

Praying the Seven Sorrows Rosary

1. Make the Sign of the Cross:

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

2. Pray the Introductory Prayer:

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.

3. Pray an Act of Contrition:

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.

4. On the first three beads, pray three Hail Marys and one Most Merciful Mother Prayer:

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.

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

5. On the seven sorrow beads , meditate on the following sorrows of Our Lady:

1. The Prophecy of Simeon (Luke 2:34-35)
2. The Flight into Egypt (Matthew 2:13-14)
3. The Loss of the Child Jesus in the Temple (Luke 2:43-45)
4. Meeting Jesus on the way to Calvary (Luke 23:27-29)
5. Jesus' Crucifixion (John 19:25-27)
6. Mary Receives the Body of Jesus in her Arms (John 19:32-34)
7. The Burial of Jesus (John 19:41-42)

6. Repeat at each mystery: 1 Our Father, 7 Hail Marys, 1 Most Merciful Mother Prayer:

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, 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.

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

7. Pray the Closing Prayer:

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.

8. Repeat three times:

Mary, who was conceived without sin and suffered for us, pray for us.

9. End with the Sign of the Cross.

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