cross to the end.
(See *Luke 23:26-32*)

And The Crucifixion, recounting the fact that Jesus hung on the cross until He breathed His last, giving up His life for you.
(See *John 19:17-30*)

Meditating on the Glorious Mysteries of the Rosary

In his 2002 Apostolic Letter ***The Rosary of the Virgin Mary***, Saint Pope John Paul II says of the Glorious Mysteries, "The contemplation of Christ's face cannot stop at the image of the Crucified One. He is the Risen One!" Thus the Glorious Mysteries begin with Christ rising from the dead and, as Saint Pope John Paul II continues, "Contemplating the Risen One, Christians rediscover the reasons for their own faith (cf. 1Cor 15:14)."

The Glorious Mysteries are:

The Resurrection, recalling Christ Jesus rising from the dead and defeating death and sin forever.

(See Luke 24:1-12, Matthew 28:1-10)

The Ascension, where the risen Jesus ascended into Heaven to take His seat at the right hand of the Father.

(See Luke 24:50-53, Acts 1:6-12)

The Descent of the Holy Spirit, which recounts Pentecost, where the Holy Spirit was sent to guide and strengthen believers for all time.

(See Acts 2:1-13)

The Assumption of the Blessed Virgin Mary into Heaven, reminding us of Mary's special place in the plan of salvation and her Assumption into Heaven, "a singular participation in her Son's Resurrection and an anticipation of the resurrection of other Christians."

(See the Catechism of the Catholic Church 966)

And The Coronation of the Blessed Virgin Mary, which assures us of Mary's place in Heaven where she is "exalted by the Lord as Queen over all things."

(See Revelation 12:1, Catechism of the Catholic Church 966)

Meditating on the Joyful Mysteries of the Rosary

These mysteries call to mind moments of great joy in the life of the Blessed Virgin Mary, up to, including and after the birth of Christ Jesus. Saint Pope John Paul II, in his Apostolic Letter ***The Rosary of the Virgin Mary*** says this: "The Joyful Mysteries are marked by the joy radiating from the event of the Incarnation. To meditate upon the Joyful Mysteries is to enter into the ultimate causes and the deepest meaning of Christian joy. It is to focus on the realism of the mystery of the Incarnation and on the obscure foreshadowing of the mystery of the saving Passion. Mary leads us to discover the secret of Christian joy, reminding us that Christianity is, first and foremost, evangelization, "good news", which has as its heart and its whole content the person of Jesus Christ, the Word made flesh, the one Savior of the world."

The Joyful Mysteries are:

The Annunciation, where the angel Gabriel tells the Virgin Mary that she has been chosen to bring the Son of God into the world.
(See Luke 1:26-38)

The Visitation, which recalls Mary's visit to Elizabeth and John the Baptist leaping in his mother's womb.
(See Luke 1:39-45)

The Nativity, recounting the events surrounding the birth of Christ Jesus.
(See Luke 2:1-14)

The Presentation of Jesus in the Temple, where Simeon, as told to him by the Holy Spirit, was able to hold the Messiah in his arms and blessed the Holy Family.
(See Luke 2:22-38)

And The Finding of Jesus in the Temple, when 12-year-old Jesus, after being "lost" by his family for three days, was found in the temple teaching.
(See Luke 2:41-52)

Meditating on the Luminous Mysteries of the Rosary

In October of 2002, Saint Pope John Paul II released an Apostolic Letter called *Rosarium Virginis Mariae*, The Rosary of the Virgin Mary. In it, the Holy Father introduced a new set of mysteries, the Mysteries of Light, or the Luminous Mysteries. These focus on the public ministry of Jesus.

The Luminous Mysteries are:

The Baptism in the Jordan, which recounts the baptism of Jesus by John the Baptist.

(See Mark 1:4-11)

The Wedding at Cana, where Jesus, at the prompting of His mother, performed His first public miracle, changing water into wine.

(See John 2:1-11)

The Proclamation of the Kingdom, which recalls the beginning of Jesus' public ministry and His proclaiming, "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

(See Mark 1:14-15)

The Transfiguration, where Jesus goes up on Mount Tabor with Peter, James and John, converses with Moses and Elijah and is transfigured, revealing to them His glory.

(See Luke 9:28-36)

And The Institution of the Eucharist, reminding us of the greatest gift ever given to mankind, Jesus truly present, Body, Blood, Soul and Divinity in the Holy Eucharist.

(See Luke 22:14-27)