



A Devotion in Honour of the Sorrowful Heart of Mary

V. Incline unto my aid, Oh Lord. R. Oh Lord, make haste to help me.

Glory Be...

1. I compassionate Thee, sorrowing Mary, for that affliction which thy tender heart suffered at the time of the prophecy of the holy old man Simeon. Oh dear Mother, by thy heart thus afflicted, obtain for me the virtue of humility, and the gift of the fear of God.

Hail Mary...

2. I compassionate thee, sorrowing Mary, for those bitter pangs which thy most feeling heart suffered in thy flight and sojourn in Egypt. Oh dear Mother, by thy heart immersed in so great sorrows, obtain for me the virtue of liberality, especially towards the poor, and the gift of piety.

Hail Mary...

3. I compassionate thee, sorrowing Mary, for those griefs which thy solicitous heart experienced in the loss of thy beloved Son. Oh dear Mother, by thy heart filled with maternal anxieties, obtain for me the virtue of chastity and the gift of knowledge.

Hail Mary...

4. I compassionate thee, sorrowing Mary, for that sorrow which oppressed thy maternal heart, in meeting Jesus carrying His Cross. Oh dear Mother, by thy most loving heart, so much afflicted, obtain for me the virtue of patience, and the gift of fortitude.

Hail Mary...

5. I compassionate thee, sorrowing Mary, for that martyrdom which thy generous

heart sustained, in being present with thine agonizing Jesus. Oh dear Mother, by thy heart undergoing so severe a martyrdom, obtain for me the virtue of temperance, and the gift of counsel.

Hail Mary...

6. I compassionate thee, sorrowing Mary, for those pangs which thine afflicted heart endured, when the lance pierced the side of Jesus, and wounded His most amiable Heart. O dear Mother, by thy heart transfixed, obtain for me the virtue of fraternal charity, and the gift of understanding.

Hail Mary...

7. I compassionate thee, sorrowing Mary, for that anguish which thy loving heart experienced in the burial of Jesus. Oh dear Mother, by thy sacred heart, thus steeped in bitter grief, obtain for me the virtue of diligence, and the gift of wisdom.

Hail Mary...

V. Pray for us, Oh most sorrowful Virgin, R. That we may be made worthy of the promise of Christ.

Let Us Pray, - We beseech Thee, Oh Lord Jesus Christ, that the Blessed Virgin Mary whose heart at the time of Thy passion was pierced through with the sword of sorrow, may intercede for us before the throne of mercy, now and at the hour of our death; who, with the Father and the Holy Ghost, livest and reignest, one God, world without end.

Amen.