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J.M.J.

SEVEN PRAYERS TO OUR LADY OF SEVEN SORROWS

*Pope Pius VII approved this series
of prayers in honor of the Seven
Sorrows for daily meditation
in 1815.*



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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.

OFFERING OF THE MERITS
OF THE BLESSED VIRGIN
TO APPEASE THE
DIVINE JUSTICE

In order to appease Thy Divine Justice, we offer Thee, O Lord, the merits acquired by Mary, Thy Mother and ours, when she stood at the foot of the Cross.

If Thou, O Lord, wilt mark iniquities, Lord, who shall abide it?

Mother of love, of sorrow, and of mercy, pray for us.

PRAYER TO OUR LADY
OF SORROWS

—*St. Bridget*

O Blessed Virgin Mary, Immaculate Mother of God, who didst endure a martyrdom of love and grief, beholding the sufferings and sorrows of Jesus! Thou didst co-operate in the benefit of my redemption by thy innumerable afflictions and by offering to the Eternal Father His only-begotten Son as a holocaust and victim of propitiation for my sins. I thank thee for the unspeakable love which led thee to deprive thyself of the Fruit of thy womb, Jesus, true God and true Man, to save me, a sinner. Oh! make use of the unfailing intercession of thy sorrows with the Father and the Son. that I may steadfastly amend my life and never again crucify my loving Redeemer by new sins; arid that, persevering till death in His grace, I may obtain eternal life through the merits of His Cross and Passion. Amen.