

Devotion to Our Lady's Seven Sorrows

Devotion to [Our Lady of Sorrows](#) became a standard devotion in the Church around the 14th century. It was revealed to St. Bridget of Sweden (1303-1373) that devotion to the Blessed Virgin Mary's Seven Sorrows would bring great signal graces. The devotion consists in praying seven Hail Mary's while meditating on the Seven Sorrows of Mary.

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 devotion is especially remembered during September, the Month of Our Lady of Sorrows (the feast of Our Lady of Sorrows is September 15th), and during the season of Lent.

The Seven Sorrows of Mary:

1. The Prophecy of Simeon (Luke 2:34-35)
2. The Flight into Egypt (Matthew 2:13-21)
3. The Loss of Jesus for Three Days (Luke 2:41-50)
4. The Carrying of the Cross (John 19:17)
5. The Crucifixion of Jesus (John 19:18-30)
6. Jesus Taken Down from the Cross (John 19:39-40)
7. Jesus Laid in the Tomb (John 19:39-42)

Seven Promises to those who meditate on Our Lady's Seven Sorrows:

The Blessed Virgin Mary grants seven graces to the souls who honor her daily by meditating (i.e. mental prayer) on her seven sorrows (dolors). The Hail Mary is prayed seven times, once after each meditation.

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 this grace 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."

Seven Prayers to Our Lady of Seven Sorrows

Pope Pius VII approved another series of prayers in honor of the Seven Sorrows for daily meditation in 1815:

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. 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. *Hail Mary...*

2. 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. *Hail Mary...*

3. 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. *Hail Mary...*

4. 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. *Hail Mary...*

5. 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. *Hail Mary...*

6. 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. *Hail Mary...*

7. 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. *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.