

*Spiritual exercises for the home or apartment. **Friday at 7pm**, the Catholic Diocese of Memphis and all of west Tennessee will be praying together.*

## **Friday**

*The Rosary (Sorrowful Mysteries)*

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

*Recite the Apostle's Creed, the Our Father, three Hail Mary's and the Glory Be.*

**For each Mystery:** *Meditate on the scripture and the fruit of the mystery. Then pray one Our Father and ten Hail Mary's, the Glory Be and the Fatima Prayer*

1. **The Agony in the Garden** – *Jesus prays to the Father in anticipation of His Passion*  
*Fruit of the Mystery: Acceptance of God's Will*  
*Scripture: Mark 14: 35-36*
2. **The Scouring at the Pillar** – *Jesus is cruelly scourged at Pilate's direction*  
*Fruit of the Mystery: Purity of Intention*  
*Scripture: Luke 23: 14b-16*
3. **The Crowning with Thorns** – *A crown of thorns is placed on Jesus' head in mockery*  
*Fruit of the Mystery: Contrition*  
*Scripture: John 19:2-3*
4. **The Carrying of the Cross** – *Jesus carries the heavy cross upon His shoulders to Calvary*  
*Fruit of the Mystery: Patience*  
*Scripture: John 19 16b-17*
5. **The Crucifixion** – *Jesus is nailed to the Cross and dies after three hours of agony*  
*Fruit of the Mystery: Perseverance*  
*Scripture: John 19:18*

*Hail Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us. And after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ*

*O God, whose only begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech Thee, that meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord.*

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**