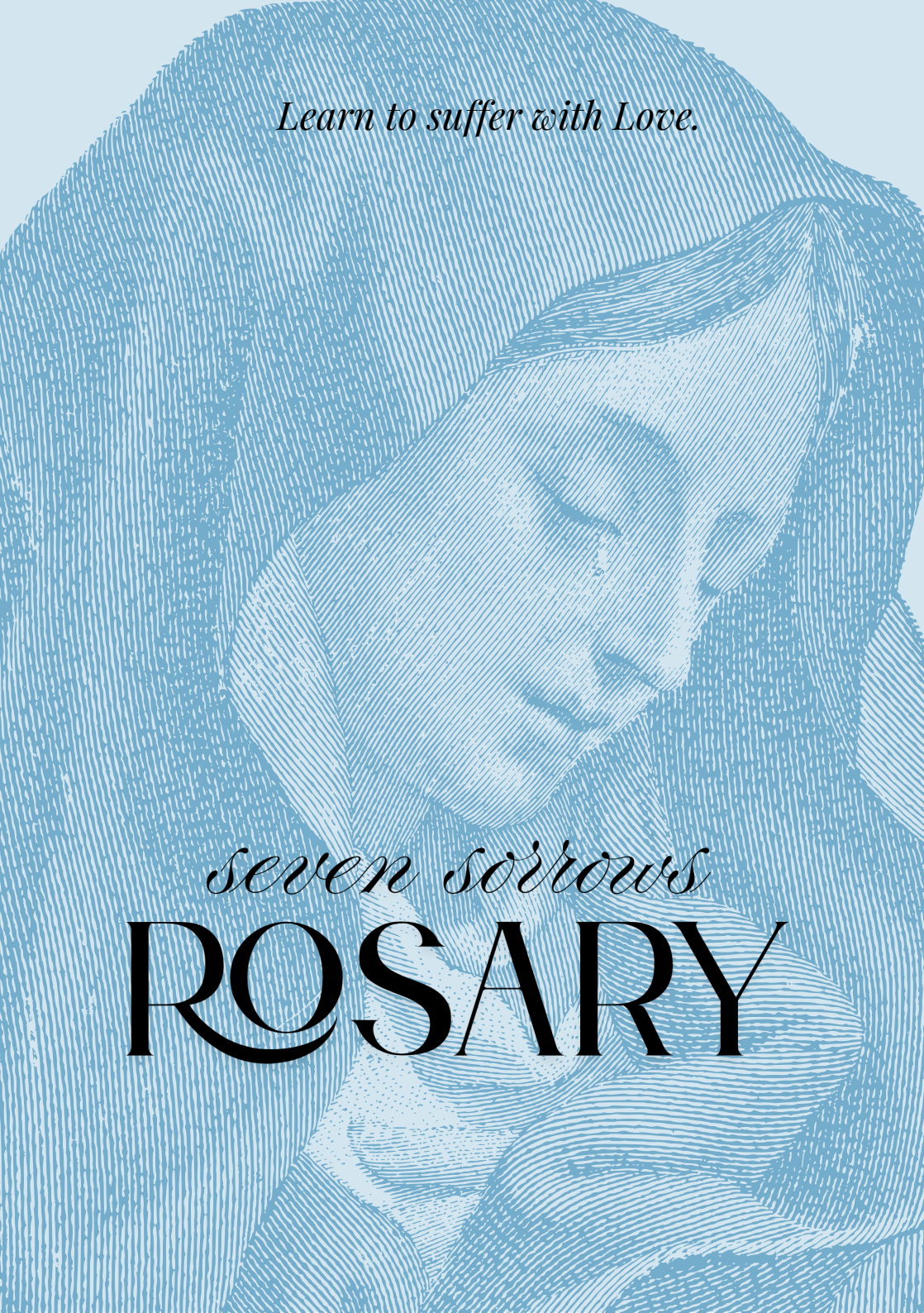




Learn to suffer with Love.

seven sorrows
ROSARY

Pray for us, O Virgin most sorrowful, that we may be made worthy of the promises of Christ.

CYA PRAGUE

History behind

the Seven Sorrows Devotion



MIDDLE AGES ORIGIN

The Rosary of the Seven Sorrows dates back to the fourteenth century. Mary, Our Lady of Sorrows, appeared to St. Bridget of Sweden and revealed this Rosary devotion to her. St. Bridget devoted her life to following in the footsteps of Christ — truly caring for people in need.

MODERN POPULARITY

The Rosary became popular again following the Marian apparitions in Kibeho, Rwanda, in the 1980s. During Mary's apparitions to Marie-Claire Mukangango, she assigned the young woman a mission to reintroduce this special Rosary to the world. Marie-Claire was killed in the genocide of over a million people in Rwanda.



Pray for us, O Virgin most sorrowful, that we may be made worthy of the promises of Christ.

Promises

CYA PRAGLIE

Devotion to Our Lady's Sorrows has existed since the early centuries of the Church. It came into particular focus in the 13th century when Our Lady appeared to the Seven Founders of the Servite Order, giving them a black garment as their habit and asking them to meditate on her Sorrows.



In the 14th century, Our Lady revealed to St. Bridget of Sweden seven special graces that she would grant to those devoted to her Sorrows. She made these promises to those who would say seven Hail Marys daily while meditating on her tears and sufferings:

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 will be their eternal consolation and joy."

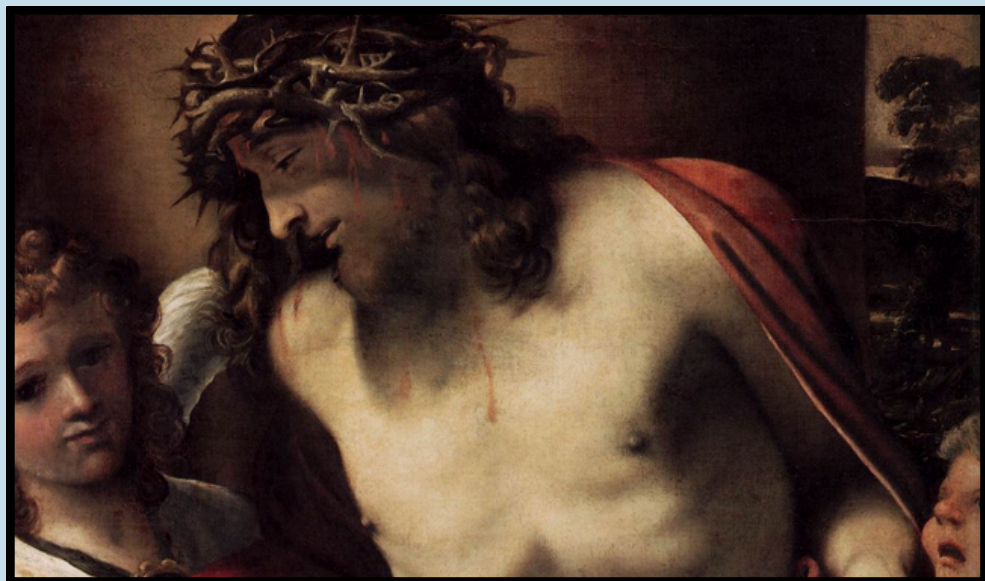
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Promises of Our Lord

CYA PRAGLIE

Additionally, as relayed by St. Alphonsus de Liguori in his classic work *The Glories of Mary*, Our Lord promised four graces to those devoted to the Sorrows of his Blessed Mother:

1. That those who before death invoke the divine Mother in the name of Her Sorrows will obtain true repentance of all their sins;
2. That He will protect all who have this devotion in their tribulations, and will protect them especially at the hour of death;
3. That He will impress on their minds the remembrance of His Passion;
4. That He will place such devout servants in Mother Mary's hands to do with them as She wishes and to obtain for them all the graces She desires.



Seven Sorrows

Rosary

CYA PRAGUE

Begin

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

Pray

My God, I offer You this Rosary 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.

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.

Say 3 Hail Marys.

Pray

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

The Prophecy of Simeon

Luke 2:34-35

And Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed”.

Pray

Beloved Mother Mary, whose Heart suffered beyond bearing because of us, teach us to suffer with you and with love, and to accept all the suffering God deems it necessary to send our way. Let us suffer, and may our suffering be known to God only, like yours and that of Jesus. Do not let us show our suffering to the world, so it will matter more and be used to atone for the sins of the world. You, Mother, who suffered with the Savior of the world, we offer you our suffering, and the suffering of the world, because we are your children. Join those sorrows to your own and to those of the Lord Jesus Christ, then offer them to God the Father. You are a Mother greater than all.

Now, pray 1 Our Father and 7 Hail Marys.

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

The Flight Into Egypt



Matthew 2:13-14

When they had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him.” Joseph rose and took the child and his mother by night and departed for Egypt.

Pray

Beloved Mother, who has suffered so much, give to us your courageous heart. Please pray for us to have strength so that we can be brave like you and accept with love the suffering God sends our way. Help us to also accept all the suffering we inflict upon ourselves and the suffering inflicted upon us by others. Heavenly Mother, you, in union with Jesus, purify our suffering so that we may give glory to God and save our souls.

Now, pray 1 Our Father and 7 Hail Marys.

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

The Loss of Jesus in the Temple



Luke 2:43-45

After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him.

Pray

Beloved Mother, teach us to accept all our sufferings because of our sins and to atone for the sins of the whole world.

Now, pray 1 Our Father and 7 Hail Marys.

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

The Fourth Sword of Sorrow

Mary Meets Jesus on His Way to Calvary



Luke 23:27-29

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed’.

Pray

Beloved Mother, so stricken with grief, help us to bear our own suffering with courage and love so that we may relieve your Sorrowful Heart and that of Jesus. In doing so, may we give glory to God Who gave you and Jesus to humanity. As you suffered, teach us to suffer silently and patiently. Grant unto us the grace of loving God in everything. O Mother of Sorrows, most afflicted of all mothers, have mercy on the sinners of the whole world.

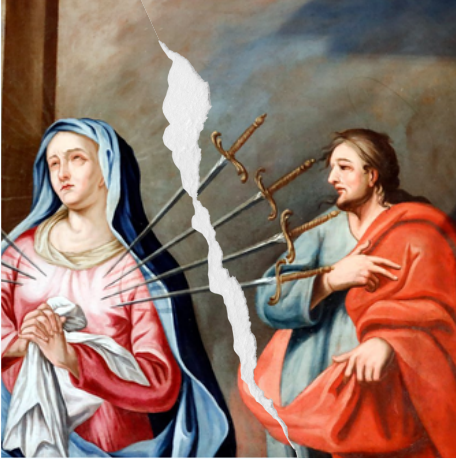
Now, pray 1 Our Father and 7 Hail Marys.

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

The Fifth Sword of Sorrow

CYA PRAGUE

Mary Stands at the Foot of the Cross



John 19:25-27

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, 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 into his home.

Pray

Beloved Mother, Queen of the Martyrs, give us the courage you had in all your sufferings so that we may unite our sufferings with yours and give glory to God. Help us follow all His commandments and those of the Church so that Our Lord's sacrifice will not be in vain, and all sinners in the world will be saved.

Now, pray 1 Our Father and 7 Hail Marys.

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

The Sixth Sword of Sorrow

CYA PRAGUE

Jesus is Taken Down From the Cross



John 19:32-34

So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out.

Pray

We thank you, Beloved Mother, for your courage as you stood beneath your dying Child to comfort Him on the Cross. As our Savior drew His last breath, you became a wonderful Mother to all of us; you became the Blessed Mother of the world. We know that you love us more than our own earthly parents do. We implore you to be our advocate before the Throne of Mercy and Grace so that we can truly become your children. We thank you for Jesus, our Savior and Redeemer, and we thank Jesus for giving you to us.

Please pray for us, Mother.

Now, pray 1 Our Father and 7 Hail Marys.

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

The Seventh Sword of Sorrow

The Burial of Jesus

CYA PRAGUE

John 19:41-42

Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.

Pray

Most Beloved Mother, whose beauty surpasses that of all mothers, Mother of Mercy, Mother of Jesus, and Mother to us all, we are your children and we place all our trust in you. Teach us to see God in all things and all situations, even our sufferings. Help us to understand the importance of suffering, and also to know the purpose of our suffering as God had intended it.

You yourself were conceived and born without sin, were preserved from sin, yet you suffered more than anybody else. You accepted suffering and pain with love and with unsurpassed courage. You stood by your Son from the time He was arrested until He died. You suffered along with Him, felt His every pain and torment. You accomplished the Will of God the Father; and according to His will, you have become our Mother.

We beg you, dear Mother, to teach us to do as Jesus did. Teach us to accept our cross courageously. We trust you, most Merciful Mother, so teach us to sacrifice for all the sinners in the world. Help us to follow in your Son's footsteps, and even to be willing to lay down our lives for others.

Now, pray 1 Our Father and 7 Hail Marys.

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



Pray

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.

Mary, who was conceived without sin and who suffered for us, pray for us. (Pray 3x)

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

Our Father & Hail Mary



HAIL MARY

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

OUR FATHER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

