

## Sorrowful Mysteries of the Holy Rosary

### **Prayer to the Holy Spirit, Giver of Life**

Come Holy Spirit, Creator of all things...You who breathed over the waters at the dawn of creation and brought forth all living beings...You who filled the apostles when the Risen Lord breathed on them on the first Easter night, giving them the power to restore life to those dead in sin...You who, on the last day, will breathe again over all the dead and raise them from the grave--  
Come! Come and breathe on our world again, immersed as it is in the Culture of Death! Come, O Lord and Giver of Life! Defeat the works of death in our midst, that abortion may no longer stain our land.

We worship You, O Holy Spirit, and we rejoice in You. We know that no matter how strong the forces of death may be, we can still find in You the endless source of life. Renew that life in each of us, and make us worthy apostles of the Culture of Life in our day! Amen.

O Mary, Mother of Jesus and Mother of us all, we turn to you today as the one who said "Yes" to Life. "You will conceive and bear a Son," the angel told you. Despite the surprise and the uncertainty about how this could be, you said yes. "Be it done unto me according to your word." Mary, we pray today for all mothers who are afraid to be mothers. We pray for those who feel threatened and overwhelmed by their pregnancy. Intercede for them, that God may give them the grace to say yes and the courage to go on, that they have the grace to reject the false solution of abortion and to say with you, "Be it done unto me according to your word." May they experience the help of Christian people, and know the peace that comes from doing God's will.

## **The Apostles' 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; 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.

**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.**

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.**

For an increase in the virtues of faith, hope, and charity, we pray Hail Mary (3 times)

Hail Mary, full of grace. The Lord is with thee: blessed art thou among 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 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.

## **First Sorrowful Mystery - The Agony in the Garden**

**Fruit of the Mystery: Conformity to God's will**

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.

## **Second Sorrowful Mystery - The Scourging at the Pillar**

**Fruit of the Mystery: Mortification**

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.

### **Third Sorrowful Mystery- The Crowning With Thorns**

#### **Fruit of the Mystery: Moral Courage**

Jesus suffered the pain of thorns in His head, and did so silently. We pray for the healing of 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.

### **Fourth Sorrowful Mystery - The Carrying of the Cross**

#### **Fruit of the Mystery: Patience**

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.

### **Fifth Sorrowful Mystery- The Crucifixion**

#### **Fruit of the Mystery: Salvation**

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.

Let us pray one Our Father, one Holy Mary, one Glory be for the intentions of the Holy Father and to gain indulgences which we offer for the poor souls in purgatory.

Our Father, Hail Mary, Glory Be

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 vale 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!

V. Pray for us, O Holy Mother of God.

R. **That we may be made worthy of the promises of Christ.**

Let us pray,

Almighty and ever-living God, You have created all things through Your Son Jesus Christ. He trampled the power of death by His Paschal Mystery. May all

who acknowledge You promote the sacredness of life and always serve You faithfully, through the same Christ our Lord. Amen.

Lord God, I thank you today for the gift of my life, and for the lives of all my brothers and sisters I know there is nothing that destroys life more than abortion, Yet I rejoice that you have conquered death by the Resurrection of Your Son. I am ready to do my part in ending abortion.

Today I commit myself never to be silent, never to be passive, and never to be forgetful of the unborn and the lives destroyed by this culture of death. I commit myself to be active in the pro-life movement and never to stop defending life until all my brothers and sisters are protected, and our nation once again becomes a nation with liberty and justice not just for some, but for all, Through Christ our Lord, Amen.

### **A Prayer for Life**

Father and maker of all, you adorn all creation with splendor and beauty, and fashion human lives in your image and likeness.

Awaken in every heart reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life.

Grant this through our Lord , Jesus Christ, your Son, who lives and reigns with you in

the unity of the Holy Spirit, God forever and ever.

Amen

**Our Lady of Lebanon, pray for us**

**Saint Joseph, pray for us**

**Saint Maron, pray for us**

### **Litany in response to abortion**

Lord, have mercy. **Lord have mercy**

Christ, have mercy. **Christ, have mercy**

Lord, have mercy. **Lord have mercy**

Christ, hear us. **Christ, graciously hear us.**

God the Father, Creator of the world, have mercy on us. **RESPONSE: Have mercy on us!**

God the Son, through whom all things were made,

God the Holy Spirit, Lord and Giver of Life,

Lord Jesus, the Beginning and the End,

Lord Jesus, the Way, the Truth, and the Life,

Lord Jesus, the Resurrection and the Life,

Lord Jesus, Eternal Word of Life,

Lord Jesus, living in the womb of the Virgin Mary,  
Lord Jesus, Lover of the poor and weak,  
Lord Jesus, Defender of the helpless,  
Lord Jesus, Bread of Life,  
For every sin against life,  
For the sin of abortion,  
For the daily killing of innocent babies,  
For the bloodshed throughout our land,  
For the silent screams of Your children,  
For the killing of Your future disciples,  
For the exploitation of women by abortion,  
For the silence of Your people,  
For the apathy of Your people, For the cooperation of Your people in this tragedy,  
**RESPONSE for the following: Lord, hear our prayer.**  
For our pre-born brothers and sisters killed by abortion,  
For our pre-born brothers and sisters threatened by abortion,  
For our brothers and sisters who have survived abortion,  
For mothers who have had abortions,  
For mothers tempted to have abortions,  
For mothers pressured to have abortions,  
For mothers who have refused to have abortions,  
For the healing of fathers of aborted babies,  
For the healing of families of aborted babies,  
For the strength of families of those tempted to have abortions,  
For the conversion of all abortionists, all who assist and cooperate in abortions,  
For doctors and nurses, that they may nurture life,  
For government leaders, that they may defend life,  
For the clergy, that they may speak up for life,  
For the pro-life movement that it continues to stand up for the Truth and Life with fraternal love to the opponent,  
For those who speak, write, and work to end abortion,  
For those who help provide alternatives to abortion...  
For those who promote adoption,  
For national and local pro-life groups,  
For unity in the pro-life movement,  
For courage and perseverance in pro-life work,  
For those who suffer ridicule and rejection for their stand for life,  
For those imprisoned for defending life,  
For those who have been injured and mistreated for defending life,  
In thanksgiving for the babies saved from abortion,  
In thanksgiving for the mothers saved and healed from abortion,  
In thanksgiving for the former abortion providers who have become pro-life,  
In thanksgiving for all those who take a stand against abortion, In thanksgiving  
for the call to be part of the pro-life movement,

Lamb of God, who takes away the sins of the world, spare us, O Lord.  
Lamb of God, who takes away the sins of the world, graciously hear us,  
O Lord, Lamb of God, who takes away the sins of the world, have mercy on us.