



7 Sorrows of the Blessed Virgin Mary

Pious Exercise in Honor of Our Lady of Sorrows

Holy Mother, pierce me through, In my heart, each wound renew, Of my Savior crucified.
{500 Days Indulgence}

Prayer to Our Lady of Sorrows

Mary, I beseech thee by the sorrows thou didst experience in beholding thy divine Son dying on the cross, procure for me a good death; obtain for me that, having loved Jesus and thee, my most tender Mother, here on earth, I may love you both and bless you eternally in heaven. Amen.

Novena in Honor of the Dolors of the Blessed Virgin

O most holy and afflicted Virgin! Queen of martyrs, thou who didst stand beneath the cross witnessing the agony of thy divine Son—through the unceasing sufferings of thy life of sorrow, and the bliss which now more than amply repays thee for thy past trials, look down with a mother's tenderness and pity on me, who kneel before thee to venerate thy dolors, and place my request, with filial confidence, in the sanctuary of thy wounded heart; present them, I beseech thee on my behalf, to Jesus Christ. Through the merits of His most sacred death and passion, and through thy sufferings at the foot of the cross, I hope to obtain the grant of my present petition. To whom shall I recur in my wants and miseries if not to thee, O Mother of mercy, who, having so deeply drunk of the chalice of thy Son, canst compassionate the woes of those who still sigh in the land of exile?

Prayers in Honor of the Seven Sorrows of the Blessed Virgin Mary

Pope Pius VII approved a series of prayers in honor of the Seven Sorrows for daily meditation in 1815:

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.

Litany of Our Lady of Seven Sorrows

by Pope Pius VII

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us. Christ, graciously hear us.

God, the Father of heaven, [Have mercy on us.](#)

God the Son, Redeemer of the world, [Have mercy on us.](#)

God the Holy Ghost, [pray for us](#)

Holy Mary, Mother of God, [pray for us](#)

Holy Virgin of virgins, [pray for us](#)

Mother of the Crucified, [pray for us](#)

Sorrowful Mother, [pray for us](#)

Mournful Mother, [pray for us](#)

Sighing Mother, [pray for us](#)

Afflicted Mother, [pray for us](#)

Forsaken Mother, [pray for us](#)

Desolate Mother, [pray for us](#)

Mother most sad, [pray for us](#)

Mother set around with anguish, [pray for us](#)

Mother overwhelmed by grief, [pray for us](#)

Mother transfixed by a sword, [pray for us](#)

Mother crucified in thy heart, [pray for us](#)

Mother bereaved of thy Son, [pray for us](#)

Sighing Dove, [pray for us](#)

Mother of Dolours, [pray for us](#)

Fount of tears, [pray for us](#)

Sea of bitterness, [pray for us](#)

Field of tribulation, [pray for us](#)

Mass of suffering, [pray for us](#)

Mirror of patience, [pray for us](#)

Rock of constancy, [pray for us](#)

Remedy in perplexity, [pray for us](#)

Joy of the afflicted, [pray for us](#)

Ark of the desolate, [pray for us](#)

Refuge of the abandoned, [pray for us](#)

Shield of the oppressed, [pray for us](#)

Conqueror of the incredulous, [pray for us](#)

Solace of the wretched, [pray for us](#)

Medicine of the sick, [pray for us](#)

Help of the faint, [pray for us](#)

Strength of the weak, [pray for us](#)

Protectress of those who fight, [pray for us](#)

Haven of the shipwrecked, [pray for us](#)

Calmer of tempests, [pray for us](#)

Companion of the sorrowful, [pray for us](#)

Retreat of those who groan, [pray for us](#)

Terror of the treacherous, [pray for us](#)

Standard-bearer of the Martyrs, [pray for us](#)



Treasure of the Faithful, [pray for us](#)
Light of Confessors, [pray for us](#)
Pearl of Virgins, [pray for us](#)
Comfort of Widows, [pray for us](#)
Joy of all Saints, [pray for us](#)
Queen of thy Servants, [pray for us](#)
Holy Mary, who alone art unexampled, [pray for us](#)

Pray for us, most Sorrowful Virgin, that we may be made worth of the promises of Christ

Let us pray, --- O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end, Amen.

The Blessed Virgin Mary revealed to St. Bridget of Sweden (1303-1373) that seven graces are granted to the souls who honor her daily by saying seven Hail Mary's and meditating on her tears and dolours:

- 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 dolours, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

"The martyrs endured their torments in their bodies; Mary suffered Hers in Her soul." ...St. Alphonsus de Liguori "