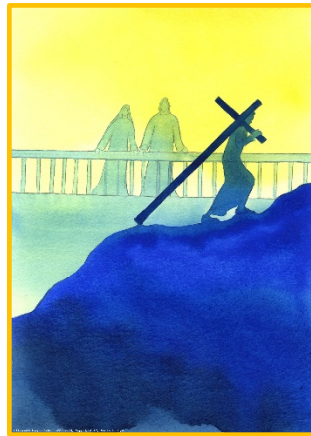


## The Fourth Sorrowful Mystery: The Carrying of the Cross



We offer this decade of the Rosary for all those affected by the Corona Virus in the Diocese of Westminster and we ask the help of Our Blessed Mother Mary to take our prayers to her beloved son, Jesus.

### **Our Father...**

1. Jesus is condemned to death by crucifixion and so is forced to carry the cross to the place of execution. We pray for all those burdened by the Corona Virus at this time, especially all the staff and pupils in the schools of Westminster Diocese.

**Hail Mary...**

2. The suffering of Jesus is intense as the cross is laid on his bruised and wounded back and shoulders. We pray for all those who are ill and in pain at this time, especially those who are suffering alone.

**Hail Mary...**

3. Weak and exhausted from lack of blood, lack of food and rest, Jesus falls three times under the cross. We pray for all of those who are working tirelessly at this time, especially doctors, nurses and other healthcare professionals.

**Hail Mary...**

4. Jesus meets his afflicted mother causing anguish in the hearts of Son and Mother. We pray for all mothers, fathers and children of loved ones who are suffering or dying at this time, especially those who are grieving.

**Hail Mary...**

5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle. We pray for those whose lives have been disfigured and changed, especially those who are suffering with poor mental health, stress or loneliness.

**Hail Mary...**

6. Veronica wipes the face of Jesus, leaving on her towel the image of his countenance. We pray for all those opening their hearts to the needs of others in their community, especially the elderly and those at risk.

### **Hail Mary...**

7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross beside Jesus. We pray for all those from different agencies, charities and support groups who are helping others to carry their cross at this time.

### **Hail Mary...**

8. Jesus speaks to the weeping women, “Weep not for me but for yourselves and for your children.” We pray for all of our children at this time, especially those who are most weak and vulnerable both at home and at school.

### **Hail Mary...**

9. “If anyone is to be my disciple, let him take up his cross and follow me.” We pray for each one of us and for members of our families, that we can take up our own cross that the virus has imposed on us, with love, compassion and faith.

### **Hail Mary...**

10. Jesus reaches the place on Calvary where he will be put to death on the cross. We pray for all those who are taking care of those who have died and those who are grieving, in our Diocese and around the world.

### **Hail Mary...**

We trust that God who is all-knowing and compassionate will hear our prayers and send us his Holy Spirit so that we can carry our cross following the example of our Lord and Saviour, Jesus Christ.

### **Glory be...**

*(Optional: The Prayer of Fatima)*

Let us pray:

*O my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to mercy, especially those who are in most need of your mercy.)*

Image by Elizabeth Wang <https://radiantlight.org.uk/images/image/46?search=cross&searchType=both>. To view and download images by Elizabeth Wang (and about Christian faith in general) please visit the Radiant Light website and use the search button to search by topic: <https://radiantlight.org.uk/>

Reflections on this mystery from: <https://www.rosarycenter.org/homepage-2/rosary/how-to-pray-the-rosary/sorrowful-without-distractions/>.