

7 Sorrows of Our Lady

Our Lady presented seven promises to 14th Century mystic **St. Bridget of Sweden**. She asked the faithful to pray at least one Hail Mary in honor of each sword of sorrow. When we think about the Passion of Christ we must also think about His Mother. The Mother of God gave to St. Bridget the revelation that whoever prays seven Hail Mary's daily, while meditating upon her tears and sorrows, and then spreads this devotion, will be promised the graces listed below. One must pray seven Hail Mary's daily to obtain the graces mentioned.

This is the **simplest format** – Mediate on each of the 7 swords of sorrow while saying one Hail Mary for each. A longer form is on the next page.

Sorrows...

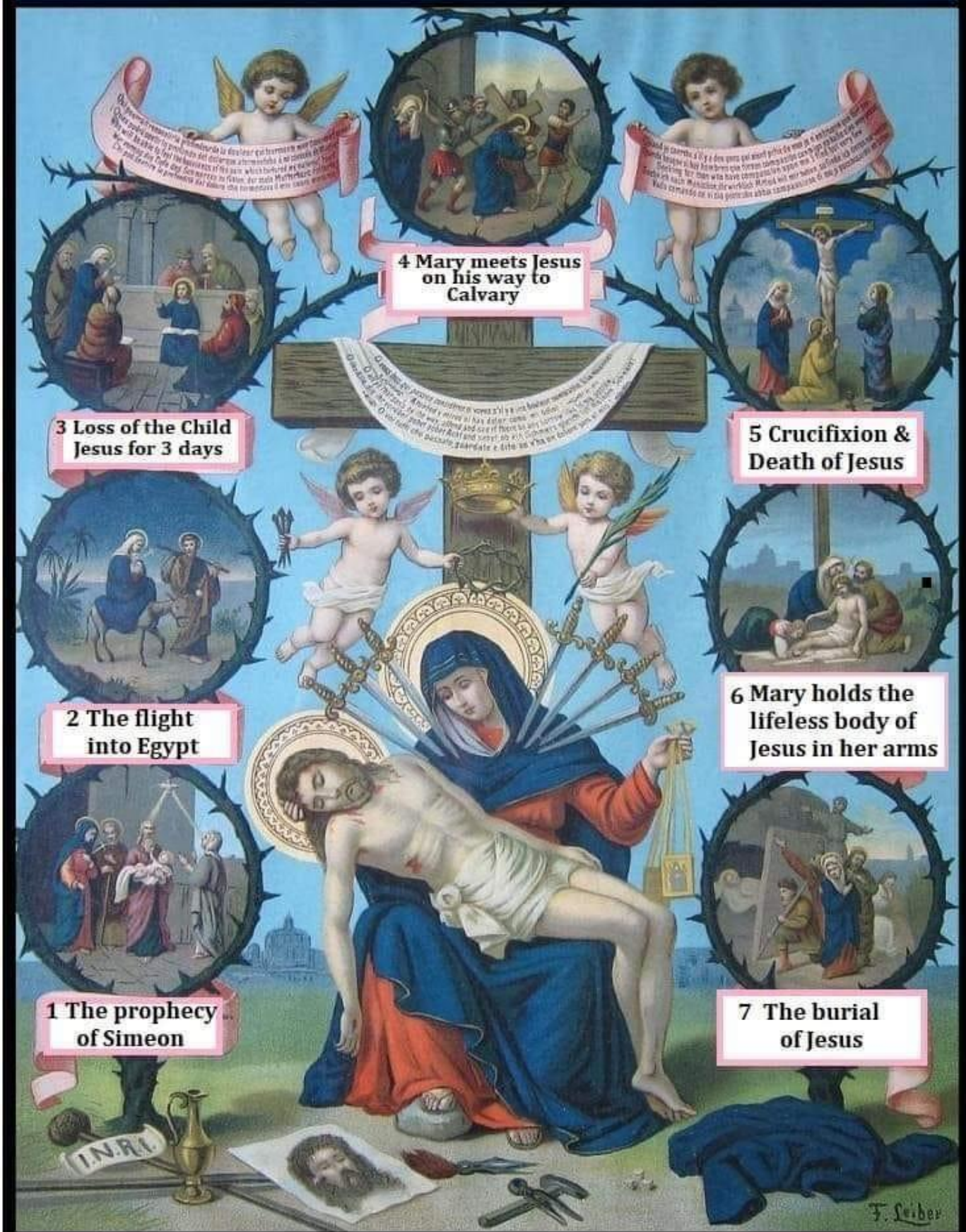
- 1st Sorrow: Simeon's prophecy that a sword will pierce Mary's soul.
Hail Mary ...
- 2nd Sorrow: The Flight into Egypt.
Hail Mary ...
- 3rd Sorrow: The loss of the Child Jesus in the Temple of Jerusalem.
Hail Mary ...
- 4th Sorrow: The meeting of Jesus and Mary on the Way of the Cross.
Hail Mary ...
- 5th Sorrow: Mary witnesses the Crucifixion and the death of Jesus on the Cross.
Hail Mary ...
- 6th Sorrow: The dead Body of Jesus is taken down and laid in the arms of His Holy Mother.
Hail Mary ...
- 7th Sorrow: The Burial of Jesus, with Mary's tears and loneliness.
Hail Mary ...



Graces ...

1. I will grant peace to their family
2. They will be enlightened about the divine mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for, as long as it does not oppose the Adorable Will of my Divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death; they will see the face of their mother.
7. I have obtained (this grace) from my Divine Son, that those who propagate this devotion to my tears and dolours, will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

The Seven Sorrows of Mary



The Seven Sorrows of Mary As Given to St. Bridget

Longer prayers according to a form approved by Pope Pius VII (1815)

V. O God, come to my assistance;
R. O Lord, make haste to help me

V. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(The Hail Mary is said after each verse.)

1. The Prophecy of Simeon (Luke 2:34-35)

I grieve for you, O Mary, most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

1 Hail Mary...

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

I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

1 Hail Mary....

3. The Loss of Jesus for Three Days (Luke 2:41-50)

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

1 Hail Mary....

4. The Carrying of the Cross (John 19:17)

I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He

carried His cross. Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

1 Hail Mary....

5. The Crucifixion of Jesus (John 19:18-30)

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear Mother, by your afflicted heart, obtain for me the virtue of temperance and the gift of counsel.

1 Hail Mary....

6. Jesus Taken Down from the Cross (John 19:39-40)

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the cross. Dear Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

1 Hail Mary....

7. Jesus Laid in the Tomb (John 19:39-42)

I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

1 Hail Mary....

Let Us Pray: Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the Hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, O Jesus Christ, Savior of the world, Who with the Father and the Holy Spirit lives and reigns world without end. Amen.

7 Lessons From Our Lady of Sorrows

The month of September is dedicated to Our Lady of Sorrows. Meditating on Mary's seven sorrows shows us how to turn to Jesus for healing and trust in God's promise of the resurrection.

Here are seven lessons we can learn from Our Lady's Seven Sorrows:

1. **Persevere.** (1st Sorrow – Prophecy of Simeon) As the prophet Simeon revealed to Mary that a sword would pierce her heart also, she persevered in saying 'yes' to the Father's will, courageously cooperating with God's plan of salvation.
2. **Listen.** (2nd Sorrow – Flight into Egypt) Despite difficulties, the Holy Family listened to God's instruction to flee to Egypt, and by their obedience found safety from Herod's attempts to destroy the Christ child.
3. **Seek With All Your Heart.** (3rd Sorrow – **Loss of Jesus**) Scripture records that Mary searched anxiously for Jesus, ultimately finding Him in the Temple. We too, should seek Christ in the midst of suffering, trusting God's words that, "When you seek me, you will find me, when you seek me with all your heart." (Jeremiah 29:13)
4. **Accompaniment.** (4th Sorrow – Mary Meets Jesus on His Way to Calvary) As Jesus carried His cross to Calvary, Mary accompanied him on the way. When we see others suffering, we can offer our presence in their pain, and invite Christ and Mary to accompany us in our trials as well.
5. **Pray & Receive the Sacraments.** (5th Sorrow – Standing at the Foot of the Cross) As Jesus was nailed to the Cross, Mary didn't abandon Him or hide, she remained close to her Son at the foot of His cross. We, too, can remain close to Christ through prayer and the Sacraments in the midst of our trials.
6. **Honor & Support.** (6th Sorrow – Jesus is Taken Down From the Cross) As Jesus was taken down from the Cross, Joseph of Arimathea and Nicodemus cared for Christ's body after his death, anointing Him with myrrh, aloe and spices, wrapping Him in linen. We can show honor and support to those who are suffering by tending to their bodily and spiritual needs - bringing meals, visiting, and praying for them.
7. **Never Give Up Hope.** (7th Sorrow - The Burial of Jesus) As they laid Jesus in the tomb, Mary waited with hope in the resurrection. Even when all seems lost, ask God to increase your hope that Christ will bring healing and resurrection out of suffering.

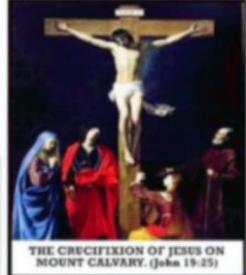
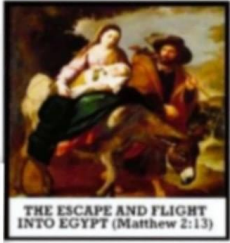


Stabat Mater Dolorosa

1. At the cross her station keeping,
stood the mournful mother weeping,
close to Jesus to the last
2. Through her heart, his sorrow sharing,
all his bitter anguish bearing,
now at length the sword had passed.
3. Oh how sad and sore distressed
was that mother highly blessed,
of the sole-begotten One!
4. Christ above in torment hangs;
she beneath beholds the pangs
of her dying glorious Son.
5. Is there one who would not weep,
whelmed in miseries so deep
Christ's dear Mother to behold?
6. Can the human heart refrain
from partaking in her pain,
in that Mother's pain untold?
7. For the sins of His own nation
saw Him hang in desolation,
all with bloody scourges rent.
8. Bruised, derided, cursed, defiled,
she beheld her tender child,
till His Spirit forth he sent.
9. O, thou Mother, fount of love,
touch my spirit from above,
make my heart with thine accord.
10. Make me feel as thou has felt;
make my soul to glow and melt
with the love of Christ our Lord.
11. Holy Mother, pierce me through;
in my heart each wound renew
of my Saviour crucified.
12. Let met share with thee his pain,
who for all my sins was slain,
who for me in torments died.
13. Let me mingle tears with thee,
mourning Him Who mourned for me,
all the days that I may live.
14. By the cross with thee to stay,
there with thee to weep and pray,
this I ask of thee to give.
15. Virgin, of all virgins blest,
O refuse not my request:
let me in thy weeping share
16. Let me, to my latest breath,
in my body bear the death
of that dying Son of thine.
17. Wounded with his every wound,
steep my soul till it hath swooned
in His very blood away.
18. Be to me, O Virgin, nigh,
lest in flames I burn and die,
in that awful judgment day.
19. Christ, when thou shalt call me hence,
be Thy mother my defense,
be Thy cross my victory.
20. While my body here decays,
may my soul Thy goodness praise,
safe in Paradise with Thee. Amen.



SEVEN SORROWS OF MARY IN THE BIBLE



OUR LADY OF SORROWS
 Hear our prayers...

*Oh Mary
 Queen of Martyrs,
 your heart suffered so
 much. I beg you, by the
 merits of the tears you
 shed in these terrible
 and sorrowful times,
 to obtain for me and all
 the sinners of the world
 the grace of complete
 sincerity and repentance.
 Amen.*

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