

# The Seven Sorrows Devotion



The Blessed Virgin Mary grants seven graces to the souls who honor her daily by saying seven Hail Mary's and meditating on her tears and dolours (sorrows). The devotion was passed on by St. Bridget.

## HERE ARE THE SEVEN GRACES:

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 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.

## SEVEN SORROWS Seven Dolours | Mater Dolorosa

1. The prophecy of Simeon. (St. Luke 2:34, 35)
2. The flight into Egypt. (St. Matthew 2:13, 14)
3. The loss of the Child Jesus in the temple. (St. Luke 2: 43-45)
4. The meeting of Jesus and Mary on the Way of the Cross.
5. The Crucifixion.
6. The taking down of the Body of Jesus from the Cross.
7. The burial of Jesus.

## **The Angelic Salutation (Hail Mary)**

Hail Mary, full of grace, the Lord is with thee; Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **Salutatio Angelica (Ave Maria)**

Ave Maria, gratia plena, Dominus tecum; Benedicta tu in mulieribus et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

1. The prophecy of Simeon: "And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that out of many hearts thoughts may be revealed." – Luke II, 34-35.

Meditation: How great was the shock to Mary's Heart at hearing the sorrowful words, in which holy Simeon told the bitter Passion and death of her sweet Jesus, since in that same moment she realized in her mind all the insults, blows, and torments which the impious men were to offer to the Redeemer of the world. But a still sharper sword pierced her soul. It was the thought of men's ingratitude to her beloved Son. Now consider that because of your sins you are unhappily among the ungrateful.

Say one Ave Maria (Hail Mary)

2. The flight into Egypt: "And after they (the wise men) were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise and take the child and His mother and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy Him. Who arose and took the child and His mother by night, and retired into Egypt: and He was there until the death of Herod." – Matt. II, 13-14.

Meditation: Consider the sharp sorrow which Mary felt when, St. Joseph being warned by an angel, she had to flee by night in order to preserve her beloved Child from the slaughter decreed by Herod. What anguish was hers, in leaving Judea, lest she should be overtaken by the soldiers of the cruel king! How great her privations in that long journey! What sufferings she bore in that land of exile, what sorrow amid that people given to idolatry! But consider how often you have renewed that bitter grief of Mary, when your sins have caused her Son to flee from your heart.

Say one Ave Maria (Hail Mary)

3. The loss of the Child Jesus in the temple: "And having fulfilled the days, when they returned, the Child Jesus remained in Jerusalem; and His parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolk and acquaintance. And not finding Him, they returned into Jerusalem, seeking Him." Luke II, 43-45.

Meditation: How dread was the grief of Mary, when she saw that she had lost her beloved Son! And as if to increase her sorrow, when she sought Him diligently among her kinsfolk and acquaintance, she could hear no tidings of Him. No hindrances stayed her, nor weariness, nor danger; but she forthwith returned to Jerusalem, and for three long days sought Him sorrowing. Great be your confusion, O my soul, who has so often lost your Jesus by your sins, and has given no heed to seek Him at once, a sign that you make very little or no account of the precious treasure of divine love.

Say one Ave Maria (Hail Mary)

4. The meeting of Jesus and Mary on the Way of the Cross: "And there followed Him a great multitude of people, and of women, who bewailed and lamented Him." – Luke XXIII, 27.

Meditation: Come, O ye sinners, come and see if ye can endure so sad a sight. This Mother, so tender and loving, meets her beloved Son, meets Him amid an impious rabble, who drag Him to a cruel death, wounded, torn by stripes, crowned with thorns, streaming with blood, bearing His heavy cross. Ah, consider, my soul, the grief of the blessed Virgin thus beholding her Son! Who would not weep at seeing this Mother's grief? But who has been the cause of such woe? I, it is I, who with my sins have so cruelly wounded the heart of my sorrowing Mother! And yet I am not moved; I am as a stone, when my heart should break because of my ingratitude.

Say one Ave Maria (Hail Mary)

5. The Crucifixion: "They crucified Him. Now there stood by the cross of Jesus, His Mother. When Jesus therefore had seen His Mother and the disciple standing whom he loved, He saith to His Mother: Woman: behold thy son. After that he saith to the disciple: Behold thy Mother." – John XIX, 18-25-27.

Meditation: Look, devout soul, look to Calvary, whereon are raised two altars of sacrifice, one on the body of Jesus, the other on the heart of Mary. Sad is the sight of that dear Mother drowned in a sea of woe, seeing her beloved Son, part of her very self, cruelly nailed to the shameful tree of the cross. Ah me! how every blow of the hammer, how every stripe which fell on the Saviour's form, fell also on the disconsolate spirit of the Virgin. As she stood at the foot of the cross, pierced by the sword of sorrow, she turned her eyes on Him, until she knew that He lived no longer and had resigned His spirit to His Eternal Father. Then her own soul was like to have left the body and joined itself to that of Jesus.

Say one Ave Maria (Hail Mary)

6. The taking down of the Body of Jesus from the Cross: "Joseph of Arimathea, a noble counselor, came and went in boldly to Pilate, and begged the body of Jesus. And Joseph buying fine linen, and taking Him down, wrapped Him up in the fine linen." – Mark XV, 43-46.

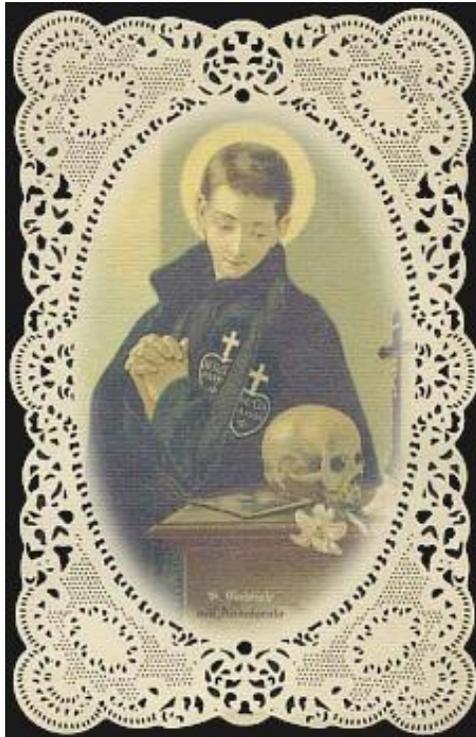
Meditation: Consider the most bitter sorrow which rent the soul of Mary, when she saw the dead body of her dear Jesus on her knees, covered with blood, all torn with deep wounds. O mournful Mother, a bundle of myrrh, indeed, is thy Beloved to thee. Who would not pity thee? Whose heart would not be softened, seeing affliction which would move a stone? Behold John not to be comforted, Magdalen and the other Mary in deep affliction, and Nicodemus, who can scarcely bear his sorrow.

Say one Ave Maria (Hail Mary)

7. The burial of Jesus: "Now there was in the place where He was crucified, a garden; and in the garden a new sepulcher, wherein no man yet had been laid. There, therefore, because of the \*parasceve of the Jews, they laid Jesus, because the sepulcher was nigh at hand." John XIX, 41-42.

Meditation: Consider the sighs which burst from Mary's sad heart when she saw her beloved Jesus laid within the tomb. What grief was hers when she saw the stone lifted to cover that sacred tomb! She gazed a last time on the lifeless body of her Son, and could scarce detach her eyes from those gaping wounds. And when the great stone was rolled to the door of the sepulcher, oh, then indeed her heart seemed torn from her body!

Say one Ave Maria (Hail Mary)



St. Gabriel of The Sorrowful Mother, said he was never denied any petition that he confided to the Mater Dolorosa (Mother of Sorrows)

\*the day of preparation before the Jewish Sabbath or a feast of similar rank it was the parasceve of the pasch

Mater Dolorosa Ora Pro Nobis!

**M**ater **D**olorosa.-  
**M**other of **S**orrow-