

## Glorious Mysteries

**Resurrection (Lk 24)**  
**Grace: Forgive all Grievances**

**Reflection:** He has conquered all! There is no enemy that does not fall at his feet. There is a Victor who

has won the victory over the greatest hurt, offence, frustration, annoyance, irritation, perturbation, injury, wound, damage, or sin with which any man could be afflicted. Jesus is that victory. Jesus is ready and longing to give you the grace to forgive your greatest and your smallest grievance.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Resurrection come down into our soul and into the Church bringing the graced to forgive all our grievances.

**Ascension (Ac 1:6-12)**  
**Grace: Receptive to the Grace of Mercy**

**Reflection:** As Jesus ascends into heaven he leaves the Apostles, he leaves us, with his blessing. Jesus has given us everything that we need. He has

given us all that he has. We simply need to receive from his abundance. We must not be our own lords determining what we will and will not do. Jesus has ascended to the right hand of the Father as Lord of all. His way is forgiveness and Jesus stands ready and longing to open your heart to becoming his mercy.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Ascension come down into our soul and into the Church bringing a heart that is receptive to grace of mercy.

**Pentecost (Ac 2:1-41)**  
**Grace: A New Heart of Mercy**

**Reflection:** What is it that you truly need? A new heart, for the old is damaged and weak. It is the work of the Holy Spirit who came to the Church on the day of Pentecost to create in us a new heart and put a right spirit within us. We need the

Holy Spirit. We need a fresh filing of the Holy Spirit, a New Pentecost. What is this new heart that the Holy Spirit will give us like? It is the heart of forgiveness, the heart of mercy, the heart of compassion. Jesus is ready and longing to give you more of the Holy Spirit.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of Pentecost come down into our soul and into the Church bringing the gift of a new heart of Mercy.

**Assumption**  
**Grace: Freedom**

**Reflection:** Our Lady was not only preserved from sin from the moment of her conception, but she was sustained in her sinlessness through out her life. When we choose to forgive, grace is able to maintain us in our forgiveness of the sin of another. We do not have to return over and over to hurtful

memories. Freedom is ours when we forgive another. Jesus is ready and longing to lift the weight that comes from another's sin against us

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Assumption come down into our soul and into the Church bringing the gift of freedom.

**Coronation of the Blessed Virgin Mary (Rev 12:1)**  
**Grace: To do Good to Our Offenders**

**Reflection:** Our Lady assumed into heaven by her conquering Son is victorious and her victory through Jesus awaits us. She now stands at the rights hand of

her Son making intercession for us to receive the same graces of which the Father filled her. She constantly, with gratitude, gazes on the holy wounds of her Son and, as the Mother of Mercy, pleads for those who caused those wounds. As the Father gave her the grace to forgive, she longs to share that grace of the ability to forgive with you. She waits to do good to you. Jesus is ready and longing to give you the grace to do good to those who have hurt, offended, frustrated, annoyed, irritated, perturbed, injured, wounded, damaged, or sinned against you.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Coronation of the Blessed Virgin Mary as Queen of Heaven and Earth come down into our soul and into the Church bringing the grace to do good to our offenders.

## Joyful Mysteries

**Annunciation and Incarnation (Lk 1:26-38)**  
**Grace: Ability to Forgive**

**Reflection:** God, your Father, has seen your pain, heard your cry for help and willed to

come to your rescue through the incarnation of his Son, our Lord Jesus Christ. You are not alone. The benefits of salvation are not just for eternity, they are for this life; they are for "now". Jesus is ready to be your Savior from the hurt you have faced and he has come with the grace for you to be able to forgive.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Annunciation and Incarnation come down into our soul and into the Church bringing the grace to forgive.

**Visitation of Mary to Elizabeth (Lk 1:39-56)**  
**Grace: Gratefulness and Joy for the Other**

**Reflection:** One of the effects of being offended is that of being robbed of gratefulness. The offence leads our hearts become callous and we are not

grateful for the person who has offended us, we cannot praise God for the gift of their creation. Our Lady on her meeting with Elizabeth is filled with joy that comes from gratefulness. The Holy Spirit is ready to restore your joy.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Visitation come down into our soul and into the Church bringing the gift of gratefulness and joy.

**Nativity of our Lord (Lk 2:1-20)**  
**Grace: Respect and Admiration for Others**

**Reflection:** God has become man and revealed to man his greatness, revealed to man his dignity. The

mystery of the human person is the most astonishing manifestation in the universe. The complexity and beauty of man can find no comparison or revival in all the cosmos. David cries in Psalm 139, "We are fearfully and wonderfully made." This holds true even for the person that has hurt us. The Father is ready to give you a new respect and admiration for others, even for the person who hurt you.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Nativity of our Lord come down into our soul and into the Church bringing respect and admiration for others.

**Presentation of the child Jesus in the Temple (Lk 2:22-38)**  
**Grace: Expectant Hope**

**Reflection:** Simeon, the elderly prophet, has been waiting to see the salvation of

Israel. He is expectant. He is hopeful. He knows that God has made a way out. You also can be expectant and hopeful that God is able to work even the offence that has been committed against you to the good. The Father is ready to give you an expectant hope that all can work to the good.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Presentation of the child Jesus in the Temple come down into our soul and into the Church bringing an expectant hope that God can work all to the good.

**Finding of the child Jesus in the Temple (Lk 2:41-52)**  
**Grace: Rigorous Honesty**

**Reflection:** When we are hurt it is easy to believe that "time will heal all" and bury our suffering, our frustration,

and not bring the negative encounter to the Lord. Our hurt festers. Our annoyance amplifies. With every new hurt another layer is added and we are hampered from complete freedom from things that lie in deep, dark places. Our Lady and St Joseph untiringly search for the Lord Jesus and so we must seek out our buried hurts knowing that God desires our total healing in every corner of our hearts. The Holy Spirit is ready to encourage you and move you to uncovering these hurts through rigorous honesty.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Finding of the child Jesus in the Temple come down into our soul and into the Church bringing rigorous honesty.

# Rosary of Forgiveness

## Luminous Mysteries

**Baptism (Mk 1:9-11)**  
**Grace: Cleansed Memory**

**Reflection:** In Baptism all is washed away. A new beginning is at hand. Forgiveness is

the miracle that provides for our souls to be washed of every hurtful, wounding, irritating encounter we have ever experienced. Forgiveness is the work of the Holy Spirit to heal and deliver the sullied soul, the clouded soul, the encrusted and burdened soul. Forgiveness is the grace of the Holy Spirit to begin again. The Holy Spirit is ready to grant the grace of a cleansed memory.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Baptism of our Lord come down into our soul and into the Church bringing the grace of a cleansed memory.

**Wedding at Cana (Jn 2:1-12)**  
**Grace: Communion**

**Reflection:** "It is not good for man to be alone." Jesus, God incarnate, attends the wedding at Cana because Jesus is drawn to this most essential element of personhood – the other. The heart of the mystery of God, the inner life of the

Trinity, is that of communion which is one person entering into and sharing the life of the other person. The Trinity is ready to grant the grace of communion with all, even our enemies.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Wedding at Cana come down into our soul and into the Church bringing the grace to enter into communion with others.

**Proclamation of the Kingdom (Mt 4:17)**  
**Grace: Repentance**

**Reflection:** One of the core principles of the Kingdom is that of repentance. Repentance is an enlightened look at our souls without the deception of excuses which leads to taking personal responsibility for what we have done or what we have failed to do. For forgiveness to take root and freedom to come to our souls we must repent of our slightest desire to condemn the one who has inflicted them selves upon us. Jesus, the Lord, is ready to endow your soul with repentance.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Proclamation of the Kingdom come down into our soul and into the Church bringing the endowment of repentance.

**Transfiguration (Mt 17:1-8)**  
**Grace: Compassion**

**Reflection:** When we are hurt, when we are frustrated, when we are wronged, it is the condition of our fallen nature, our flesh, to see only ourselves. One of the secrets to forgiveness is the

wisdom to see through the life of the other and thus be moved to compassion towards them. In the transfiguration Jesus does not reveal the deeper reality of who he is, but rather, the full reality of who he is: God and man; the man-God. Jesus wants to reveal to us the fuller reality of the life of the person who has caused our discomfort. Jesus wants us to see why they would do such a thing – what is their hurt; what is their history; what has lead them to this distortion of life and moved them to this unjust action. Jesus, compassion itself, wants to bestow upon you the eyes of compassion.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Transfiguration come down into our soul and into the Church bringing the eyes of compassion for our enemy.

**Institution of the Eucharist (Mt 26:26-30)**  
**Grace: Awareness of Christ Presence**

**Reflection:** "Jesus took the bread. Broke it and said..." Behold Christ broken. Behold Christ broken for you. Behold Christ who is able to share in your brokenness. When you look to Christ through

your brokenness you see one who knows what you are facing, one who shares your very suffering. This is the Lamb of God who is ready to open your eyes to his presence with you in your hurt, offence, frustration, annoyance, irritation, perturbation, injury, wound, damage, or sin that been committed against you.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Institution of the Eucharist come down into our soul and into the Church bringing the awareness of Christ presence in the midst of all.

## Sorrowful Mysteries

**Agony in the Garden (Lk22:39-46)**  
**Grace: Comfort**

**Reflection:** When we are in the midst of suffering it is easy

to think that one is alone and that nobody really understands. Because of Jesus and mystery of redemption that occurred in the Garden of Gethsemane, this claim can no longer stand firm, for it was in the Garden that the sins, sorrows and suffering of all mankind, from beginning to end, was placed upon Jesus for him to carry it to the Father through the cross. Jesus, in the Garden, experienced with you and for you your affliction from the sin of your afflicter. Jesus is ready, since he has entered into your painful situation, to comfort you.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Agony in the Garden come down into our soul and into the Church bringing comfort in the times of affliction.

**Scouring at Pillar (Jn 19:1-3)**  
**Grace: Mercy to Cover Shame**

**Reflection:** Many times the pain that leads to unforgiveness is because we have been exposed and our defenses are diminished. Jesus stripped, his hands tied, was beaten with no mercy. Sometimes what has been exposed is true, but it

should not have been done in the way that it was done. Jesus is ready and longing to cover our shame.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Scouring at the Pillar come down into our soul and into the Church bringing the mercy to cover our shame.

**Crowning with Thorns (Mt 27:29)**  
**Grace: Realization of Self Worth**

**Reflection:** Mocked for who we are is one of the burdens that so many of us bare. It is not that our gifts, our talents, or our personhood is denied. It is that our gifts, talents and personhood are seen and then degraded. Jesus

knows of this humiliating blow to the countenance, for they crowned him with a crown of thorns and mocked him for the truth of who he was – the King of kings and the Lord of lords. Jesus is ready and longing to speak to you the healing truth of who you are and your worth.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Crowning with Thorns come down into our soul and into the Church bringing a realization of self worth.

**Carrying the Cross (Mk15:20-21)**  
**Grace: Accepting the Help of Others**

**Reflection:** One of the dangers of being hurt is turning in on one's self and not looking for or accepting the help of others. Isolation becomes a syrine signing a dirge that lulls us into the land of self consumption. Jesus, the

Almighty God, became feeble under the weight of the cross and needed the help of Simon of Cyrene. Jesus is ready and longing to give you someone, somewhere, at sometime who will help you carry your cross.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Carrying of the Cross come down into our soul and into the Church bringing the grace to accept the help of others.

**Crucifixion and Death of Our Lord Jesus (Jn 19:16-37)**  
**Grace: Peace through Forgiveness**

**Reflection:** Now we are at the heart of it all – you have been wronged; you are justified in your punishing revenge; yet, there is

another way, the way of forgiveness. Behold the Creator being killed by his creation! Surely he would be vindicated to call down fire from heaven, scorpions from hell, to torture his torturers. Let us see how Love responds? "Father, forgive them..." His body is dying but his mercy is not. Jesus, crucified, is ready and longing to give you the peace that he would not surrender because he forgave.

**Intercession:** Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Crucifixion and Death of our Lord Jesus come down into our soul and into the Church bringing the peace that comes through forgiveness.