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J.M.J.

## CHAPLET OF THE SEVEN SORROWS OF MARY

*This devotion originated in the thirteenth century. It recalls the Sorrows the Virgin Mother of God endured in compassion for the suffering and death of her Divine Son.*

*The Seven Sorrows rosary consists of seven Hail Marys for each of the seven Sorrows. One Our Father is said before each group of seven Hail Marys: which are separated by a medal. On the three beads of the rosary at the end three Hail Marys are said in honor of the Tears of Our Sorrowful Mother. While reciting the prayers meditate upon:*



**1. Prophecy of Simeon -**  
reflect on and sympathize in the sorrow of our Blessed Lady, when she presented her Divine Child in the Temple, and heard from the aged Simeon that a sword of grief should pierce her soul on His account.

*Our Father,  
Seven Hail Marys*

**2. Flight into Egypt -**  
reflect on her sorrow when, to escape the cruelty of King Herod, she was forced to fly into Egypt with St. Joseph and her beloved Child.

*Our Father,  
Seven Hail Marys*

**3. Three-day Separation from Jesus in Jerusalem -**  
reflect on her grief, when, in returning from Jerusalem she perceived that she had lost her dear Jesus, whom she sought sorrowing during three days.

*Our Father,  
Seven Hail Marys*

**4. Meeting Christ on the Road to Calvary -** reflect on her meeting her Divine Son, all bruised and mangled, carrying His cross to Calvary, and seeing Him fall under His heavy weight.

*Our Father,  
Seven Hail Marys*

**5. Crucifixion and Death of Jesus Christ** - reflect on her standing by when her Divine Son was lifted up on the cross, and the blood flowed in streams from His sacred wounds.

*Our Father,*

*Seven Hail Marys*

**6. Our Lord is Taken Down from the Cross**

(Pieta) - reflect on her sorrow, when her Divine Son was taken down from the cross, and she received Him into her arms.

*Our Father,*

*Seven Hail Marys*

**7. Our Lord and Savior Jesus Christ is Buried in the Tomb** - contemplate her following His sacred body, as it was borne by Joseph of Arimathea, and Nicodemus, to the sepulcher, enclosed there, and hidden from her sight.

*Our Father,*

*Seven Hail Marys*

*3 Hail Mary's in honor of the Sorrowful tears of Our Lady*

V. Pray for us, O most Sorrowful Virgin

R. *That we may be made worthy of the promises of Christ*

Let us pray: Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, Thy Mother, whose holy soul was pierced at the time of Thy Passion by a sword of grief. Grant us this favor, O Savior of the world, Who livest and reignest with the Father and the Holy Ghost for ever and ever. Amen.

