

PRO-LIFE MEDITATIONS: The Sorrowful Mysteries of the Rosary

By Fr. Frank Pavone

The Apostle's Creed

I believe in God, the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son, Our Lord,
Who was conceived by the Holy Spirit, born of the Virgin Mary,
suffered under Pontius Pilate, was crucified, died, and was buried.
He descended into Hell. The third day He arose again from the dead;
He ascended into Heaven,
and sits at the right hand of God, the Father Almighty;
from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.

Our Father

Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

The Agony in the Garden

Let us pray for mothers and fathers who are in agony because they are tempted to abort a child. May they be given the good news that there are alternatives, and may they make use of the help that is available.

The Scourging

As Christ's flesh was torn by the instruments of those who scourged Him, so the bodies of babies in the womb are torn by the instruments of the abortionists. Let us pray that abortionists may repent of these acts of child-killing.

The Crowning With Thorns

Jesus suffered the pain of thorns in His head, and did so silently. We pray for the mothers and fathers of aborted children. So many of them suffer deep grief and regret over a choice they can never reverse. So many suffer in silence, because others tell them it's no big deal.

The Carrying of the Cross

Jesus was not condemned by the power of wicked people. He was condemned because of the silence of good people. Silence always helps the oppressor, never the victim. Let us pray that we may never be silent about abortion, but rather will clearly speak up to save babies from death.

The Crucifixion

As we ponder the death of Christ, let us remember the many women who have died from so-called "safe, legal" abortions. Let us ask forgiveness and mercy for them. May their memory save other women from making this tragic mistake.

Hail Holy Queen

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! Amen.

<http://www.priestsforlife.org/prayers/rosarysorrowful.html>