

The Crowning with Thorns

- ... Jesus, who for us suffered His head to be deeply pierced with sharp and painful thorns. Holy Mary, . . .
- ... Jesus, whose precious blood streamed down from His sacred head crowned with thorns. Holy Mary, . . .

The Way of the Cross

- ... Jesus, who weakened by scourging and torture struggled to lift and carry His heavy cross for us. Holy Mary, . . .
- ... Jesus, who weakened by loss of blood stumbled and fell and was crushed by His heavy cross. Holy Mary, . . .

The Crucifixion

- ... Jesus, who for us suffered His hands and feet to be nailed to the cross in terrible pain. Holy Mary, . . .
- ... Jesus, whose precious blood and saving water poured forth from His pierced heart and wounded side. Holy Mary, . . .

The Glorious Mysteries

The Resurrection

- ... Jesus, who arose from the dead on the third day, fulfilling the prophets as He'd promised He would. Holy Mary, . . .
- ... Jesus, who in His risen Glory stayed here below another forty days to walk and talk and eat with His disciples. Holy Mary, . . .

The Ascension

- ... Jesus, our Redeemer whose disciples saw Him taken up in a cloud to the glory of heaven. Holy Mary, . . .
- ... Jesus, who completed our redemption by presenting Himself to the Father in heaven. Holy Mary, . . .

The Descent of the Holy Spirit

- ... Jesus, who sent the Holy Spirit to strengthen us with the gifts of wisdom, understanding, counsel, and fortitude. Holy Mary, . . .
- ... Jesus, who sent the Holy Spirit to sanctify us with the gifts of knowledge, piety, and fear of the Lord. Holy Mary, . . .

The Assumption

- ... Jesus, who assumed you into heaven to be there a beacon of hope for us here below. Holy Mary, . . .
- ... Jesus, who assumed you into heaven to be always our intercessor with Him thy son. Holy Mary, . . .

The Coronation

- ... Jesus, who crowned thee queen of heaven to complete thy victory over Satan. Holy Mary, . . .
- ... Jesus, who crowned thee queen of heaven to reign above the saints and angels as mediatrix of all graces. Holy Mary, . . .

Contemplating the Mysteries of the Rosary

In his little classic, *The Rosary of Our Lady*, Fr. Romano Guardini tells about the use of "Jesus, who" prayers to contemplate the mysteries of the Rosary. In each *Hail Mary*, just after the name of Jesus, a clause is inserted to reference the mystery being contemplated. In his recent apostolic letter *Rosarium Virginis Mariae* Pope John Paul II again highlights this way to make the name of Jesus the "hinge" of the *Hail Mary*, and thus to concretely "contemplate the face of Jesus" when saying the Rosary:

The center of gravity in the *Hail Mary*, the hinge as it were, that joins its two parts, is *the name of Jesus*. Sometimes, in hurried recitation, this center of gravity can be overlooked, and with it the connection to the mystery of Christ being contemplated. Yet it is precisely the emphasis given to the name of Jesus and to His mystery that is the sign of a meaningful and fruitful recitation of the Rosary. Pope Paul VI drew attention, in his Apostolic Exhortation *Marialis Cultus*, to the custom in certain regions of highlighting the name of Christ by the addition of a clause referring to the mystery being contemplated. This is a praiseworthy custom, especially during public recitation. It gives forceful expression to our faith in Christ, directed to the different moments of the Redeemer's life. It is at once a *profession of faith* and an aid in concentrating our meditation, since it facilitates the process of assimilation to the mystery of Christ inherent in the repetition of the *Hail Mary*.

For instance, in the three preliminary *Hail Mary's* we pray for the three theological virtues, so you can insert "Jesus, who . . ." clauses referencing the individual virtues, as follows.

For Faith

Hail Mary, full of grace, Jesus, whom I beg to increase my faith in God. Holy Mary, Mother of God,

For Hope

Hail Mary, full of grace, Jesus, whom I beg to strengthen my hope for union with God in heaven. Holy Mary, Mother of God, . . .

For Charity

Hail Mary, full of grace, Jesus, whom I beg to fill me with greater love of God. Holy Mary, Mother of God, . . .

Then with each succeeding decade of the rosary you insert such a clause pertaining specifically to its particular mystery. Selecting and phrasing these clauses provides a tangible and concrete way to actually meditate on each mystery as you pray its ten *Hail Mary's*. In this way, the oft-mentioned goal of a truly Christ-centered scriptural rosary can actually become a practical reality.

Some typical clauses or reflections you can use for the various mysteries are listed below. Frequently one uses one clause for the first five *Hail Mary's* in a decade, and another for the last five, so two are listed for each mystery.

The Joyful Mysteries

The Annunciation

- ... Jesus, whose conception in thy womb by an overshadowing of the Holy Spirit was announced to thee by the angel Gabriel. Holy Mary, . . .
- ... Jesus, to whose annunciation you replied, I am the handmaid of the Lord, Let it be done unto me according to thy word. Holy Mary, . . .

The Visitation

- ... Jesus, at the first sound of whose first approach John leapt for joy in his mother's womb and was thereby freed of all sin. Holy Mary, . . .
- ... Jesus, at whose approach with you Elizabeth said, Who am I, that the mother of my Lord should come to me? Holy Mary, . . .

The Nativity

- ... Jesus, the heralded Messiah whom you bore in a humble stable in a lowly cave. Holy Mary, . . .
- ... Jesus, divine infant whom the angels and shepherds came that wondrous night to adore. Holy Mary, . . .

The Presentation

- ... Jesus, Son of the Most High whom you offered to God in the temple as your own first-born. Holy Mary, . . .
- ... Jesus, whom Anna and Simeon recognized as a tiny baby and proclaimed Him to be the long-awaited Messiah. Holy Mary, . . .

The Finding in the Temple

- ... Jesus, whom as a young boy you found discussing sacred scripture with scholars in the temple. Holy Mary, . . .
- ... Jesus, Your own son who said, Did you not know that I must be in my Father's house? Holy Mary, . . .

The Luminous Mysteries

The Baptism of Our Lord

- ... Jesus, at whose approach for his own baptism John said, Behold the Lamb of God who takes away the sins of the world. Holy Mary, . . .
- ... Jesus, whose divinity was made manifest by the descent upon Him of the Holy Spirit in the form of a dove. Holy Mary, . . .

The First Miracle at Cana

- ... Jesus, our Master and Teacher of whom His mother said, Do whatever He tells you. Holy Mary, . . .
- ... Jesus, wonder worker whose signs and miracles were meant to show forth His divinity, and to inspire belief in the gospel. Holy Mary, . . .

The Proclamation of the Kingdom

- ... Jesus, Son of Man who said, Behold, today in your hearing this scripture is fulfilled. Holy Mary, . . .
- ... Jesus, Son of God who said, Behold, the kingdom of heaven is at hand, repent and believe. Holy Mary, . . .

The Transfiguration of our Lord

- ... Jesus, whose transfigured face shone with the glory of God and the promise of heaven for all. Holy Mary, . . .
- ... Jesus, of whom a voice from the cloud said, Behold, this is my beloved son in whom I am well pleased, listen to Him. Holy Mary, . . .

The Institution of the Eucharist

- ... Jesus, our High Priest who instituted the Sacrifice of the Mass to perpetuate the Sacrifice of the Cross. Holy Mary, . . .
- ... Jesus, Lamb of God who instituted the Eucharist to leave his Body and Blood, Soul and Divinity with us in the Most Blessed Sacrament. Holy Mary, . . .

The Sorrowful Mysteries

The Agony in the Garden

- ... Jesus, who in His agony of decision said, Not my will, Father, but thine be done. Holy Mary, . . .
- ... Jesus, who in His agony of temptation sweat drops of His precious blood for us. Holy Mary, . . .

The Scourging at the Pillar

- ... Jesus, who in His scourging at the pillar suffered His flesh to be ripped and torn for us. Holy Mary, . . .
- ... Jesus, who in His scourging at the pillar offered His precious blood to be shed for us. Holy Mary, . . .