

How to Pray the Sorrowful Rosary of Our Lady

The Sorrowful Rosary of Our Lady (also sometimes called The 7 Sorrows Rosary or the Chaplet of the Seven Sorrows) consists of a Rosary or Chaplet with 7 sections of 7 beads commemorating the seven swords which pierce 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 7 Hail Marys. A way to help remind us of the sorrow we are praying on, we offer a slight variation based on the teaching of St. Louis de Montfort when a word or phrase can be added to each "Hail Mary." This word or phrase should be added after the words "and blessed is the fruit of thy womb Jesus." In the descriptions of the Seven Sorrows we have added this suggested short phrase in *italics* at the end of each mystery.



The short meditative phrases after each of the Sorrows of Our Lady are taken from *The Seven Sorrows of Mary* by Romanus Cessario, O.P., published by Magnificat.

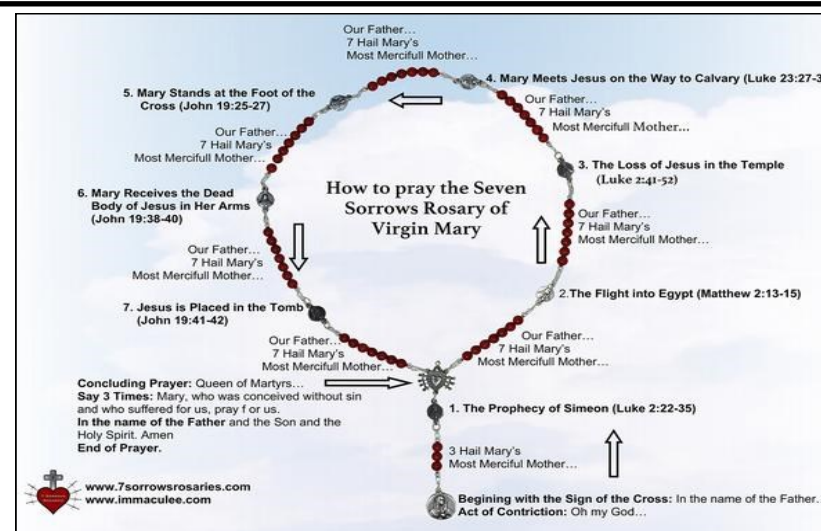
Make the sign of the Cross.

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, then pray an Our Father, followed by 7 Hail Marys, including the words in italics following the words "and blessed is the fruit of thy womb Jesus" in each Hail Mary.



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", and then the Sign of the Cross.

120 AT THE CROSS HER STATION KEEPING (Stabat Mater Dolorosa) STABAT MATER

Acc #72 / CP3 #265

1. At the cross her sta - tion keep - ing, Stood the mourn-ful
 2. Through her heart, his sor - row shar - ing, All his bit - ter
 3. O how sad and sore dis - tress'd, — Was that Moth - er

1. Sta - bat Ma - ter do - lo - ró - sa Ju - xta cru - cem
 2. Cu - jus á - ní - mam ge - mén - tem, Con - tri - stá - tam
 3. O quam tri - stis et af - flí - cta Fu - it il - la

1. Moth - er weep - ing, Close to Je - sus to the last.
 2. an - guish bear - ing, Now at length the sword has passed.
 3. high - ly blest — Of the sole be - got - ten One!

1. la - cri - mó - sa, Dum pæn - dé - bat Fi - li - us.
 2. et do - lán - tem, Per - tran - sí - vit glá - dí - us.
 3. be - næ - dí - cta Ma - ter U - ni - gé - ni - ti!

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...”

[“...and blessed is the fruit of thy womb Jesus, *whose mother’s heart was pierced*. Holy Mary...”]



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.”

[“...and blessed is the fruit of thy womb Jesus, *who escaped into Egypt with Mary and Joseph*. Holy Mary...”]



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.”

[“...and blessed is the fruit of thy womb Jesus, *whose parents could not find Him*. Holy Mary...”]



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.”

[“...and blessed is the fruit of thy womb Jesus, *who met His mother on the way to Calvary*. Holy Mary...”]



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.’”

[“...and blessed is the fruit of thy womb Jesus, *whose mother stood at the foot of His Cross*. Holy Mary...”]



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.”

[“...and blessed is the fruit of thy womb Jesus, *whose Mother received His lifeless body*. Holy Mary...”]



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.”

[“...and blessed is the fruit of thy womb Jesus, *laid in the tomb by His mother*. Holy Mary...”]

