

Chaplet of the Seven Sorrows of Mary

- 1st Bead - Introductory prayer

My God, I offer you this Rosary in honour of the seven principal Sorrows of Mary, for your greatest glory, for my conversion and that of all people through your beloved Son, Jesus Christ, our salvation and our unique way to come to you, in union with the Holy Spirit for ever and ever. Amen!

- 3 Beads - 3 Hail Marys

- 2nd Bead - Act of contrition

1. Prophecy of Simeon - reflect on and sympathize in the sorrow of our Blessed Lady, when she presented her Divine Child in the Temple, and heard from the aged Simeon that a sword of grief should pierce her soul on His account.

- Our Father, Seven Hail Mary's

2. Flight into Egypt - reflect on her sorrow when, to escape the cruelty of King Herod, she was forced to fly into Egypt with St. Joseph and her beloved Child.

- Our Father, Seven Hail Mary's

3. Three-day Separation from Jesus in Jerusalem - reflect on her grief, when, in returning from Jerusalem she perceived that she had lost her dear Jesus, whom she sought sorrowing during three days.

- Our Father, Seven Hail Mary's

4. Meeting Christ on the Road to Calvary - reflect on her meeting her Divine Son, all bruised and mangled, carrying His cross to Calvary, and seeing Him fall under His heavy weight.

- Our Father, Seven Hail Mary's

5. Crucifixion and Death of Jesus Christ - reflect on her standing by when her Divine Son was lifted up on the cross, and the blood flowed in streams from His sacred wounds.

- Our Father, Seven Hail Mary's

6. Our Lord is Taken Down from the Cross (Pieta) - reflect on her sorrow, when her Divine Son was taken down from the cross, and she received Him into her arms.

- Our Father, Seven Hail Mary's

7. Our Lord and Savior Jesus Christ is Buried in the Tomb - contemplate her following His sacred body, as it was borne by Joseph of Arimathea, and Nicodemus, to the sepulcher, enclosed there, and hidden from her sight.

- Our Father, Seven Hail Mary's

- 3 Hail Mary's in honour of the Sorrowful tears of Our Lady

V. Pray for us, O most Sorrowful Virgin

R. That we may be made worthy of the promises of Christ

Let us pray:

Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, Thy Mother, whose holy soul was pierced at the time of Thy Passion by a sword of grief. Grant us this favor, O Savior of the world, Who livest and reignest with the Father and the Holy Ghost for ever and ever. Amen.

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The Blessed Virgin Mary grants seven graces to the souls who honour her daily by saying seven Hail Mary's and meditating on her tears and dolors (sorrows). The devotion was passed on by St. Bridget of Ireland (Kildare 451-525)

HERE ARE THE SEVEN GRACES:

- 1 I will grant peace to their families.
- 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 from my divine Son, that those who propagate this devotion to my tears and dolors, 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.