

# The Rosary of the Seven Sorrows of the Blessed Virgin Mary



- **Introductory Prayer:**
- My God, I hereby dedicate this Rosary to Thee because of Thy Glory, so that I can honor Thy Holy Mother by following and sharing her suffering. I humbly beg Thee to give me true repentance for all my sins. Help me to remain humble so that I may receive all the indulgences contained therein.
- **Act of Contrition:**
- O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance, and to amend my life. Amen.

# First Sorrowful Mystery

## The Prophecy of Simeon



- The Blessed Virgin Mary gave God her first born as the law prescribed, and Simeon, led by the Holy Spirit, predicted how a sword of sorrow would pierce her heart. The Blessed Virgin knew that she had given birth to the Savior. She immediately and clearly understood this. Though her heart was deeply touched by this favor, her heart remained heavy and troubled for she knew what was written about the suffering and the death of the Savior. Whenever she saw Jesus, she was constantly reminded of His suffering.
- **Prayer:**
- *Beloved Mother who suffered at heart beyond bearing because of us, teach us to suffer with you. As God wants, imitating you, we suffer and may our suffering be known to God only, like yours and that of Jesus. You dedicate it to God. You, who suffered with the Savior of the world, you are a Mother greater than all.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Second Sorrowful Mystery

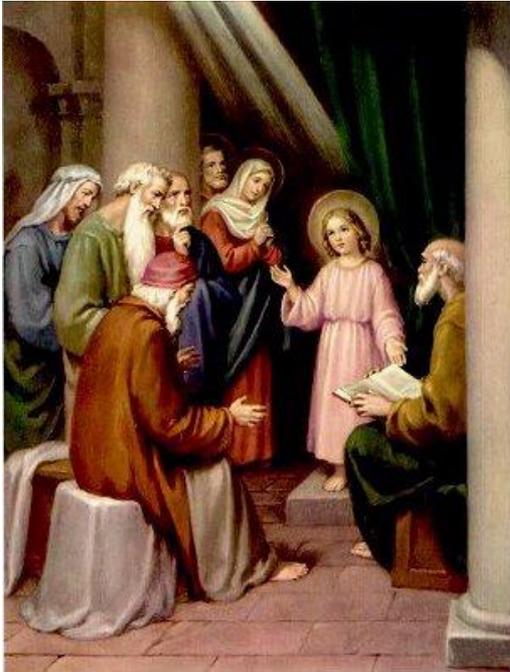
## The Flight into Egypt



- Mary was greatly troubled when Joseph revealed to her the words of the angel, that they should wake up quickly and flee because Herod wanted to kill the Infant Jesus. The Blessed Virgin Mary hardly had time to decide what to take or leave behind. She took the child Jesus, left everything, rushed outside before Joseph so that they could hurry as God wished. Then she said: "Even though God has power over everything, He wants us to flee with Jesus His Son. God will show us the way and we shall arrive without being caught by the enemy." Because the Blessed Virgin was the Mother of Jesus, she loved Him more than any one else. Her heart was deeply troubled at the sight of the discomfort her Infant Son experienced. Jesus was cold and shivering, and though they were tired, sleepy and hungry during this long travel, her only thought was about the safety and comfort of her Son. She feared coming face to face with the soldiers who had been ordered to kill Jesus because she was aware that the enemy was still in Bethlehem. Her heart remained constantly anguished during this flight. She also knew that where they were going, there would be no friendly face to greet them.
- **Prayer:**
- *Beloved Mother who greatly suffered, give us a courageous heart like yours. We accept all the sufferings as God so wishes, our own and that inflicted by others. You alone purify our suffering so that we may give glory to God and save our souls.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Third Sorrowful Mystery

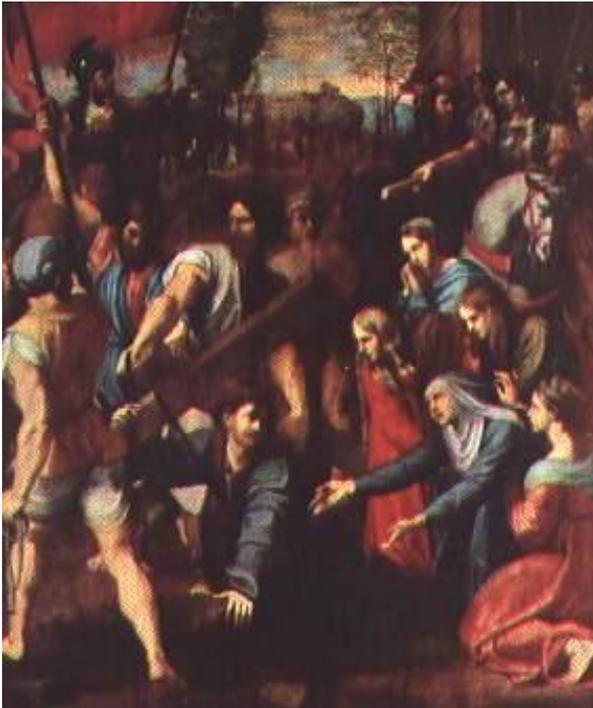
## The Loss of Jesus in the Temple



- The Blessed Virgin knew God's glory. She, who was most blessed among all others, received the gift of exceptional love, that is the grace to love her Son far more than most parents love their children. Jesus was the only begotten Son of God, and also the Virgin Mary's Son. The Blessed Virgin loved Jesus more than herself because He was her God. Compared to other children, He was a most unique child because He was already living as God. When Mary lost Him on their way back from Jerusalem, the world became so big and lonely that she believed that she couldn't go on living without her Son Jesus, so great was her sorrow. Jesus had pleased her in everything. He never annoyed her in any way, nor would He ever displease His parents. As she looked anxiously for her beloved Jesus, deep pain welled in her heart; she blamed herself, asking why she didn't take greater care of Him. But it was not her fault. Jesus no longer needed her protection as before. What pained Mary was that Jesus had decided to stay behind without her consent. She knew, however, that her Son always did what was necessary and she never suspected Him of being disobedient. Mary felt the same pain Jesus felt when He was abandoned by His apostles during His Passion.
- **Prayer:**
- *Beloved Mother, teach us to accept all our sufferings because of our sins and the sins of the whole world.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Fourth Sorrowful Mystery

## Mary Meets Jesus on the Way to Calvary



- The Blessed Virgin meets Jesus carrying the cross on which He is to be crucified. See the anguish on her face. John is informing her that Jesus, her beloved Son is going to be hanged on Calvary. Mary sees Jesus carrying the heavy Cross alone - the Cross on which He is to be crucified. This doesn't surprise the Blessed Virgin because she already knew about the approaching death of Our Lord Jesus. Already weakened by the numerous hard blows given with the soldier's clubs, His body resembles a corpse carrying the Cross. Simon was mad to help Him. The soldiers kept hurrying and pushing Him. Then He falls once more, exhausted, unable to raise Himself. At that moment, Mary's eyes full of tender love and compassion meet His. Their hearts seem to be sharing the load. Nothing can be done except to believe and trust in God, and dedicate that suffering to Him.
- **Prayer:**
- *Beloved Mother, stricken with grief, teach us to accept all our sufferings, so that we may relieve your sorrowful heart and that of Jesus. In doing so, may we give glory to God who gave you and Jesus to us. As you suffered, teach us to suffer silently and patiently. Grant unto us the grace of loving God in everything. O Mother of Sorrows, O Mother most afflicted of all mothers, have mercy on the sinners of the whole world.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Fifth Sorrowful Mystery

## Mary Stands at the Foot of the Cross



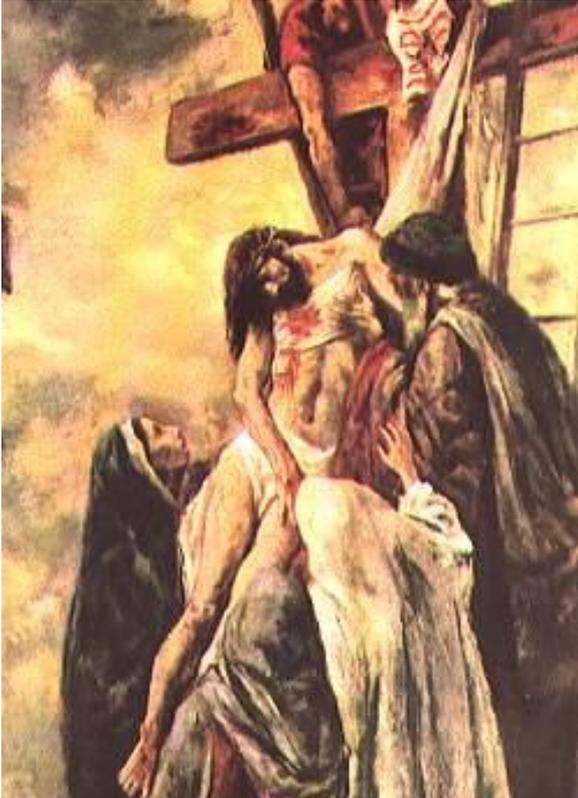
- The Blessed Virgin Mary met Jesus and continued to climb the mount, following behind Him painfully and sorrowfully with deep anguish, suffering silently. She could see Him staggering and falling with the Cross. She witnessed His being beaten and His hair pulled to force Him to stand up. Upon arrival to Calvary, He was ordered to confess in front of the crowd so that the crowd would laugh at Him. Mary, like Jesus, deeply felt this pain. The Blessed Virgin felt sick at heart at seeing these tyrants crucifying Him naked and so, shaming Him. Jesus and Mary felt more disgraced that we do because they are holy.

The Blessed Virgin Mary felt pain beyond bearing when Jesus lay down on the Cross. His murderers, singing, approached Him with hammers and nails, sat on Him, so He would not shake. As they hammered the nails on both hands, Mary felt the blows in her heart. She felt her life fading away. As they proceeded to put the Cross in the hole ready to receive it, they jerked it, and because of its weight, the pain seared all over Jesus's body. He suffered three excruciating hours transfixed to the Cross. He was hurt to the core at seeing His Mother suffering, too. Then Jesus died with His Blessed Mother called to die with Him in spirit. When His sacred body was taken down from the Cross, it was placed in the arms of His suffering and sorrowing Mother.

- **Prayer:**
- *Beloved Mother, O Heart so martyred, give us the courage you had in all your sufferings so that we may unite our sufferings with yours and thereby give glory to God. Help us follow all your orders so that Jesus's sacrifice will not be in vain, and all sinners, the world over, will be saved.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Sixth Sorrowful Mystery

## Mary Receives the Dead Body of Jesus in Her Arms



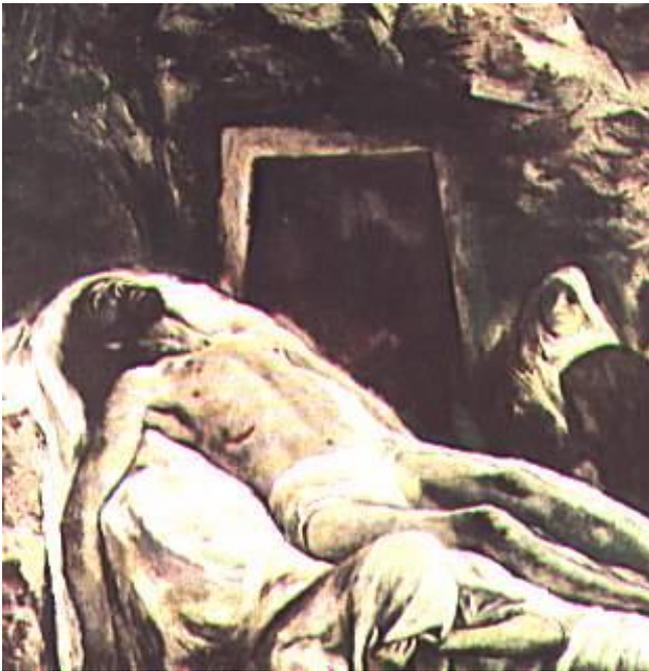
- The friends of Jesus, Joseph and Nicodemus, took down the body of Jesus from the Cross and placed it in the arms of the Blessed Virgin. Then, Mary washed it with deep respect and love because she was His Mother. She knew better than anyone else that He was God who made Himself the Saviour of the people. She could see terrifying wounds because of the flogging He received while at Pilate's. His flesh had been torn in strips with pieces removed. All over His body there were gaping wounds. Mary found that the scars and wounds from the nails were less severe than those caused by the flogging and by the carrying of the Cross. His beloved Mother was horrified at the thought that He managed to carry the Cross. She saw that all the wounds on His Head had penetrated to the brain. She found that Jesus's death was far worse than that of the bandits. When she saw Him, she remembered all about Him, from His infancy up to that time, and it filled her with deep anguish and sorrow.

Our Blessed Mother continued to be a martyr. She, the Queen of Martyrs, didn't hesitate to give her Son who became the Saviour of all humanity. She prayed that everybody would go to Heaven; that all would truly follow God, so that Jesus's torturous death would not be in vain. The Blessed Virgin Mary prayed for us all.

- **Prayer:**
- *We thank you, Beloved Mother, for the courage you had standing beneath the Cross on which your crucified Son was giving Himself up as our Saviour. That is when you became a wonderful Mother to us. We know that you love us more than our own parents. We implore you to be our advocate before the throne of mercy and grace, so that we can be truly your children. We thank you for Jesus, our Saviour and Redeemer, and we thank Jesus for giving you to us, the Co-Redeemer and Mediatrix of all graces. Please pray for all of us, sinners of the world.*
- **Our Father (1x)**
- **Hail Mary (7x)**

# Seventh Sorrowful Mystery

## Jesus is Placed in the Tomb



- The life of the Blessed Virgin Mary was closely linked to that of Jesus and depended on Him. As for her, she wanted Him to die so that all His unspeakable suffering would come to an end. Our sorrowful Mother, with the help of John and the holy women, devoutly placed Him in the sepulchre. Then she went home with great pain, dying at heart with her Son Jesus but with the ardent hope He would resurrect without delay. For the first time she remained without Him.
- **Prayer:**
- *Most Beloved Mother, Mother of Mercy, Mother of both God and people, we are your children and we place all our trust in you. Teach us to see God in all things, in all situations, even in our sufferings. Help us to understand the importance of it, and also to know the results of suffering as God had intended it. You, yourself, were conceived without sin, yet you suffered more than others. You accepted suffering with love and with unsurpassed courage. You stood by your Son from the time Jesus was arrested until He died. You suffered along with Jesus, accomplished the will of God, the Father, and hence became a saviour together with Jesus. We beg you, Dear Mother, teach us to do as Jesus did. Teach us to accept our cross courageously. Help us to follow in His footsteps, even to be willing to lay down our lives for others.*
- **Our Father (1x)**
- **Hail Mary (7x)**



- **Concluding Prayers:**

*Queen of Martyrs, your soul was greatly troubled in the ocean of suffering. We beg you by the merits of the tears you shed in these terrible sorrowful mysteries, to obtain for us and all sinners of the world, the grace of complete sincerity and repentance.*

To wipe away Mary's tears shed during the Passion of Jesus, say:

**Our Father (3x)**

**Hail Mary (3x)**

O heart of Mary, conceived without original sin, yet didst suffer so for us, pray for us who have recourse to thee.  
(3x)

**The Memorare:**

Remember, O most gracious Virgin Mary that never was it known that anyone who fled to thy protection, implored thy aid or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of Virgins, our Mother. To thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy, hear and answer me. Amen.