



The Seven Sorrows of Mary are important for us to know and pray. They are all based on scripture and help us recall Mary's role in salvation history. September 15th is the Feast of Our Lady of Sorrows.

Though the practice of praying the Seven Sorrows of Mary dates back to the thirteenth century, there has been a resurgence of this devotion due to the apparition of Our Lady of Kibeho that took place in the 1980's in Rwanda. It was there that Our Lady urged people to pray the Seven Sorrows.

It is said that Mary revealed to St. Bridget of Sweden seven promises to those who will pray these sorrows. After reading the promises, you will surely want to implement this devotion in your own prayer life.

The Seven Sorrows of Mary

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 2:34-35

2. The Flight into Egypt

And after they 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: That it might be fulfilled which the Lord spoke by the

prophet, saying: Out of Egypt have I called my son. Then Herod perceiving that he was deluded by the wise men, was exceeding angry; and sending killed all the men children that were in Bethlehem, and in all the borders thereof, from two years old and under, according to the time which he had diligently inquired of the wise men. Then was fulfilled that which was spoken by Jeremias the prophet, saying: A voice in Rama was heard, lamentation and great mourning; Rachel bewailing her children, and would not be comforted, because they are not. But when Herod was dead, behold an angel of the Lord appeared in sleep to Joseph in Egypt, Saying: Arise, and take the child and his mother, and go into the land of Israel. For they are dead that sought the life of the child. Who arose, and took the child and his mother, and came into the land of Israel. –Matthew 2:13-21

3. The Loss of Jesus for Three Days

And his parents went every year to Jerusalem, at the solemn day of the pasch, And when he was twelve years old, they going up into Jerusalem, according to the custom of the feast, 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 kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him. And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions. And all that heard him were astonished at his wisdom and his answers. And seeing him, they wondered. And his mother said to him: Son, why hast thou done so to us? behold thy father and I have sought thee sorrowing. And he said to them: How is it that you sought me? did you not know, that I must be about my father's business? And they understood not the word that he spoke unto them. Luke 2:41-50

4. The Carrying of the Cross

And bearing his own cross, he went forth to that place which is called Calvary, but in Hebrew Golgotha. John 19:17

5. The Crucifixion of Jesus

Where they crucified him, and with him two others, one on each side, and Jesus in the midst. And Pilate wrote a title also, and he put it upon the cross. And the writing was: JESUS OF NAZARETH, THE KING OF THE JEWS. This title therefore many of the Jews did read: because the place where Jesus was crucified was nigh to the city: and it was written in Hebrew, in Greek, and in Latin. Then the chief priests of the Jews said to Pilate: Write not, The King of the Jews; but that he said, I am the King of the Jews. Pilate answered: What I have written, I have written.

The soldiers therefore, when they had crucified him, took his garments, (and they made

four parts, to every soldier a part,) and also his coat. Now the coat was without seam, woven from the top throughout. They said then one to another: Let us not cut it, but let us cast lots for it, whose it shall be; that the scripture might be fulfilled, saying: They have parted my garments among them, and upon my vesture they have cast lots. And the soldiers indeed did these things. Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen. 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. And from that hour, the disciple took her to his own.

Afterwards, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, said: I thirst. Now there was a vessel set there full of vinegar. And they, putting a sponge full of vinegar and hyssop, put it to his mouth. Jesus therefore, when he had taken the vinegar, said: It is consummated. And bowing his head, he gave up the ghost. John 19:18-30

6. Jesus Taken Down from the Cross

And Nicodemus also came, (he who at the first came to Jesus by night,) bringing a mixture of myrrh and aloes, about an hundred pound weight. They took therefore the body of Jesus, and bound it in linen cloths, with the spices, as the manner of the Jews is to bury. John 19:39-40

7. Jesus Laid in the Tomb

And Nicodemus also came, (he who at the first came to Jesus by night,) bringing a mixture of myrrh and aloes, about an hundred pound weight. They took therefore the body of Jesus, and bound it in linen cloths, with the spices, as the manner of the Jews is to bury. Now there was in the place where he was crucified, a garden; and in the garden a new sepulchre, wherein no man yet had been laid. There, therefore, because of the parasceve of the Jews, they laid Jesus, because the sepulchre was nigh at hand. John 19:39-42

The 7 Promises to Those Who Pray the 7 Sorrows

- I will grant peace to their families.
- They will be enlightened about the divine mysteries.
- I will console them in their pains and I will accompany them in their work.
- 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.
- I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.

- I will visibly help them at the moment of their death, they will see the face of their Mother.
- 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 of Mary are the Seven Gifts of the Holy Spirit