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V. Pray for us oh holy mother of God.

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

Let us pray

O God, at whose Passion, according to the prophecy of Simeon, a sword of sorrow did pierce through the most sweet soul of the glorious Virgin and Mother Mary; grant that we, who commemorate and reverence Her sorrows, may experience the blessed effect of Thy Passion, who livest and reignest world without end. Amen.

Pray Three Hail Marys in honor of the tears shed by Our Lady in Her Sorrows.



The Order of the Servants of Mary (Servites)

The Order was founded by seven men to whom Our Lady appeared on Good Friday, 1239. She revealed to them Her wish that they form an Order dedicated to practicing and promoting devotion to Her Sorrows. The seven founders, today all canonized saints, formed the Servites around meditation on the pains suffered by Our Lady during the Life, Passion and Death of Her Son, Our Lord Jesus Christ. The Servites promote the devotion of this Chaplet (or Little Rosary) of the Seven Sorrows to all Catholics around the world.

Litany of Our Lady of the Seven Sorrows

Lord, have mercy on us.	Holy Mother of God,*
Christ, have mercy on us.	Holy Virgin of virgins,*
Lord, have mercy on us.	Mother crucified,*
Christ, hear us.	Sorrowful Mother,*
Christ, graciously hear us.	Tearful Mother,*
God the Father of Heaven,	Afflicted Mother,*
<i>Have mercy on us.</i>	Forsaken Mother,*
God the Son, Redeemer of	Desolate Mother,*
the world,	Mother bereft of
<i>Have mercy on us.</i>	Thy Child,*
God the Holy Ghost,	Mother transfixed with
<i>Have mercy on us.</i>	the sword,*
Holy Trinity, One God	Mother overwhelmed
<i>Have mercy on us.</i>	with grief,*
Holy Mary,	Mother filled with anguish,*
<i>* Pray for us.</i>	Mother crucified in heart,*
Mother most sad,*	Harbor of the wretched,*
Fountain of tears,*	Calmer of the tempests,*
Vial of suffering,*	Resource of mourners,*
Mirror of patience,*	Terror of the treacherous,*
Rock of constancy,*	Treasure of the faithful,*
Anchor of confidence,*	Eye of the Prophets,*
Refuge of the forsaken,*	Staff of Apostles,*
Shield of the oppressed,*	Crown of Martyrs,*
Subduer of the	Light of Confessors,*
unbelieving,*	Pearl of Virgins,*
Comfort of the afflicted,*	Consolation of Widows,*
Medicine of the sick,*	Joy of all Saints,*
Strength of the weak,*	

Produced by:

Legion of Mary, Our Lady of Perpetual Help
Praesidium
St Therese Parish
Sioux Falls, South Dakota



Chaplet of the Seven Sorrows of the Blessed Virgin



The Chaplet of the Seven Sorrows of the Blessed Virgin, also called the Little Rosary, is a meditation on the pains Mary suffered during the Life, Passion and Death of Our Lord Jesus. These are the Seven Swords, which the prophet Symeon said would pierce Her Immaculate Heart. Yet through these pains, Mary always remained faithful and hopeful. By walking this journey with our Blessed Mother, she can teach us how hope always remains, even amidst the pains and trials we endure everyday in our lives. A hope that is rooted in faith and hope in Our Lord, Jesus Christ.

How to say this Chaplet

The Chaplet is a series of seven “decades” of seven beads. Each decade consists begins with one Our Father, followed by seven Hail Marys, concluded with a Verse to Our Lady. The Chaplet ends with The Hail Holy Queen and three Hail Marys honoring the tears shed by the Blessed Mother during Her trials.

Act of Contrition

O my God I am heartily sorry for having offended Thee, 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 Thee my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.

V. O God, come to my assistance;

R. O Lord, make haste to help me.

V. Glory be to the Father, and to the Son and to the Holy Spirit;

R. As it was in the beginning, is now and ever shall be, world without end. Amen

The First Sorrow of Mary - St. Simeon’s Prophecy

In the Temple, St. Simeon had received the Divine Child in his arms and predicted that this Child would be a sign (of God) which shall be contradicted by men. “Behold this Child is set ... for a sign which shall be contradicted. And Thy own soul a sword shall pierce.” (Lk. 2:34-35).

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me, and let me bear Thee company to mourn Thy Jesus’ death with Thee.

The Second Sorrow of Mary - The Flight of Jesus into Egypt

“Let us now consider the second sword of sorrow which wounded Mary, the flight of Her Infant Jesus into Egypt to escape the persecution by Herod.”

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

The Third Sorrow of Mary - The Loss of Jesus in the Temple

The third sorrow was one of the greatest that Mary had to endure in Her life, the loss of Her Son in the temple. Having lost Her Son for three days, She was deprived of His most sweet presence.

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

The Fourth Sorrow of Mary - The Meeting of Mary and Jesus on the Way to Calvary

The greater Her love for Him, the greater Her grief at the sight of His sufferings, especially when She met Him on that dolorous way, dragging His cross to the place of execution. This is the fourth sorrow on which we are to meditate.

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

The Fifth Sorrow of Mary - The Crucifixion and Death of Jesus

“There stood by the cross of Jesus, His Mother” (Jn. 19:25). St. John did not feel it necessary to say more than these words with reference to the martyrdom of Mary. Picture Her now at the foot of the cross beside Her dying Son, and then ask yourself if there can ever be sorrow like Her sorrow. Remain for a while on Calvary and consider the fifth sword which transfixes the heart of Mary — the death of Jesus.

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

The Sixth Sorrow of Mary - The Piercing of the Side of Jesus, and His De- scend from the Cross

We must now consider the sixth sorrow which weighed upon the heart of Our Blessed Lady. On this day, You will be wounded with another sword of sorrow. A cruel lance will pierce the side of Your dead Son, and You will receive Him in Your arms

after He has been taken down from the cross.

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

The Seventh Sorrow of Mary - The Burial of Jesus

Let us meditate now on Mary’s last sword of sorrow. She has witnessed the death of Her Son on the cross. She has embraced His lifeless body for the last time. Now She has to leave Him in the tomb.

One Our Father ... Seven Hail Marys ...

Verse: My Mother! share Thy grief with me...

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