

The Millennium Pilgrimage Cross Rosary



A Prayerful Meditation for the Dignity of Every Human Life

Throughout history, the Rosary has been a source of comfort, courage, and deep spiritual reflection for millions. It is a tapestry of prayers woven together, inviting the faithful to contemplate the mysteries of Christ's life and love through the lens of Mary, his mother. The "Rosary for Life" embraces this tradition, focusing each prayer on the celebration, protection, and dignity of human life—from conception to natural death. This document offers a detailed guide and meditative reflections to accompany those who wish to pray the Rosary for Life, whether individually, in families, or as a community.

Introduction: The Meaning of Life in the Rosary

The Rosary is a powerful prayer that allows us to draw close to the mysteries of faith. When offered for the intention of life, it becomes an instrument of hope and an affirmation of the value and sacredness of every person. Each bead can be seen as a call to defend the vulnerable, heal the wounded, and uplift those at the margins. The Rosary for Life is not merely a set of prayers—it is a journey of compassion, a spiritual commitment to honor and protect life in all its stages.



The Cross is at the center of the Rosary:

Troparion Exultation of the Holy Cross

Save your people, O Lord and bless your inheritance. Grant victory to faithful people against enemies and protect Your community by Your Cross.

To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. 3x

We are all invited to look upon the healing and life-giving Cross of Christ and receive His transformative love and mercy. Today we walk with Mary to the crucifixion and pray for her intercession as she accompanies us in the crosses of suffering, we bear. She reminds us, God is with us, and we do not walk alone.

We begin in the name of the Father and the Son and the Holy Spirit+

Invocation of the Holy Spirit

Heavenly King, Advocate, Spirit of truth, who are everywhere present and fill all things. Treasury of blessings, Giver of life. Come and dwell within us; cleanse us of all that defiles us and O Good One, save our souls.

Nicene Creed

I believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is seen and unseen. I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God, begotten not made, one in being with the Father. Through

Him all things are made. For us men and our salvation He came down from heaven: by the power of the Holy Spirit, He was born of the Virgin Mary and was made man.

For our sake He was crucified under Pontius Pilate. He suffered, died, and was buried. On the third day, He rose again in fulfillment of the scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father (and the Son). With the Father and the Son, He is worshiped and glorified. He is spoken through the prophets.

I believe in one holy, catholic and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead and the life of the world to come.

Amen

After the announcement of each mystery and reflections we pray:

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.

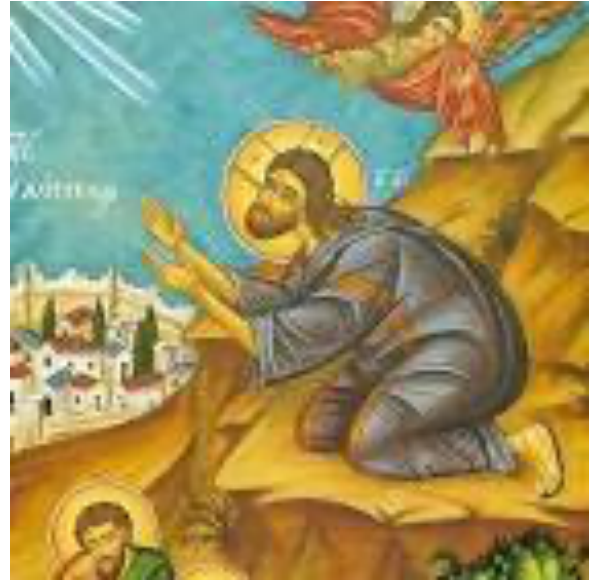
Hail Mary full of grace the Lord is with you.

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 (x10)



The First Sorrowful Mystery: The Agony in the Garden

Prayer Intention: For all who are suffering from abandonment or neglect, that compassionate individuals will come forward to offer them comfort and aid. Jesus comes with his disciples to the garden of Gethsemane and prays to be delivered from his Passion, but most of all, to do the Father's will. Let us pray that Christ might hear the prayers of all who suffer from the culture of death, and that He might help us to be the bearers of light and life to them in all we say and do.



Our Father...

- Holy Mary, Our Lady of Sorrows: hear the cries of innocent children taken from their mothers' wombs and pray for us sinners now, and at the hour of our death. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: soothe the aching hearts of those afraid to welcome their child. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: guide the heart of the frightened mother facing an unplanned pregnancy who turns to you. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: move the hearts of all who are in positions of authority to defend life from conception to natural death. **Hail Mary**
- Holy Mary, Our Lady of Sorrows be with us when fear and pain cause us to forget the inherent value of all human life. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: pray for the children who have forgotten their elderly parents. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: inspire and pray for the Holy Spirit to empower all priests and deacons to preach the gospel of life. **Hail Mary**
- Holy Mary, Our Lady of Sorrows be with those tempted to take their own lives out of pain or suffering. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: pray for the transformation of the hearts of those who seek violence, help them to choose peace. **Hail Mary**

- Holy Mary, Our Lady of Sorrows: teach us to love our life, even in the face of pain or suffering. ***Hail Mary***

***Glory to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen.***

***O My Jesus, forgive us our sins. Save us from the fire of hell and lead all
souls to heaven especially those most in need of your mercy,***

Always Protect Us

Always protect us dear Virgin Mary
While we are striving through our lives
And be our hope when death comes unwary
Be our salvation from evil plight
Chorus:

We bring to you dear Mother
Our hearts in pure offering
We worship God. He is our Father.
We worship God. He is our King. (2x)

We Long to be with God's holy people
Our hearts are guided by your love
That we may strive as your new children
And we may grow with grace from above. (Chorus)



The Second Sorrowful Mystery: The Scourging at the Pillar

Prayer Intention: That the victims of unjust war, violence, torture and slavery will be delivered from their suffering, find peace, healing and know that God is close to them.

Falsely accused before Pilate, Jesus is cruelly tied to a pillar and scourged, then stripped and clothed in a cloak of purple and mocked. Let us pray for all innocent victims, that by the merits of his most holy Passion, Christ might deliver them and grant them eternal life.

Our Father...

- Holy Mary, Our Lady of Sorrows: you know the suffering of the abandoned mother, intercede for her. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the anxiety of the man who does not know how to be a father **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know of the derision faced by those who face unplanned pregnancy **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the joy of an infant in a mother's arms. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the pride of a father in his little child. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the sufferings of immigrants and strangers **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the path of sorrow for the young widow or widower. **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the pain of the mother whose child has taken his own life **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know the evils of the porn industry which fuels human slavery today, **Hail Mary**
- Holy Mary, Our Lady of Sorrows: you know value of the life of the person who is old and sick **Hail Mary**

***Glory to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen.***

O my Jesus....

Immaculate Mary

Immaculate Mary, your praises we sing
You reign now in heaven with Jesus our King
Chorus: Ave, Ave, Ave Maria (2x)
Your name is our power, your virtues our light
Your love is our comfort your pleading our might
Chorus:
We pray for our mother, the Church upon earth
And bless dearest Lady the land of our birth,
Chorus:



The Third Sorrowful Mystery: The Crowning with Thorns

Prayer Intention: That the ongoing disparagement of Christians in our country and persecution throughout the world will end in a new era of tolerance and respect for the religious freedom and conscience rights of all. Pilate mocks the Christ by asking him if he is the King of the Jews. He is the King of all the world, through whom all things were made. He is the one who will judge the living and the dead at the end of time. Yet he is crowned with suffering, but his Kingdom is not of this world. He offers himself completely out of love for us, in reparation for our sins.

Our Father...

- Holy Mary, Our Lady of Sorrows: When children are killed in the womb, pray for us! **Hail Mary**
- Holy Mary, Our Lady of Sorrows: When old, infirm or poor men and women are killed out of a false sense of mercy, pray for us! **Hail Mary**
- Holy Mary, Our Lady of Sorrows: When we define the killing or mutilation of human beings as “healthcare”, pray for us! **Hail Mary**

- Holy Mary, Our Lady of Sorrows: When we choose selfishness and death over love and life, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When children are abused or abandoned, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When old people are warehoused and forgotten, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When human lives are sacrificed or used in a failure recognize their creation in the image and likeness of God, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When we despise and abandon those who are poor and vulnerable, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When the gift of fertility is rejected with contraception, pray for us! ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: When we choose expediency over life, pray for us! ***Hail Mary***

Glory to the Father, and to the Son, and to the Holy Spirit: now and forever and ever. Amen.

O my Jesus....

Tell the People

Chorus:

Tell the people I love them;
Tell the people I care;
When they feel far away from me,
tell the people I'm there.

Last night Jesus came to me
Wiped the tears from my eyes
He said not to worry
He would stay by my side Chorus:

Then He looked out upon the world
In the darkness of night
Then He turned and He looked at me



O how sadly He sighed Chorus:

When I walked upon Calvary

And I poured out my life, I died for each one of them, So that they may have life

Chorus:

The Fourth Sorrowful Mystery: The Carrying of the Cross

Prayer Intention: For all who labor under burdens that seem too great to bear—due to illness, age, poverty, cruelty or injustice—that our prayers and works of mercy will lighten ease their burdens.

Three times Christ falls under the weight of the Cross as he carries our sins to Calvary. Let us pray for all who struggle to live the Gospel of Life, that they might pick up their crosses and walk the way of sorrows with the Savior of the world.

Our Father...

- Holy Mary, Our Lady of Sorrows: give us the courage to cherish all life despite the cost ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: help us to support families whose members struggle with addiction or mental illness, ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: intercede for the woman who cries from the memory of her abortion ***Hail Mary***
- Holy Mary, Our Lady of Sorrows be close to all in positions of authority and teach them the beauty of all life ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: inspire us to be lifegiving, no matter the cost ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: help us to make our land a place where family life and love, are priorities ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: move us to love and support those whom the world has forgotten ***Hail Mary***

- Holy Mary, Our Lady of Sorrows: pray for those who suffer unjustified violence ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: Open our eyes to the wonder of God's love for us ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: stand beside us when we suffer and give us the courage to carry our cross, ***Hail Mary***

***Glory to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen.***

O my Jesus....

Redemptorist Prayer

Mary mother of Jesus, you the lowly one chosen from all time to bear God's only son.

Chorus:

Ave Maria, Ave Maria. Watch dear mother my way,
hear me when I pray

Ave Maria, Maria.

Mary Mother of Sorrows, your Son has won for us, life
with God on high, the triumph of the Cross

Chorus:



The Fifth Sorrowful Mystery: The Crucifixion

Prayer Intention: For an end to the idea that death is the end of human life, O Giver of Life. That all may come to know the power and victory of your saving cross and resurrection, O Christ.

Innocent and without sin, Jesus opens his arms upon the cross out of love for us. Let us join our sufferings, and the sufferings of the whole world, to his one perfect sacrifice of praise.

Our Father...

- Holy Mary, Our Lady of Sorrows: stand with us by the cross of your son ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: join your pierced heart to our sufferings ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: intercede for the innocent victims of violence, and the perpetrators who deny their very humanity ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: sustain with your prayers those are vulnerable, sick or elderly ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: open our hearts to the Gospel of Life Jesus preached from the wood of the cross, ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: teach us to conform our sufferings to those of your son ***Hail Mary***
- Holy Mary, Our Lady of Sorrows be with all married couples as they struggle to be responsible parents and open to lifegiving love ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: open our eyes to the beauty of life in all of its stages ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: give us the courage to see in the life wracked with pain, the glory of God's creation ***Hail Mary***
- Holy Mary, Our Lady of Sorrows: pray for us, that we might proclaim the Gospel of Life. ***Hail Mary***

***Glory to the Father, and to the Son, and to the Holy Spirit:
now and forever and ever. Amen. O my Jesus....***

Behold the Wondrous Cross

When I behold the wondrous cross
On which the Prince of Glory died
Richest gain I count my loss
and pour contempt on all my pride

Chorus:

Lord my God who died for me
All thanksgiving be to Thee (2x)
See from His hands, His head, His feet
What grief and blood flow mingled down
Did 'ere such love and sorrow meet
or thorns compose so rich a crown?

Chorus:

Were all the realms of nature mine
It would be offering far too small
Love so amazing so Divine
Demands my soul, my life, my all

Chorus:



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 valley of tears, turn then, most gracious advocate thine eyes of mercy toward us and after this our exile show us the blessed fruit of thy womb Jesus, O clement O loving O sweet Virgin Mary. Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ.

It is truly right to bless you, O God bearing one, as the ever blessed and immaculate Mother of our God. More honourable than the cherubim and by far more glorious than the seraphim. Ever a virgin you gave birth to God the Word. O true Mother of God we magnify you.

Adapted from USCCB Rosary for Life: <https://www.usccb.org/prayers/rosary-life-sorrowful-mysteries>