

NOVENA TO OUR LADY OF SORROWS

Via Matris Dolorosae

Ave Maria

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Jesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae.

Amen.

Prayer to Our Sorrowful Mother for a Particular Grace

O, Mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the Cross; by the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Here is where you mention your petition.

Dear Mother, since your Son refuses you nothing, ask of His Sacred Heart to mercifully grant what I ask, through the merits of His sacred passion, along with those of your sufferings at the foot of the Cross.

Mother most merciful, to whom shall I go in my misery if not to you who pities us poor sinful exiles in this valley of tears? In our name, offer Jesus but one drop of His most precious Blood, but one pang of His loving Heart. Remind Him that you are our sweetness, our life, and our hope, and your prayer will be heard.

Amen.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency, hear and answer me.

Amen.

The Seven Sorrows of Mary

V: Deus, in adiutorium meum intende;

R: Domine, ad adiuvandum me festina.

*Gloria Patri, et Filio, et Spiritui Sancto, sicut erat in principio, et nunc, et semper, et in saecula saeculorum.
Amen.*

The First Sorrow: The Prophecy of Simeon

I grieve for you, O Mary most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon.

Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

Ave Maria...

The Second Sorrow: The Flight into Egypt

I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there.

Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Ave Maria...

The Third Sorrow: The Loss of Jesus in the Temple

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your dear Jesus.

Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

Ave Maria...

The Fourth Sorrow: Mary Meets Jesus on the Way to Calvary

I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He carried His Cross.

Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

Ave Maria...

The Fifth Sorrow: Mary Stands at the Foot of the Cross

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony.

Dear Mother, by your afflicted heart obtain for me the virtue of temperance and the gift of counsel.

Ave Maria...

The Sixth Sorrow: Jesus is Struck by a Lance and Taken Down from the Cross

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the Cross.

Dear Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

Ave Maria...

The Seventh Sorrow: The Burial of Jesus

I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus.

Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

Ave Maria...

Oremus

Grant, we beseech Thee, O Lord Jesus Christ, that the most blessed Virgin Mary, Thy Mother, may intercede for us before the throne of Thy mercy, now and at the hour of our death, through whose most holy soul, in the hour of Thine own passion, the sword of sorrow passed.

Through Thee, Jesus Christ, Savior of the world, who livest and reignest with the Father and the Holy Spirit, forever and ever.

Amen.