



# 7 SORROWS OF MARY DEVOTION



The purpose of the devotion of the Seven Sorrows of Our Lady is to promote union with the sufferings of Christ through union with the special sufferings that Our Lady endured for the sake of her Son and our salvation. Devotion to Our Lady of Sorrows consists essentially in recalling and meditating on each of the seven sorrows and saying the Hail Mary prayer seven times, one for each sorrow. Mary, in a unique way, willingly suffered alongside her Divine Son as he gave his life to save the world, and she felt the bitterness of his passion as only a mother can.

This beautiful devotion was inspired by apparitions of our Lady to St. Bridget. The longer version prays 7 Hail Marys after each sorrow. To pray this option at your leisure, go to [youtube.com/thegodminute](https://youtube.com/thegodminute).

## THE DEVOTION

*O God, come to my assistance; O Lord, make haste to help me. Glory be to the Father, the Son, and the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.*

### 1. THE PROPHECY OF SIMEON

Scripture: Luke 2: 34-35

*“And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that out of many hearts thoughts may be revealed.”*

How great was the shock to Mary's Heart at hearing the sorrowful words, in which holy Simeon told the bitter Passion and death of her sweet Jesus, since in that same moment she realized in her mind all the insults, blows, and torments which the impious men were to offer to the Redeemer of the world. But a still sharper sword pierced her soul. It was the thought of men's ingratitude to her beloved Son. Now I consider that because of my sins I am unhappily among the ungrateful.

*Say one Hail Mary.*

*Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

### 2. THE FLIGHT INTO EGYPT

Scripture: Matthew 2:13-14

*“And after the wise men departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise and take the child and His mother and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy Him. He arose and took the child and His mother by night, and retired into Egypt: and He was there until the death of Herod.”*

Consider the sharp sorrow which Mary felt when, St. Joseph being warned by an angel, she had to flee by night in order to preserve her beloved Child from the slaughter decreed by Herod. What anguish was hers, in leaving Judea, lest she should be overtaken by the soldiers of the cruel king! How great her privations in that long journey! What sufferings she bore in that land of exile, what sorrow amid that people given to idolatry! But now I consider how often I have renewed that bitter grief of Mary, when my sins have caused her Son to flee from my heart.

*Say one Hail Mary.*

### 3. THE LOSS OF THE CHILD JESUS IN THE TEMPLE

Scripture: Luke 2:43-45

*“And having fulfilled the days, when they returned, the Child Jesus remained in Jerusalem; and His parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolk and acquaintance. And not finding Him, they returned into Jerusalem, seeking Him.”*

How dread was the grief of Mary, when she saw that she had lost her beloved Son! And as if to increase her sorrow, when she sought Him diligently among her kinsfolk and acquaintance, she could hear no tidings of Him. No hindrances stayed her, nor weariness, nor danger; but she returned to Jerusalem, and for three long days sought Him sorrowing. Great is my confusion- I who have so often lost my Jesus by my sins, and have given no heed to seek Him at once, a sign that I make very little or no account of the precious treasure of divine love.

Say one Hail Mary.

#### 4. THE MEETING OF JESUS AND MARY ON THE WAY OF THE CROSS

Scripture: Luke 23:27

*“And there followed Him a great multitude of people, and of women, who bewailed and lamented Him.”*

This Mother, so tender and loving, meets her beloved Son, meets Him amid an impious rabble, who drag Him to a cruel death, wounded, torn by stripes, crowned with thorns, streaming with blood, bearing His heavy cross. Consider the grief of the blessed Virgin thus beholding her Son! Who would not weep at seeing this Mother's grief? But who has been the cause of such woe? I, it is I, who with my sins have so cruelly wounded the heart of my sorrowing Mother! And yet I am not moved; I am as a stone, when my heart should break because of my ingratitude.

Say one Hail Mary.

#### 5. THE CRUCIFIXION

Scripture: John 19:18-25, 27

*“They crucified Him. Now there stood by the cross of Jesus, His Mother. When Jesus therefore had seen His Mother and the disciple standing whom he loved, He said to His Mother: Woman: behold thy son. After that he said to the disciple: Behold thy Mother.”*

Look to Calvary, whereon are raised two altars of sacrifice, one on the body of Jesus, the other on the heart of Mary. Sad is the sight of that dear Mother drowned in a sea of woe, seeing her beloved Son, part of her very self, cruelly nailed to the shameful tree of the cross. Every blow of the hammer, every stripe which fell on the Saviour's form, fell also on the disconsolate spirit of the Virgin. As she stood at the foot of the cross, pierced by the sword of sorrow, she turned her eyes on Him, until she knew that He lived no longer and had resigned His spirit to His Eternal Father. Then her own soul was like to have left the body and joined itself to that of Jesus.

Say one Hail Mary.

#### 6. THE TAKING DOWN OF THE BODY OF JESUS FROM THE CROSS

Scripture: Mark 15:43-46

*“Joseph of Arimathea, a noble counselor, came and went in boldly to Pilate, and begged the body of Jesus. And Joseph buying fine linen, and taking Him down, wrapped Him up in the fine linen.”*

Consider the most bitter sorrow which rent the soul of Mary, when she saw the dead body of her dear Jesus on her knees, covered with blood, all torn with deep wounds. O mournful Mother, a bundle of myrrh, indeed, is thy Beloved to thee. Who would not pity thee? Whose heart would not be softened, seeing affliction which would move a stone? Behold John not to be comforted, Magdalen and the other Mary in deep affliction, and Nicodemus, who can scarcely bear his sorrow.

Say one Hail Mary.

#### 7. THE BURIAL OF JESUS

Scripture: John 19:41-42

*“Now there was in the place where He was crucified, a garden; and in the garden a new sepulcher, wherein no man yet had been laid. There, therefore, because of the parasceve of the Jews, they laid Jesus, because the sepulcher was nigh at hand.”*

Consider the sighs which burst from Mary's sad heart when she saw her beloved Jesus laid within the tomb. What grief was hers when she saw the stone lifted to cover that sacred tomb! She gazed a last time on the lifeless body of her Son, and could scarce detach her eyes from those gaping wounds. And when the great stone was rolled to the door of the sepulcher, oh, then indeed her heart seemed torn from her body!

Say one 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.*