



The Sorrowful Mysteries

Which virtues would Jesus have learned from Mary and Joseph in preparation to face these mysteries?

1. The First Sorrowful Mystery: The Agony in the Garden

Jesus went to the Mount of Olives and his disciples followed him. And he went on a little further than them... and on his knees he prayed, saying: "Father, if you will, let this chalice pass me by, but not my will, but yours be done." (Lk 22:39, 42).

Jesus, you learned from Mary and Joseph to pray and to confide in your Father.

"Parents desirous of nurturing the faith of their children are sensitive to their patterns of growth, for they know that spiritual experience is not imposed but freely proposed. It is essential that children actually see that, for their parents, prayer is something truly important. Hence moments of family prayer and acts of devotion can be more powerful for evangelization than any catechism class or sermon." (AL 288).

* What prayers do we like to do together as a family? Grace before meals? The Mass? The Rosary? The blessing before going to sleep? Others?

2. The Second Sorrowful Mystery: The Scourging at the Pillar

Pilate set Barabbas free, but, after having him scourged, delivered Jesus up to be crucified (Mt 27:26).

Jesus learned from Mary and Joseph to suffer injustices out of love.

Family life cannot be dominated by the logic of dominating one over the other, or by the competition to see who is more intelligent or powerful, because this logic destroys love. For the family is this advice: "Be humble towards one another, for God resists the proud, but gives his grace to the humble" (AL 98).

* Do we sometimes set Barabbas free in our family? In what situations? Is it nice? We pray to always choose Jesus.

3. The Third Sorrowful Mystery: The Crowning with Thorns

The soldiers took Jesus into the palace. They clothed him in violet and placed a crown of thorns on his head. And mocking him, they said: “Hail, King of the Jews!” (Mk 15:16-18).

Jesus learned from Mary and Joseph to be patient, and to put up with mocking for love of us.

“Love always has an aspect of deep compassion that leads to accepting the other person as part of this world, even when he or she acts differently than I would like” (AL 92).

* How do I treat my family members when they don’t do as I had hoped? Do I accept them? Do I get angry? Do I mock? Am I patient?

4. The Fourth Sorrowful Mystery: The Carrying of the Cross

Then they led Jesus, who took up his cross and went toward the place called Calvary. As they lead him, they arrested Simon of Cyrene and placed the cross on him (cf Jn 19, 16; Mt 27, 32).

Jesus learned from Mary and Joseph that, in order to love, we need to be strong, resilient and let others help us.

Love bears adversities with a positive spirit. It stands firm in the midst of a hostile environment. It is love in spite of everything, even when the whole context invites otherwise. In family life it is necessary to cultivate this force of love (cf. AL 118. 119).

* In what way do we grow in resilience as a family? How do we face difficulties?

5. The Fifth Sorrowful Mystery: The Crucifixion and Death

Jesus, seeing his mother standing next to the disciple whom he loved, said to his mother: “Woman, behold your son.” Then he said to the disciple: “Behold your mother.”... then, some time later, darkness covered the whole land until the ninth hour, and Jesus exclaimed: “Father, into your hands I commend my spirit” and, having said this, he expired (Jn 19:26-27; Lk 23:44-46).

Jesus learned from Mary and Joseph what true love is.

“If a family is centred on Christ, he will unify and illumine its entire life. Moments of pain and difficulty will be experienced in union with the Lord’s cross, and his closeness will make it possible to surmount them. In the darkest hours of a family’s life [there is union with the

abandoned Jesus, who transforms difficulties and sufferings into an offering of love]” (cf AL 317).

* What difficult situations have we or are we experiencing as a family? Let us embrace Jesus with love and offer them to him.