



Family Rosary Prayer: The Sorrowful Mysteries for Good Friday during the Pandemic

Reflections by Father Leo Polselli, C.S.C.

(This introduction may be read aloud by a family member before the Rosary prayer begins ...)

This week we are observing and celebrating events in the life of Jesus Christ, events that include his agony, his cruel suffering at the hands of others and his death on the cross. Unlike past years when these events were experienced in the lives of others, this year's Lent, untold millions are experiencing them as a result of the pandemic.

It is my hope that as we meditate on the Sorrowful Mysteries of the Rosary today, we will draw strength in hearing how **the Son of God was able to walk through life and not be dragged through life.**

May these mysteries serve to assure us that as we travel this road of agony and pain **we do not walk alone.** Recall the words of that inspirational song that urged us to hold our heads up high and don't be afraid of the dark. At the end of the storm there is a golden sky and for us it is the Resurrection. So, walk on with hope in your hearts knowing that we do not walk alone.

Leader: "We begin our Rosary with the Sign of the Cross"

Everyone: "In the name of the Father, and of the Son and of the Holy Spirit. Amen."

Leader begins the Apostles' Creed and everyone joins in:

**"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;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.**

(family joins in)

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

Everyone prays:

(1) "Our Father who art in heaven ..."

(3) "Hail Mary, full of grace ..."

(1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Your family can share personal prayer intentions aloud with one another at this time. Or if you would rather, pause for a few moments in silence so each person can recall personal needs silently within their own heart.

Leader: "The First Sorrowful Mystery is The Agony in the Garden"

"These days many in our world are in agony. Many feel alone and abandoned. Jesus himself felt as much. At one point He pleaded with His Father asking that if possible, could He be spared His passion and death. These days, millions in agony have been pleading with God to spare the lives of those facing certain death. While Jesus prayed, His closest friends fell asleep. Jesus did not rebuke them for their momentary lack of compassion, but He did ask them, "could you not pray with me for one hour?" Could this be an invitation to us today to stand by others in their agony and spend time in prayer for them?"

Everyone prays a decade of the Rosary together:

(1) "Our Father who art in heaven ..."

(10) "Hail Mary, full of grace ..."

(1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Leader: "The Second Sorrowful Mystery is The Scourging at the Pillar"

"During Holy Week many television outlets in this country are showing the movie *The Passion of Christ*. When it was first released, millions flocked to see it and continue to see it today. In fact, a fellow priest recalled how as a seminarian he found himself in a theater surrounded by tears, including in his own eyes ... tears that were triggered by seeing the representation of the beating and whipping inflicted on the person of Jesus. How could one man be so beaten and humiliated? How could this happen to the Son of God? How could this be happening today in the lives of millions?"

Everyone prays a decade of the Rosary together:

(1) "Our Father who art in heaven ..."

(10) "Hail Mary, full of grace ..."

(1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Leader: "The Third Sorrowful Mystery is The Crowning with Thorns"

"During his life on earth, Christ was not crowned with success but with thorns. His success would come after His resurrection. During Lent many churches will clothe the crucifix with a piece of purple cloth and affix a circle studded with thorns upon the head of Jesus. Such was His fate at the hands of his tormentors. Little did they realize that His corpus would be transfigured and become a sign of hope for all who behold it. Science is telling us that this virus will leave some harmful and lasting effects on the human body. Faith however tells us that those harmful effects will vanish and will be lifted from us by the Father who lifted his Son from the Cross."

Everyone prays a decade of the Rosary together:

- (1) "Our Father who art in heaven ..."
- (10) "Hail Mary, full of grace ..."
- (1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Leader: "The Fourth Sorrowful Mystery: The Carrying of the Cross"

"In times past, we often spoke of the many crosses born by our fellow travelers, for example pain, loss of employment, divorce, among others. Today we can add this virus that has been a heavy cross for millions. During His passion, Jesus bore a cross made of wood which would eventually become the instrument of His death. It was a by-stander, Simon, who helped Jesus carry His cross and Simon's name is forever recorded in the Gospels. These days we are hearing about so many real-life "Simons" who are helping others carry their crosses. Is God asking any of us to do this today?"

Everyone prays a decade of the Rosary together:

- (1) "Our Father who art in heaven ..."
- (10) "Hail Mary, full of grace ..."
- (1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Leader: "The Fifth Sorrowful Mystery is The Crucifixion"

"It is said that one of the possible causes for the death of Jesus was his inability to breath. One of the common symptoms of the coronavirus is the difficulty that people have breathing, a difficulty that will lead to their death if there are no medical devices to assist them. As the virus spreads across the world, we hear a lot about death and those who are dying. But something else follows and needs to be acknowledged. We need not fear the night or be afraid of the dark for at the end of the storm, there is a golden sky. Believing this we walk on with hope in our hearts, knowing that we do not walk alone."

Everyone prays a decade of the Rosary together:

- (1) "Our Father who art in heaven ..."
- (10) "Hail Mary, full of grace ..."
- (1) "Glory be to the Father, the Son, and the Holy Spirit ..."

Leader begins the Hail Holy Queen and everyone joins in:

**“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 be made worthy of the promises of Christ”.**

You may pray additional prayers together now if you like. If not, conclude with:

Leader: “The Family That Prays Together ...”

Everyone responds: “Stays Together!”

Everyone concludes the Rosary prayer with the Sign of the Cross

Everyone: “In the name of the Father, and of the Son and of the Holy Spirit. Amen.”