

How to Pray the Chaplet of the Seven Sorrows

- Pray it with a Rosary designed with 7 decades of 7 beads.
- Begin with an optional Act of Contrition Prayer.
- Begin with The Sign of the Cross. Each group of seven Hail Mary's is begun with an Our Father. Meditate on the 7 mysteries below.

The First Sorrow

The Prophecy of Simeon

Reading: Luke 2:25-35.

When Mary and Joseph present the infant Jesus in the temple, Simeon predicts that a "sword" (of sorrow) will pierce Mary's soul.

The Second Sorrow

The flight into Egypt

Reading: Matthew 2:13-15.

When King Herod orders the death of all male children age two or younger, Mary and Joseph flee to Egypt with the infant Jesus.

The Third Sorrow

The Child Jesus Lost in the Temple

Reading: Luke 2: 41-50.

Mary and Joseph search for the child Jesus for three days, finding Him at last — after agonizing sorrow — in the temple.

The Fourth Sorrow

Mary meets Jesus carrying the cross *Reading: Luke 23: 27-29.*

As Jesus makes His way to Calvary, condemned to crucifixion, He meets His mother, Mary. He is bruised, derided, cursed and defiled and her sorrow is absolute as Jesus drags His own cross up the hill of His crucifixion.

The Fifth Sorrow

Mary at the foot of the cross

Reading: John 19: 25-30.

Mary stands near her dying Son unable to minister to him as He cries "I thirst." She hears Him promise heaven to a thief and forgive His enemies. His last words, "Behold your mother," charge us to look on Mary as our mother.

The Sixth Sorrow

Mary receives the body of Jesus

Reading: Psalm 130.

Jesus is taken down from the cross and His body is placed in Mary's arms. The passion and death are over, but for His mother, grief continues. She holds His body in her arms.

The Seventh Sorrow

Mary witnesses the burial of Jesus

Reading: Luke 23: 50-56.

The body of Jesus is laid in the tomb. The most tragic day in history ends, Mary alone in sorrow, awaiting the Resurrection.

Although the chaplet dates back to the Middle Ages, remember Our Lady of Kibeho (Rwanda – 1980's) recommended that people pray the Chaplet (or Rosary) of the Seven Sorrows to obtain the favor of repentance.