

The Chaplet of the Seven Sorrows of the Blessed Virgin Mary

The Chaplet of the Seven Sorrows of the Blessed Virgin Mary gives us an opportunity of holding in our hearts certain events in the Passion of Our Lord Jesus Christ and the Compassion of His Blessed Mother. The fruits God offers us in this particular prayer are: compunction of heart, detachment from the occasions of sin, chastity, humility, reparation, compassion, intimacy with the sorrowful and Immaculate Heart of Mary, and desire to contemplate the face of Christ. The power of this prayer comes from allowing our hearts to be nourished and purified by the tears of the Mother of God. The tears of the Sorrowful Mother bring purity and healing where they fall. With faith in the resurrection, may this prayer assist us in understanding the majesty of Christ's redemptive love and his Mother's participation in it.

In the name of The Father, and The Son, and The Holy Spirit. Amen.

Introductory Prayer: My God, I offer you this prayer for your glory, so I can honor your Holy Mother, the Blessed Virgin, so I can share and meditate upon her suffering. I humbly beg you to give me true repentance for all my sins. Give me wisdom and humility, so that I may receive all the indulgences contained in this prayer.

Incline, unto my aid, O God. O Lord, make haste to help me.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of hell; but most of all because they offend You, my God, You Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

Pray 3 Hail Marys

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

1. THE PROPHECY OF SIMEON — Simeon blessed them and said to Mary his mother, “Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against, and a sword will pierce through your own soul also, that thoughts out of many hearts may be revealed” (Luke 2:34–35).

Holy Mother of God, I remember the sorrow of your heart upon hearing Simeon’s prophecy, and I desire to contemplate with you the face of Jesus, a light for revelation to the Gentiles, and for glory to God’s people Israel. (cf. Luke 2:32).

One Our Father and seven Hail Marys

Holy Mother, this impart, deeply print within my heart, all the wounds my Savior bore.

2. THE FLIGHT OF THE HOLY FAMILY INTO EGYPT —An angel of the Lord appeared to Joseph in a dream and said: “Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child to destroy him.” He rose and took the child and his mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfill what the Lord had spoken by the prophet: Out of Egypt have I called my Son. (Matthew 2:13–15).

Holy Mother of God, I remember the sorrow of your heart at the flight into Egypt by night, and I desire to contemplate with you the Face of Jesus, born —to save his people from their sins (Matthew 1:21).

One Our Father and seven Hail Marys

Holy Mother, this impart, Deeply print within my heart, All the wounds my Savior bore.

3. THE LOSS OF JESUS FOR THREE DAYS —And when they saw him they were astonished; and his mother said to him, “Son, why have you treated us so? Behold, your father and I have been looking for you anxiously.” And he said to them, “How is it that you sought me? Did you not know that I must be in my Father’s house?” (Luke 2:48–49).

Holy Mother of God, I remember the sorrow of your heart when together with Saint Joseph you searched for Jesus for three days. I desire to contemplate with you the Face of Jesus, full of grace and truth. (John 1:14).

One Our Father and seven Hail Marys

Holy Mother, this impart, Deeply print within my heart, All the wounds my Savior bore.

4. MARY MEETING JESUS, CARRYING HIS CROSS —He was oppressed and was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is dumb, so he opened not his mouth. Yet he bore the sin of many, and made intercession for the transgressors. (Isaiah 53:7, 12).

Holy Mother of God, I remember the sorrow of your heart when you encountered your Jesus bearing his cross, and I desire to contemplate with you the Face of Jesus, —despised and rejected by men. (Isaiah 53:3).

One Our Father and seven Hail Marys

Holy Mother, this impart, Deeply print within my heart, All the wounds my Savior bore.

5. MARY STANDING BENEATH THE CROSS ON CALVARY —But standing by the Cross of Jesus were his mother, and his mother's sister, Mary, the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home. (John 19:25-27).

Holy Mother of God, I remember the sorrow of your heart when you saw your Child's hands and feet nailed to the wood of the Cross and His side pierced by the soldier's lance, and I desire to contemplate with you the Face of Jesus Crucified, bowed in death.

One Our Father and seven Hail Marys

Holy Mother, this impart, deeply print within my heart, all the wounds my Savior bore.

6. THE SACRED BODY OF JESUS, TAKEN DOWN FROM THE CROSS —
What can I say for you, to what compare you, O daughter of Jerusalem?
What can I liken to you, that I may comfort you, O virgin daughter of Sion?
For vast as the sea is your ruin; who can restore you? Cry aloud to the
Lord! O daughter of Sion! Let tears stream down like a torrent day and
night! Give yourself no rest, your eyes no respitell (Lamentations 2:13, 18).

Holy Mother of God, I remember the sorrow of your heart when you beheld
the lifeless Body of Jesus taken down from the cross, and I desire to
contemplate with you the Face of Jesus, —beautiful above the sons of
menll (Psalm 44:3).

One Our Father and seven Hail Marys

Holy Mother, this impart, deeply print within my heart, all the wounds my
Savior bore.

7. MARY WITNESSING THE BURIAL OF THE SACRED BODY OF HER
SON Joseph of Arimathea —went to Pilate and asked for the body of
Jesus. Then he took it down and wrapped it in a linen shroud, and laid it in
a rock-hewn tomb, where no one had ever yet been laid. It was the Day of
Preparation, and the Sabbath was beginning. The women who had come
with him from Galilee followed, and saw the tomb, and how the body was
laid; then they returned, and prepared spices and ointments. On the
Sabbath they rested according to the commandment. (Luke 23:52–55).

Holy Mother of God, I remember the sorrow of your heart when you beheld
the Body of Jesus wrapped in a linen shroud and laid in the tomb, and I
desire to contemplate with you the Face of Jesus, covered with a veil in
death.

One Our Father and seven Hail Marys.

Holy Mother, this impart, deeply print within my heart, all the wounds my
Savior bore.

Closing prayers:

Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen.

O Mother of Sorrows, by the tears you shed, grant that I may weep for my sins. Hail Mary.

O Mother of Sorrows, by the tears you shed, soften the hardened hearts of sinners. Hail Mary.

O Mother of Sorrows, by the tears you shed, allow me to make reparation for my sins. Hail Mary.

Sign of the Cross: In the name of The Father, and The Son, and The Holy Spirit. Amen.