Read on the New Testament: Luke: 21 - 5:121, 12:19, 20:20, 29:33 Letters of St Paul 3 - 8 - 14 Isaiah 40, 1:5:9. You must understand that God allows all this to happen. The Pope and Bishops are now awaiting another message that speaks about repentance and prayer. Remember that God's words are not a threat, but good news... Please reproduce these pages and send them to all you know so we all can have the opportunity to repent and be saved. We do not know if those receiving this message believe or not in God, but think that if you are receiving this message is for a reason!! Maybe the Creator is giving us the chance to be saved, no matter what religion or creed. If you don't believe in this message at least send it to others, it costs you nothing. To all those receiving it, they can have the opportunity to judge for themselves. Remember, we can avoid a great deal if we practice the Commandments that our Father God left us. There are 10 simple things, that if we all put in practice we can obtain God's pardon.

This Prayer book is distributed FREE of Charge
Web Site: freeourladyofsorrows.com

Mary's Way of the Cross

"Mary's Way of the Cross"

Follows the mother of Jesus as she walks the road to Calvary, where Jesus was crucified, Emphasizing her sense of surrender:

"I knew it had to be, so I walked on silently."

Enter an intimate journey of faith through a deep reflection that will unite one's pain and suffering with Jesus on the cross through the sorrowful heart of His Mother.
Opening Prayer:
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
It was early Friday morning when I saw my son. That was the first glimpse I had of him since they took him away. His bruised and bleeding skin sent a sword of pain deep into my heart and tears down my cheeks. Then Pilate, from his chair of judgment, asked the crowd why they wanted my son executed. All around me they shouted, "Crucify him!" I wanted to plead with them to stop, but I knew this had to be. So I stood by and cried silently.

Prayer:
Lord Jesus, it is hard for me to imagine the anguish your mother felt at your condemnation. But what about today, when I hold a grudge? "Crucify him!" When I judge others? "Crucify him!" Doesn't this bring tears of anguish to both you and your mother? Forgive me, Jesus.

Our Father...Hail Mary...Glory Be
believe me father, the punishment will come very soon. Many souls will be lost; many nations will disappear from the earth. But, in the middle of all these, if men reflect, pray and practice good deeds, the world can be saved. One of all these, if men persist with its evil, the world will be lost forever. The time has come for all to pass on the message of our Blessed Lady to their families, friends, and to the entire world. Start praying, to make penitence and sacrifices. We are at the last minute of the last day and the catastrophes are near.

Due to this, many that were far from the church will return to the open arms of the Church of Jesus Christ. The joining of the churches will result in one Holy Catholic and Apostolic Church; England, Russia, China, Jews, Muslims and Protestants. All will return believing and worshiping God our creator, in his beloved Son and in our Blessed Mother Virgin Mary.

WHAT AWAITS US??? Every where there will be ‘Peace Talks’, but punishment will come.

A MAN IN A VERY IMPORTANT POSITION WILL BE ASSASSINATED AND THIS WILL PROVOKE THE WAR. A POWERFUL ARMY WILL DOMINATE ALL THROUGH EUROPEAN THE NUCLEAR WAR WILL COMMENCE. This war will destroy everything, darkness will fall over us for 72 hours (three days) and the one third of humanity that survives this obscurity and sacrifice, will commence to live a new era, they will be good people. In a very cold night, 10 minutes before midnight, A GREAT QUAKE will shake the earth for 8 hours. This will be the third signal that God is who governs the earth. The righteous and those who propagate the faith and the message of the Lady of Fatima SHOULD NOT FEAR DO NOT BE AFRAID.

WHAT TO DO???
Bow your heads, kneel down and ask God for forgiveness because, only what is good and is not under the power of evil will survive the catastrophe. In order for you to prepare and remain alive I will give you the following signs: ANGUISH....... AND IN A SHORT PERIOD THE EARTH QUAKE WILL COMMENCE... THE EARTH WILL SHAKE..... The shake will be so violent that will move the earth 23 degrees and it will return it to its normal position. Then, total and absolute darkness will cover the entire planet...

We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
Regaining a little strength, I walked with the crowds to the entrance of the square. A door flew open and my son stumbled out, the guards laughing behind him. Two men dragged over a heavy wooden cross and dropped it on his shoulders. Then they shoved him down the road. My pain for him was unbearable. I wanted to take the cross from him and carry it myself. But I knew this had to be, so I walked on silently.

Prayer:
Lord Jesus, I beg you to forgive me for the many times I have added more weight to your cross by closing my eyes to the pain and loneliness of my neighbour. Forgive me for gossiping about others and for always trying to find excuses to avoid certain people who wish to talk with me. Help me to be like Mary, always seeking to lighten the crosses of others. Forgive me, Jesus.

Our Father...Hail Mary...Glory Be
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
I followed close behind my son as he stumbled toward Calvary. Nothing had ever hurt me more than to see him in such pain. I saw the cross digging into his shoulders. My heart dropped when I saw him fall face to the ground, the heavy cross landing squarely on his back. For a moment I thought my beloved son was dead. Now my whole body began to tremble. Then the guards kicked him. He rose slowly and began to walk again, yet they still whipped him. I wanted to protect him with my own body. But, I knew this had to be, so I walked on and wept silently.

Prayer:
Lord, how often have I seen you fall, and, unlike Mary, have left you there without concern? How often have I seen people make mistakes and laughed at them? How often do I find myself getting angry when someone does things differently than I? Mary offered you her support through your entire passion. Help me to do the same for you by the support I give to others. Lord, have mercy on me.

Our Father...Hail Mary...Glory Be.
For more copies of the above Prayer Cards Ring the above numbers

Station IV 4th
We adore you, O Christ, and we bless You, because by Your holy cross You have redeemed the world.

Meditation:
I had managed to break through the crowd and was walking side by side with my son. I called to him through the shouting voices. He stopped. Our eyes met, my full of tears of anguish, his full of pain and confusion. I felt helpless; then his eyes said to me, "Courage! There is a purpose for this." As he stumbled on, I knew he was right. So I followed and prayed silently.

Prayer:
Lord Jesus, forgive me the many times our eyes met and I turned mine away. Forgive me the times things did not go my way and I let everyone know about it. Forgive me the times I brooded or became discouraged and did not heed Your call to courage! Yes, Lord, our eyes have met many times, but fruitlessly.

Hope and Refuge of sinners: Alone for us. Precious Blood:
Hope and Refuge of sinners: Alone for us. Our Father...Hail Mary...Glory Be...
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
I could now see almost complete helplessness on the face of my son as he tried to carry his heavy load. Each step looked as if it would be his last. I felt his every pain in my heart and I wanted the whole thing to end. Then I noticed some commotion near Jesus. The guards had pulled a protesting man from the crowd. They forced him to pick up the back of the cross to help lighten my son’s load. He asked the guards why this had to be.
I knew, and so followed silently.

Prayer:
Lord Jesus, I have many times refused to help you. I have been a selfish person who has often questioned your word. Don’t let me remain like Simon, but help me to be like your mother, Mary, who always silently followed and obeyed.

Our Father...Hail Mary...Glory Be
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
As I continued close by Jesus, a woman pushed past the guards, took off her veil and began to wipe my son’s sweating, bloody face. The guards immediately pulled her back. Her face seemed to say, “Why are you doing this to him?” I knew, so I walked on in faith, silently.

Prayer:
Lord, this woman gave you the best she could. On the other hand, I have wanted to take more than I give. So many opportunities arise every day for me to give to you by giving to others ----- but I pass them by. My Saviour, never let me ask why again, but help me to give all I have to you.

Our Father...Hail Mary...Glory Be
We adore you, O Christ, and we bless You, because by
Your holy cross, You have redeemed the world.

Meditation:
Again my son fell, and again my grief was overwhelming at
the thought that he might die. I started to move toward him,
but the soldiers prevented me. He rose and stumbled ahead
slowly. Seeing my son fall, get up again, and continue on,
was bitter anguish to me. But, since
I knew this had to be, I walked on silently.

Prayer:
Lord, of all people Mary was your most faithful follower,
never stopping in spite of all the pain she felt for you. I have
many times turned away from you by my sins and have
caused others to turn away from you.
I beg you to have mercy on me

Our Father...Hail Mary...Glory Be
R  Hear Our Prayer
L  Pure Host R
L  Holy Host R
L  Immaculate Host R
L  Lamb of God, Who takes away the sins of the world,
R  Spare us, O Lord.
L  Lamb of God, Who takes away the sins of the world,
R  Graciously hear us, O Lord.
L  Lamb of God, Who takes away the sins of the world,
R  Have mercy on us.
L  Lord, have mercy on us.
R  Christ, have mercy on us.
L  See, O Lord, our affliction,
R  And give glory to Thy Holy Name.

Let Us Pray
O Lord Jesus Christ,
Who did choose to remain with us in Your wonderful Sacrament to the end of the world in order to give to Your Father, by the memory of Your Passion, eternal glory, and to give to us the Bread of life everlasting:
Grant us the grace to mourn, with a heart full of sorrow, over the injuries which You Have received in this adorable Mystery, and over the many sacrileges which are committed by the impious, by heretics and by bad Catholics.
Inflame us with ardent zeal to repair all these insults to which, in your infinite mercy, you have preferred to expose yourself rather than deprive us of your Presence on our altars, who with God the Father and the Holy Spirit lives and reigns one God, world without end. Amen.

Meditation:
I was walking a few steps behind Jesus when I saw him stop. Some women were there crying for him and pitying him. He told them not to shed tears for him. They had the opportunity to accept him as the messiah; like many others, they rejected him instead. He told them to shed tears for themselves, tears that would bring their conversion. They did not see the connection between that and his walk to death.
I did, and as he walked on, I followed silently.

Prayer:
My Saviour, many times have I acted like these women, always seeing the faults in others and pitying them. Yet, very rarely have I seen my own sinfulness and asked your pardon. Lord, you have taught me through these women. Forgive me, Lord, for my blindness.

Our Father...Hail Mary...Glory Be
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
This fall of Jesus was agony to me. Not only had he fallen on the rocky ground again, but now he was almost at the top of the hill of crucifixion. The soldiers screamed at him and abused him, almost dragging him the last few steps. My heart pounded as I imagined what they would do to him next. But, I knew this had to be, so I climbed the hill silently behind him.

Prayer:
My loving Jesus, I know that many times I have offered my hand to help people but when it became inconvenient or painful to me I left them, making excuses for myself. Help me, Lord, to be like your mother, Mary, and never take my supporting hand away from those who need it.

Our Father...Hail Mary...Glory Be
L = Leader  R = Response
L & R  Lord, have mercy on us.
L & R  Christ, have mercy on us.
L & R  Lord, have mercy on us.
L      Christ, hear us.
R      Christ, graciously hear us.
R  Have Mercy On Us
L      God the Father of Heaven R
L      God the Son, Redeemer of the world, R
L      God the Holy Spirit R
L      Holy Trinity, One God R
L      Sacred Host, offered for the salvation of sinners R
L      Sacred Host, annihilated on the altar for us and by us R
L      Sacred Host, despised by lukewarm Christians R
L      Sacred Host, mark of contradiction, R
L      Sacred Host, delivered over to Jews and heretics R
L      Sacred Host, insulted by blasphemers R
L      Sacred Host, Bread of angels, given to animals R
L      Sacred Host, flung into the mud and trampled underfoot R
L      Sacred Host, dishonored by unfaithful priests R
L      Sacred Host, forgotten and abandoned in Thy churches R
L      Be merciful unto us R
L      Pardon us, O Lord. R
L      Be merciful unto us, R
L      Hear us, O Lord.

Station X 10th

We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
With my son finally relieved of the weight of the cross, I thought he would have a chance to rest. But the guards immediately started to rip his clothes off his blood-clotted skin. The sight of my son in such pain was unbearable. Yet, since I knew this had to be, I stood by and cried silently.

Prayer:
Lord, in my own way I too have stripped you. I have taken away the good name of another by foolish talk, and have stripped people of human dignity by my prejudice. Jesus, there are so many ways I have offended you through the hurt I have caused others. Help me to see you in all people.

Our Father...Hail Mary...Glory Be
Station XI 11th

We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:

As they threw Jesus on the cross, he willingly allowed himself to be nailed. As they punctured his hands and his feet I felt the pain in my heart. Then they lifted up the cross and dropped it in the hole they had dug, they deliberately jerked it, causing the force of Jesus' bodyweight to tear through the flesh on His hands and expose His bone. There he was, my son, whom I love so much, being scorned as he struggled for the last few moments of earthly life. But I knew this had to be, so I stood by and prayed silently.

Prayer:

Lord, what pain you endured for me. And what pain your mother went through, seeing her only son die for love of me! Yet, both you and she are ready to forgive me as soon as I repent of my sin. Help me, Lord, to turn away from my sinfulness.

Our Father...Hail Mary...Glory Be
Prayer –
My Lord and My God, it is my unchangeable will to honour You in these

FIFTEEN SECRET TORMENTS
When You shed Your Precious Blood;
May You be glorified, praised and honoured
So many thousands of times
O Most love-worthy Lord Jesus Christ,
As many time as there are grains of sand around the sea, as grains of wheat in the fields, as blades of grass in the meadow, as fruit in the orchards, as stars in the sky,
as angels in Heaven, as creatures on earth.
May You be glorified, praised and honoured,
So many thousands of times too in
Your Holiest Heart, Your Precious Blood,
Your Divine Sacrifice for mankind,
The Holiest Sacrament of the Altar,
The Most Holy Virgin Mary,
The nine glorious choirs of angels and the Blessed Phalanx of the Saints,
from myself and everyone, now and forever, and in the eternal ages.
In like manner, I desire, My dear Jesus,
to give You thanksgiving, to serve You, to repair and atone for all my ignominies, and to offer You my soul and body as Your possession forever. Likewise, I regret all my sins and beg Your pardon, O my Lord and my God. And I offer You the merits of Jesus Christ to repair everything, to obtain for us a happy dying-hour, to have mercy on the world and the deliverance of the souls from Purgatory. This prayer I desire to renew at each hour until my death, O lovable Jesus.

Sweet Saviour, fortify my resolution and permit not that neither wretched men nor Satan destroy it. Amen.

Station XII 12th
We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
What greater pain is there for a mother than to see her son die right before her eyes! I, who had brought this Saviour into the world and watched him grow, stood helplessly beneath his cross as he lowered his head and died.
His earthly anguish was finished, but mine was greater than ever.
Yet, this had to be and I had to accept it, so I stood by and I mourned silently.

Prayer:
My Jesus, have mercy on me for what my sins have done to you and to others. I thank you for your great act of love. You have said that true love is laying down your life for your friends. Let me always be your friend.
Teach me to live my life for others, and not fail you again.

Our Father...Hail Mary...Glory Be...
Station XIII 13th

We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:
The crowd had gone; the noise had stopped. I stood quietly with one of Jesus' friends and looked up at the dead body of our Saviour, my son. Then two men took the body from the cross and placed it in my arms. A deep sorrow engulfed my being. Yet, I also felt deep joy. Life had ended cruelly for my son, but it had also brought life to all of us.

I knew this had to be, and I prayed silently.

Prayer:
Lord, your passion has ended. Yet, it still goes on whenever I choose sin over you. I have done my part in your crucifixion and now, my Saviour, I beg your forgiveness with all my heart.
Help me to live a life worthy of you and your mother

Our Father...Hail Mary...Glory Be...

11 They poured on My wounds liquid lead and resin and, after this torture, they pressed Me on the nailed chair so that the nails went deeper and deeper into My flesh. Glory Be Etc.

12 For shame and affliction, they drove needles into the holes of My uprooted beard. They tied My hands behind My back and led Me walking out of prison with strikes and blows.

13 They threw Me upon a cross and attached Me so tightly that I could hardly breath anymore.

14 They thresh at My head as I lay on the earth, and they stepped on Me, hurting My breast. Then, taking a thorn from My crown, they drove it into My tongue.

15 They poured into My mouth the most immodest excretions, as they uttered the most infamous expressions about Me.

Then Jesus added,

“ My daughter, I desire that you let everybody know The Fifteen Secret Tortures in order that everyone of them be honoured.”

Anyone who daily offers Me, with love, one of these sufferings and say with fervour the following prayer, will be rewarded with eternal glory on the day of judgement.”
On the first 3 beads is said:
*“I looked for one that would comfort me, and I found none.”*

Followed by an Our Father, Hail Mary and Glory be.....
On each single bead meditate upon the secret tortures and sufferings.

On the Crucifix say the prayer that Jesus gave to Sister Mary Magdalen of Santa Clara:

The 15 Fifteen Secrets Tortures and Suffering of Our Lord and Saviour Jesus Christ
followed by Hail Mary & Glory Be after each one.

1. They fastened My feet with rope and dragged Me over the stepping stones of the staircase, down into a filthy, nauseating cellar.
2. They took off My clothing and stung My body with iron joints.
3. They attached a rope around My body and pulled Me on the ground from one end of the room to the other.
4. They hanged Me on a wooden piece with a slip knot until I slipped out and fell down. Overwhelmed by this torture, I wept bloody tears.
5. They tied Me to a post and pierced My body with various tools and weapons.
6. They struck Me with stones and burnt Me with blazing embers and torches.
7. They pierced Me with awls; sharp spears tore My skin, flesh and arteries out of My body.
8. They tied Me to a post and made Me stand barefoot on a heated metal sheet.
9. They crowned Me with a crown of thorns and wrapped My eyes with the dirtiest possible rags.
10. They made Me sit on a chair covered with sharp pointed nails, causing deep wounds in My body.

Station XIV 14th

We adore you, O Christ, and we bless You, because by Your holy cross, You have redeemed the world.

Meditation:

We brought Jesus’ body to a tomb and I arranged it there myself, silently weeping, silently rejoicing. I took one more look at my loving son, and then walked out. They closed the tomb and before I left, I thought, I knew this had to be it had to be for you! I would wait in faith silently.

Prayer:

Yes, my Lord, this had to be because You love me, and for no other reason. All you ask is that I live a good life. You never said such a life would be easy. I am willing to leave sin behind and live for you alone, in my brothers and sisters.

Our Father...Hail Mary...Glory Be...
Station XV 15th
Jesus Is Raised From The Dead
We adore You, O Christ, and we bless You because by Your holy Cross you have redeemed the world.

Meditation:
I could only be most grateful for the sacrifice of my son for us. Yet, what emptiness I felt trying to live without him whom I loved so! But, only two days later that emptiness was filled beyond belief — he had risen!

Our Saviour had opened the doors to a new life. That is the way it had to be — because his undying love for you would not stop at anything less. I could rejoice forever, but not in silence.

Prayer:
My Saviour, thank you! Thank you for such endless love that helps me to rise out of my own sinfulness. I will try again to live a better life. Help me to always remember that love. Mary, mother of our risen Saviour, teach me to be like you, and in my love for others, love him in return.

Our Father, Hail Mary, Glory Be

Special thanks to Fr. Richard Furey, CSSR for the Meditations and Prayers

The Fifteen Secret Tortures And Sufferings Of Our Lord And Saviour Jesus Christ

“I looked for one that would comfort me, and I found none”

This chaplet consists of 15 beads + 3 beads at the beginning.

(Revealed to the pious, God-loving Sister Mary Magdalen of Sancta Clara Order, Franciscan, who lived, died and was beatified in Rome.)

Jesus fulfilled the wish of this Sister who desired to ardently to know something about the secret sufferings that He endured the night before His death.

(This devotion is approved and recommended by His Holiness Clement II, 1730-1740)