

LEARNING TO LOVE – SORROWFUL MYSTERIES

1st sorrowful mystery: **The agony of Jesus in the Garden of olives.**

The Gospel attests that Jesus, during his agony at Gethsemane, “fell prostrate in prayer, saying: My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will” (*Matthew 26, 39*). God’s silence astonishes us. God respects our freedom and He let’s the righteous and unrighteous act. However He never takes pleasure in the harm that happens to us. Being the Father of all, He sustains the righteous in trial and works to convert the unrighteous. Oh Mary, when I will be afflicted with trials, I want, with your help, to remain united with God and continue to confide in Him.

2nd sorrowful mystery: **The scourging of Jesus.**

Regarding this torment, the evangelists only say: “Pilate took Jesus and had him scourged” (*John 19, 1*). Jesus, whose body was torn and covered with blood, however had the greatness of soul to say to His heavenly Father referring to his executioners: “Father, forgive them, they know not what they do” (*Luke 23, 34*). Jesus’ mercy teaches us that loving, is to overcome the meanness of our human sympathies and antipathies. Oh Mary, I want to forgive with all my heart those who have hurt me and if I am wrong, I will recognize it in total simplicity.

3rd sorrowful mystery: **The crowning with thorns of Jesus.**

The Gospel tells us how Jesus was mocked after He admitted to being King of a Kingdom which is not of this world (*John 18, 33-37*); “Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. 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” (*Matthew, 27, 27-29*). The humiliating mockeries inflicted on Jesus show us how our prideful behavior, big or small, has a devastating effect on those who we deride. Oh Mary, instead of criticizing others, I want to discover their qualities, highlight their good actions and therefore encourage them to persevere in the good that they do.

4th sorrowful mystery: **Jesus carries the Cross**

The Gospel tells us that while Jesus was carrying the cross “A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children” (*Luke 23, 27-28*). All though he is overwhelmed by all sorts of torments, Jesus, instead of thinking about himself and lamenting, puts himself in the place of the holy women. Oh Mary, I want to put myself in the place of others and listen to them, while they talk to me about their troubles.

5th sorrowful mystery: **The crucifixion and death of Jesus.**

The Gospel attests that while He was crucified, “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*). Mary faithfully remained by her Divine Son’s side up to the foot of the cross, facing all the insults raining down on him and her, his mother. Likewise, being my mother, she always remains at my side when I am abandoned by all and when it seems that even God wanders from me. Oh Mary, I lovingly embrace you.