

Fifth Sorrow

John 19:25-27

**Mary stands
near the Cross of her Son Jesus**

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Sixth Sorrow

cf. John 19:38

**Mary receives into her arms the body of
Jesus taken down from the Cross**

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Seventh Sorrow

John 19: 39-42

**Mary helps place the body of Jesus
in the tomb**

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Concluding Prayers

Three Hail Marys in honor of the tears of Our Sorrowful Mother (on the three final beads).

O Mary, you truly became the Queen of all martyrs as these seven bitter swords of sorrow pierced your Immaculate Heart! By the merits of your tearful distress obtain for us and for all sinners the graces of perfect contrition and conversion. Help us always, dear Mother, to imitate you by taking up our crosses and following Jesus with limitless love and generosity. Amen.

Mary, who was conceived without sin and who suffered for us,

- ◆ pray for us. (Say three times)



Chaplet of the Seven Sorrows of Mary

Introductory Prayers

My God, I offer you this rosary for your glory. I want to honor your Holy Mother, the Blessed Virgin, by meditating upon and sharing in her suffering.

O my Lord and Savior, Jesus Christ, trusting in your infinite love I turn to you for forgiveness and mercy. I am truly sorry for the pains you suffered in your most bitter Passion because of my sins. For love of you, and before your holy presence, I utterly renounce and forsake all the sins of my whole life. I ask pardon of you with all my heart. I firmly resolve to amend my life and would rather die than offend you again.

O Blessed Virgin Mary, you are our tender Mother and the refuge of sinners. I run to you with confidence and love. Hide me under your mantle of love and protection. As I meditate upon the swords of sorrow that pierced your Immaculate Heart, obtain for me the forgiveness of my sins and the grace to live a life of heroic holiness.

O Blessed Mother, I unite my heart to yours and offer this rosary for priests: for their growth in holiness, obedience to the Magisterium, boldness in the proclamation of the Gospel, and a profound love for the people of God. May all priests humbly lead the souls entrusted to their care into an intimate relationship with the Lord.

V. Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

R. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

First Sorrow

Luke 2:34-35

Simeon announces the suffering destiny of Jesus

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Second Sorrow

Matt 2:13-15

Mary escapes into Egypt with Jesus and Joseph

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Third Sorrow

Luke 2:41-51

Mary seeks Jesus lost in Jerusalem

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.

Fourth Sorrow

cf. Luke 23:26-31

Mary meets Jesus as He carries His Cross to Calvary

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.

(Our Father and Seven Hail Marys)

Holy Mother hear my prayers

- ◆ and renew in my heart each wound of Jesus my Savior.