

Meditative Prayer on the First Sorrowful Mystery
Format can be adapted for all Mysteries of the Rosary

Chair

- Invite the ladies to sit in a circle
- In the middle of the circle have a candle.
- Share with the ladies that they will be praying only one decade of the Rosary...the first sorrowful mystery "The Agony in the Garden". Before each prayer there will be a short meditation.
- The pause before you begin the prayer should be long enough for them to see the picture

Chair

Light the candle and pray:

"As we begin our forty days of Lent let us join Jesus in the Garden as he prepares for his final days. Let us give Him thanks for giving His life so we can have eternal life."

Chair:

Let us go to the garden and kneel beside Jesus

pause - Our Father

Feel the anxiety Jesus has as he realizes what lies in front of him.

pause - Hail Mary

See his tears as he asks His Father to take away this cup

pause - Hail Mary

See Him pale as He thinks of His mother

pause - Hail Mary

Feel the tingling of betrayal as Jesus remembers his friend Judas

pause - Hail Mary

Sense his resolve as He prepares to give himself

pause - Hail Mary

Feels his frustration when he sees the three apostles sleeping

pause - Hail Mary

Feel Him gain strength as the Holy Spirit enters him

pause - Hail Mary

Listen as he thanks the Father for placing the salvation of mankind in
his hands

pause - Hail Mary

Stand with Him as he moves out of the garden

pause - Hail Mary

Wipe away your tears as you pray for courage to witness to the truth

pause - Hail Mary

Think of one way you can make a difference in another members life

pause - Glory Be

Invite the ladies to stand and pray the League Prayer

Written by Judy Look