

Praying the Rosary of Our Lady of Sorrows

Act of Contrition, O Lord Jesus Christ, I am truly sorry for my sins; I humbly ask your forgiveness, and I promise with your help to prove worthy of your love by sharing in your passion and death through our Blessed Mother's sorrows.

1st Sorrow: The Prophecy of Simeon

With deep humility let us meditate on the sorrow of the Virgin Mother of God when, presenting Jesus in the temple, Simeon prophesied to her: "This child is destined to be the downfall and the rising of many in Israel, a sign that will be opposed – and you yourself shall be pierced with a sword – so that the thoughts of many hearts may be laid bare." (Luke 2:34-35)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

2nd Sorrow: The Flight into Egypt

Let us meditate on the sorrow of Mary when an angel of the Lord appeared to Joseph in a dream and said to him: "Get up, take the child and his mother, and flee to Egypt. Stay there until I tell you otherwise. Herod is searching for the child to destroy him." (Matthew 2:13-15)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

3rd Sorrow: The Loss of Jesus in the Temple

Let us meditate on the sorrow of Mary when, on the feast of Passover, together with Joseph her husband, she searched three days for her beloved Son Jesus. After three days of searching, they found him in the Temple, and Jesus said to them: "Why did you searching for me? Did you not know that I had to be in my Father's house?" (Luke 2:48)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

4th Sorrow: Jesus Meets Mary on the Road to Calvary

Let us meditate on the sorrow of Mary when she met Jesus on the way to Calvary carrying the cross for our salvation.

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

5th Sorrow: The Crucifixion

Let us meditate on the sorrow of Mary when she saw her son nailed to the cross. “Then Jesus, seeing his mother near the beloved disciple, said: Woman, there is your son! And to the disciple said: There is your mother! And the disciple took her into his care.” (John 19:26-27)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

6th Sorrow: Jesus is Taken Down from the Cross

Let us meditate on the sorrow of Mary when one of the soldiers came to Jesus, and finding him already dead, pierced his heart with a spear. Then, when he was taken down from the cross, she took his bleeding body in her arms. (John 19:38)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

7th Sorrow: The Burial of Jesus

Let us meditate on the sorrow of Mary when Joseph of Arimathea, wrapped the body of Jesus “in fine linen, and laid it in a tomb hewn from the rock.” (Luke 23:53)

Hail, Mary (seven times)
Virgin Most Sorrowful,
Pray for us

Pray for us, O holy Mother of God
That we may be made worthy of the promises of Christ.

Let us pray, O Lord, Jesus Christ, may the Blessed Virgin Mary, your Mother, whose soul was pierced by a sword of sorrow at your passion, implore your mercy