

## Our Lady of Sorrows Chaplet & Novena



### 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.

### 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.

### 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.

### Glory Be

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

### O My Jesus

O my Jesus, forgive us our sins, save us from the fires of Hell. Lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

### Opening Prayer

V. O God, come unto 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.**

### First Sorrow: Prophecy of Simeon

I grieve for thee, O Mary most sorrowful, in the affliction of thy tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by thy heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God. *(Please say one Our Father and seven Hail Mary's)*

### Second Sorrow: Flight into Egypt

I grieve for thee, O Mary most sorrowful, in the anguish of thy most affectionate heart during the flight into Egypt and thy sojourn there. Dear Mother, by thy heart so troubled, obtain for me the virtue of generosity, especially towards the poor and the gift of piety. *(Please say one Our Father and seven Hail Mary's)*

**Third Sorrow: Jesus lost in the Temple**

I grieve for thee, O Mary most sorrowful, in those anxieties which tried thy troubled heart at the loss of thy dear Jesus. Dear Mother, by thy heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge. *(Please say one Our Father and seven Hail Mary's)*

**Fourth Sorrow: Meeting Jesus**

I grieve for thee, O Mary most sorrowful, in the consternation of thy heart at meeting Jesus as He carried His Cross. Dear Mother, by thy heart so troubled, obtain for me the virtue of patience and the gift of fortitude. *(Please say one Our Father and seven Hail Mary's)*

**Fifth Sorrow: Mary at the foot of the Cross**

I grieve for thee, O Mary most sorrowful in the martyrdom which thy generous heart endured in standing near Jesus in His agony. Dear Mother, by thy heart afflicted in such wise, obtain for me the virtue of temperance and the gift of counsel. *(Please say one Our Father and seven Hail Mary's)*

**Sixth Sorrow: Jesus' Heart is Pierced**

I grieve for thee, O Mary most sorrowful in the wounding of thy compassionate heart, when the side of Jesus was struck by the lance and His Heart was pierced. Dear Mother, by thy heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding. *(Please say one Our Father and seven Hail Mary's)*

**Seventh Sorrow: Burial of Jesus**

I grieve for thee, O Mary most sorrowful, for the pangs that wrenched thy most loving heart at the burial of Jesus. Dear Mother, by thy heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom. *(Please say one Our Father and seven Hail Mary's)*

**Closing Prayers**

V. Pray for us, O Virgin most sorrowful.

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

**Let us pray.** Let intercession be made for us, we beseech Thee, O Lord Jesus Christ, now and at the hour of our death, before the throne of Thy mercy, by the Blessed Virgin Mary, Thy Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Thy bitter passion. Through Thee, Jesus Christ, Savior of the world, who with the Father and the Holy Ghost livest and reignest world without end. Amen. *(Indulgence of 5 years or 7 years if this prayer is recited daily in September: Pope Pius VII, audience Jan. 14, 1815 S.P. Ap. Oct. 6, 1935).*

**Invocations**

**Mary most sorrowful, Mother of Christians, pray for us.** (An indulgence of 300 days, from Pius X, Audience June 4, 1906, exhibit. June 27, 1906; S.P. Ap., Sept. 23, 1935).

**Virgin most sorrowful, pray for us.** (An indulgence of 300 days. An indulgence of 5 years, if, in honor of the B. V. M. Sorrowing, the Hail Mary is devoutly recited 7 times followed by the above invocation once (S. P. Ap., Nov. 22, 1934).

**Sweet Heart of Mary, be my salvation!** (A partial indulgence is granted when recited.)

### Salutation to Mary, by St. John Eudes

**Hail Mary!** Daughter of God the Father,  
**Hail Mary!** Mother of God the Son,  
**Hail Mary!** Spouse of God the Holy Ghost,  
**Hail Mary!** Temple of the Most Blessed Trinity,  
**Hail Mary!** Celestial Rose of the ineffable love of God,  
**Hail Mary!** Virgin pure and humble, of who the King of Heaven willed to be born and with thy milk to be nourished,  
**Hail Mary!** Virgin of Virgins,  
**Hail Mary!** Queen of Martyrs, whose soul a sword transfixed,  
**Hail Mary!** Lady most Blessed, unto whom all power in Heaven and earth is given,  
**Hail Mary!** My Queen and my Mother, my life, my sweetness and my hope,  
**Hail Mary!** Mother most Amiable,  
**Hail Mary!** Mother most Admirable,  
**Hail Mary!** Mother of Divine Love,  
**Hail Mary!** Immaculate; conceived without sin,  
**Hail Mary!** Full of grace, the Lord is with thee, blessed art thou among women and blessed the fruit of thy womb, Jesus!

**Blessed be thy Spouse,** St. Joseph,  
**Blessed be thy Father,** St. Joachim,  
**Blessed be thy Mother,** St. Anne,  
**Blessed be thy Guardian,** St. John,  
**Blessed be thy Holy Angel,** St. Gabriel,  
**Glory be to God the Father,** who chose thee,  
**Glory be to God the Son,** who loved thee,  
**Glory be to God the Holy Ghost,** who espoused thee,  
**O Glorious Virgin Mary,** may all men love and praise Thee.  
**Holy Mary, Mother of God!** Pray for us and bless us, now and at death in the name of Jesus, thy Divine Son!

**Let us pray.** Mary, most holy Virgin and Queen of Martyrs, accept the sincere homage of my filial affection. Into thy heart, pierced by so many swords, do thou welcome my poor soul. Receive it as the companion of thy sorrows at the foot of the Cross, on which Jesus died for the redemption of the world. With thee, O sorrowful Virgin, I will gladly suffer all the trials, contradictions, and infirmities which it shall please our Lord to send me. I offer them all to thee in memory of thy sorrows, so that every thought of my mind, and every beat of my heart may be an act of compassion and of love for thee. And do thou, sweet Mother, have pity on me in my last agony, so that I may be able to meet thee in heaven and sing thy glories. Amen.

### Final Prayer

Most holy Virgin and Mother, whose soul was pierced by a sword of sorrow in the Passion of thy Divine Son, and who in His glorious resurrection was filled with never-ending joy at His triumph; obtain for us who call upon thee, so to be partakers in the adversities of Holy Church and the sorrows of the Sovereign Pontiff, as to be found worthy to rejoice with them in the consolations for which we pray, in the charity and peace of the same Christ our Lord. Amen. *(An indulgence of 500 days. Pius X, Rescript in his own hand, Jan. 25, 1906; exhibit Feb. 3, 1906; S. P. Ap., Feb. 27, 1936).*

### Promises Granted By Mary

The Blessed Virgin grants seven graces to the souls who honor her daily by saying seven Hail Mary's and meditating on her tears and dolor's. This devotion was passed on by St. Bridget as follows:

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 dolor's, 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.