

Feast of Our Lady of Sorrows ~ September 15th

7 Sorrows Rosary Prayer

1st. Sorrow: The Prophecy of Simeon (Luke 2:22-35)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

2nd. Sorrow: The Flight into Egypt (Matthew 2:13-15)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

3rd. Sorrow: The Loss of Jesus in the Temple (Luke 2:41-52)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

4th. Sorrow: Mary Meets Jesus on the Way to Calvary (Luke 23:27-31)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

5th Sorrow: Mary Stands at the Foot of the Cross (John 19:25-27)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

6th Sorrow: Mary Receives the Dead Body of Jesus in Her Arms (John 19:38-40)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

7th Sorrows: Jesus is Placed in the Tomb (John 19:41-42)
 Our Father...
 7 Hail Mary's
 Most Merciful Mother...

Concluding Prayer: Queen of Martyrs...
 Say 3 Times: Mary, who was conceived without sin and who suffered for us, pray for us.
 In the name of the Father and the Son and the Holy Spirit. Amen
 End of Prayer.

Beginning with the Sign of the Cross:
 In the name of the Father...
 Introductory Prayer & Act of Contrition

3 Hail Mary's
 Most Merciful Mother

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The Feast of Our Lady of Sorrows focuses on Our Blessed Mother's intense suffering and grief during the passion and death of our Lord. Traditionally, this suffering comprised the seven dolors or seven sorrows of Mary, which were foretold by the Priest Simeon. These sorrows of Our Lady are commemorated in the Sorrowful Rosary of Our Lady (also called The 7 Sorrows Rosary or the Chaplet of the 7 Sorrows). The prayer consists of a Rosary or Chaplet with seven sections of seven beads commemorating the seven swords which pierced Our Lady's heart. It is suggested when praying the Chaplet to begin with an Act of Contrition, recognizing the role our sins had in Our Lady's sufferings. Then, at each bead marking a new sorrow, pray an Our Father, followed by seven Hail Marys and ending with a "Merciful Mother" prayer. In the version of the 7 Sorrows Chaplet that we will pray, each Hail Mary has an added phrase *after* the words "and blessed is the fruit of thy womb Jesus." These phrases, based on the Rosary style of St. Louis de Montfort, are in italics on the page describing each mystery. These added words remind us of the particular sorrowful mystery of Our Lady that we are meditating upon.

A - ve, A - ve, A - ve Ma - ri - a, A - ve, A - ve, A - ve Ma - ri - a.

“Mary Most Holy goes on being the loving consoler of those touched by the many physical and moral sorrows which afflict and torment humanity. She knows our sorrows and our pains, because she too suffered, from Bethlehem to Calvary. Mary is our Spiritual Mother, and the mother always understands her children and consoles them in their troubles.”

—St. Pope John Paul II

How to Pray The Sorrowful Rosary of Our Lady

Make the sign of the Cross.

Act of Contrition (Traditional)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.



Our Father and Seven Hail Marys for each of the Seven Sorrows

At the beginning of each section of seven beads:

- Announce the Sorrow of Our Lady
- Pray an Our Father
- Pray 7 Hail Marys, and after the words “and blessed is the fruit of thy womb Jesus” include the words in italics at the end of the mysteries on the opposite page →
- Conclude the mystery with the Merciful Mother prayer below and sung Ave...

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. Amen.

HAIL MARY full of grace, the Lord is with thee; 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.

Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

After reciting the 7 mysteries, end with the following prayers:

Three Hail Marys to honor Our Lady’s Tears...

Prayer to Our Lady, Queen of Martyrs

Mary, most holy Virgin and Queen of Martyrs, accept the sincere homage of my filial affection. Into thy heart, pierced by so many swords, do thou welcome my poor soul. Receive it as the companion of thy sorrows at the foot of the Cross, on which Jesus died for the redemption of the world. With thee, O sorrowful Virgin, I will gladly suffer all the trials, contradictions, and infirmities which it shall please our Lord to send me. I offer them all to thee in memory of thy sorrows, so that every thought of my mind, and every beat of my heart may be an act of compassion and of love for thee. And do thou, sweet Mother, have pity on me, reconcile me to thy divine Son Jesus, keep me in His grace, and assist me in my last agony, so that I may be able to meet thee in heaven and sing thy glories. Amen.

Conclude, three times with “**O Mary conceived without sin, pray for us who have recourse to Thee.**”

Make the Sign of the Cross.

The Seven Sorrows of Our Lady

1. The Prophecy of Simeon at the Presentation in the Temple (Lk 2:22-35)

“Mary’s first sorrow announces that no Christian escapes the embrace of the Cross and that no Christian heart survives without being pierced...” *

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *whose mother’s heart was pierced.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



2. The Flight into Egypt (Mt 2:13-21)

“Christian living requires flight from the world...No one gains stability in Christian maturity without practicing some form of ascetism, without in some way leaving the world, even if...one is obliged to dwell within its visible confines. Sorrow arises from some kind of an encounter with evil...The lesson of the second sorrow: Evil never trumps God’s power at work in the world.”

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *who escaped into Egypt with Mary and Joseph.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



3. The Loss of Jesus in the Temple (Lk 2:41-50)

“The third sorrow that Mary endures as she hastens back to Jerusalem to look for what she may have considered to be a lost Child turns into one of Mary’s joys. Christian teaching assures us that joy and sorrow can coexist in the person who has committed himself or herself to God’s providential care.”

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *whose parents could not find Him.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



4. Mary Encounters Jesus on the Way of the Cross (John 19:1; Luke 23:26-32)

The lesson of the fourth sorrow: “Human love helps when it is within the framework of vocation, when it expresses the will of God. Because of the grace given to her, Mary’s sorrow never gives way to sadness, her personal agony does not paralyze her soul.”

[“Hail Mary.....and blessed is the fruit of thy womb Jesus, *who met His mother on the way to Calvary.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



5. Jesus Dies on the Cross (Mark 15:22; John 19:18, 25-27; Mark 15:34; Luke 23:46)

“...by ‘suffering deeply with her only-begotten Son and joining herself with her maternal spirit to his sacrifice, lovingly consenting to the immolation of the victim to whom she had given birth,’ in this way Mary ‘faithfully preserved her union with her Son even to the Cross.’”

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *whose mother stood at the foot of His Cross.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



6. Jesus Is Taken Down From the Cross (John 19:31-34, 38; Lam 1:12)

“Mary holds carefully the dead body of Christ, ‘which even after death remained united to the divine person of Christ.’ She protects it as she did when she wrapped him in swaddling clothes and laid him in a manger.”

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *whose Mother received His lifeless body.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



7. Jesus is Laid in the Tomb (Matthew 27:59; John 19:38-42; Mark 15:46; Luke 27:55-56)

“The church encourages us to sustain our meditation on Mary’s sorrows until this moment when, according to the practices they inherited from Israel, Christ’s disciples reverence the dead body of Jesus. In other words, they give him a proper burial. Mary’s seventh sorrow should incline us to imitate this reverence.”

[“Hail Mary...and blessed is the fruit of thy womb Jesus, *laid in the tomb by His mother.* Holy Mary, Mother of God...” Merciful Mother, remind us always about the Sorrows of your Son, Jesus. Ave ave...]



**All the reflections of the Sorrows of Our Lady are taken from The Seven Sorrows of Mary by Romanus Cessario, O.P., published by Magnificat.*