

PRAYER

O Blessed Virgin Mary, Immaculate Mother of God, who didst endure a martyrdom of love and grief, beholding the Sufferings and Sorrows of Jesus! thou didst cooperate in the benefit of my redemption by thy innumerable afflictions, and by offering to the Eternal Father His Only Begotten Son, as a Holocaust and Victim of propitiation for my sins. I thank thee for the unspeakable love which led thee to deprive thyself of the fruit of thy womb, Jesus, true God and true Man, to save me a sinner. Oh! use the unfailing intercession of thy Sorrows with the Father and the Son, that I may steadfastly amend my life and never again crucify my loving Redeemer by new sins, and that persevering till death in His grace, I may obtain eternal life through the merits of His Cross and Passion. (St. Bridget)

SEVEN PROMISES

According to St. Bridget of Sweden (1303-1373), the Blessed Virgin grants seven graces to those who honor her daily by saying seven Hail Marys while meditating on her tears and 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 this grace 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 will be their eternal consolation and joy.”

Novena in Honor of Our Sorrowful Mother



- **Passiontide: 9 days before Passion Friday**
 - **or: 9 Consecutive Fridays**
 - **or: September 6th - 14th**

SIX OFFICIAL PRAYERS OF THE NOVENA

(taken from "The Catholic Family Book of Novenas" published in 1956 by John J. Crawley and Co., New York)

In the name of the Father and of the Son and of the Holy Ghost. Amen.

PRAYER TO OUR SORROWFUL MOTHER

1. FOR A PARTICULAR GRACE

O most blessed and afflicted Virgin, Queen of Martyrs, who didst stand generously beneath the cross, beholding the agony of thy dying Son; by the sword of sorrow which then pierced thy soul, by the sufferings of thy sorrowful life, by the unutterable joy which now more than repays thee for them; look down with a mother's pity and tenderness, as I kneel before thee to compassionate thy sorrows and to lay my petition with childlike confidence in thy wounded heart. I beg of thee, O my mother, to plead continually for me with thy Son, since He can refuse thee nothing, and through the merits of His most sacred Passion and Death, together with thy own sufferings at the foot of the cross, so to touch His Sacred Heart, that I may obtain my request *Priest: Here pause and name the favours which you are asking Our Sorrowful Mother to obtain for you through this Novena. (Pause.) Let your secondary intention be to pray for the intentions of all the people making this Novena in any Church in the world. Thus a great mass prayer for all Novena intentions will arise each Friday to Our Blessed Mother. . .*

For to whom shall I fly in my wants and miseries, if not to thee, O Mother of mercy, who, having so deeply drunk the chalice of thy Son, canst most pity us poor exiles, still doomed to sigh in this vale of tears? Offer to Jesus but one drop of His Precious Blood, but one pang of His adorable Heart; remind Him that thou art our life, our sweetness, and our hope, and thou wilt obtain what I ask, through Jesus Christ our Lord. Amen.

III. The Third Sorrow of our Blessed Lady was when, returning from Jerusalem after the feast of the Pasch, she lost her beloved Son Jesus, and for three days, with St. Joseph, sought Him sorrowing.

Our Father, **once**. Hail Mary, **seven times**.

IV. The Fourth Sorrow of our Blessed Lady was when she met on the way to Calvary her dear Son Jesus, carrying on His bruised shoulders a heavy cross, whereon He was to be crucified for our salvation.

Our Father, **once**. Hail Mary, **seven times**.

V. The Fifth Sorrow of our Blessed Lady was when she saw her Divine Son nailed to the cross, shedding blood from all parts of His sacred body, and after three hours' agony beheld Him die.

Our Father, **once**. Hail Mary, **seven times**.

VI. The Sixth Sorrow of our Blessed Lady was when a soldier with a spear opened the sacred Side of Jesus, and when His sacred body, being taken down from the cross, was laid on her most pure bosom.

Our Father, **once**. Hail Mary, **seven times**.

VII. The Seventh Sorrow of our Blessed Lady was when she saw the most sacred Body of her Son Jesus laid in the sepulchre.

Our Father, **once**. Hail Mary, **seven times**.

Let us now say three Hail Marys, in honor of the tears which Our Lady shed in her Dolours, that we may obtain a true sorrow for our sins and gain the holy indulgences.

Hail Mary, **three times**.

Taken from The Servite Manual: Behold Thy Mother; A Collection of Devotions Chiefly in Honor of Our Lady of Sorrows.

THE CROWN OR ROSARY OF THE SEVEN DOLORS OF OUR LADY

An Act of Contrition

O my most loving Savior, behold me before Thy divine presence, full of confusion for the many offences I have committed against Thee. I repent of them from my whole heart, and detest them above all evils, because they offend Thine infinite goodness; and I firmly purpose to wash my soul in the Sacrament of Penance, and never to offend Thee again. Forgive me, my crucified Savior, in Thine infinite mercy. And thou, most tender Virgin, Refuge of Sinners, do thou, by thy bitter pains, obtain for me the pardon of all my sins, and grace never to crucify thy Son again.

I. The First Sorrow of our Blessed Lady was when, having presented Jesus, her Divine Son, in the Temple, she heard the words of holy Simeon, “Thy own soul a sword shall pierce;” by which he foretold the Passion and Death of her Son Jesus.

Our Father, once. Hail Mary, seven times.

II. The Second Sorrow of our Blessed Lady was when she was obliged to flee into Egypt, because King Herod was seeking the Child to destroy Him.

Our Father, once. Hail Mary, seven times.

2. PRAYER FOR A HAPPY DEATH

O Mary, Refuge of Sinners, my sweet Mother, by the sorrow thou didst experience, when thou didst witness the agony and death of thy divine Son on the cross, mercifully intercede for me, I entreat thee, when my soul is about to leave this world; drive away all evil spirits, come to take my soul, and to present it to the eternal Judge. O Queen of Heaven, do not abandon thy child; next to Jesus thou wilt be my comfort in that dread hour. Ask thy Son to grant, in His infinite mercy, that I may die embracing His holy feet, kissing His sacred Wounds, saying with my last breath: “Jesus, Mary and Joseph, I give you my heart and my soul.” Amen.

3. THE HAIL MARY OF OUR SORROWFUL MOTHER *(Prayer of St. Bonaventure)*

Hail! Mary, full of sorrows, the Crucified is with thee; tearful art thou amongst women, and tearful is the fruit of thy womb, Jesus. Holy Mary, mother of the Crucified, give tears to us, Crucifiers of thy Son, now, and at the hour of our death. Amen.

4. FOR OUR SICK RELATIVES AND FRIENDS

Queen of Martyrs and Mother of Consolation by that sword of sorrow which pierced thy soul, when thou didst see thy Son Jesus Christ our Lord raised upon the cross, pierced with nails and covered with His own Blood; pray for these sick persons,—

Priest: Pause here and name the sick persons for whom you are making the Novena. (Pause.) We intend that this Novena be made primarily for the recovery of health of those sick persons whose names have been given in—during the past nine weeks—in any Church where this Novena is in progress. . . .

—that they may by thy powerful intercession be cured of their illness, and thus we may both in time and eternity give thee heartfelt thanks.

5. FOR OUR BELOVED DEAD

O Most Blessed Virgin Mary, my Mother, I turn to thee in supplication, and by that sword which pierced thy sorrowful heart, when thou didst behold thy beloved Son Jesus Christ bow down His head and give up the ghost, I pray and beseech thee to help the holy souls in Purgatory, and particularly those for whom I now pray.—

Priest: Here mention the names of your departed relatives and friends for whom you wish to make the Novena. (Pause.) Include in your intention all the departed souls whose names have been given in—during the past nine weeks—in any Church where this Novena is in progress. . . .

Mother of Sorrows, Queen of Martyrs for the love of thy divine Son, whose precious blood was shed for us, help us with thy powerful intercession, who are in danger not only of falling into Purgatory, but of losing our souls forever in hell. O Mary, Mother of Grace; Mother of mercy, pray for us now and at the hour of our death.”

Eternal Father, through the most precious Blood of Jesus and the Sorrows of Mary, O have pity upon the holy souls in Purgatory. Amen.

6. AN ACT OF CONSECRATION TO OUR SORROWFUL MOTHER

Holy Mary, Mother of God and Queen of Martyrs, I do this day choose thee as my model, protectress, and advocate. In thy Immaculate Heart, pierced with so many swords of sorrow, I place my poor soul forever. Receive me as thy especial servant as a partaker in thy sufferings. O Give me strength always to remain close to that Cross on which thy only Son died for me. All that I am and have, I consecrate to thy service. Accept every good work that I may perform and offer it to thy Son for me. Dear Mother, help me to be worthy of the title: “Servant of Mary.” Stand

by me in all my actions that they may be directed to the glory of God. As thou wert close to Christ, thy Son, on the cross, be near to me, thy child, in my last agony. Obtain for me, that I may invoke thine and His sweet Name saying with my lips and my heart: “Jesus, Mary and Joseph, assist me in my last agony. Jesus, Mary and Joseph, may I die in peace in your holy company.”

Priest: We shall now have the blessing for the sick. This blessing is intended for those here present in the congregation who are suffering from some physical malady.

BLESSING FOR THE SICK

The priest, wearing a purple stole, says:

V. Our help is in the name of the Lord.

R. Who made heaven and earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. The Lord be with thee.

R. And with thy spirit.

LET US PRAY

Look down, O Lord, we beseech Thee, upon Thy Servants suffering with sickness of body, and refresh the souls which Thou hast created; that, being purified by chastisements, they may forthwith in Thy compassion experience betterment. Through Christ our Lord. Amen. May Our Lord Jesus Christ be with you that He may defend you: be within you that He may preserve you; precede you that He may guide you; follow you that He may guard you; be over you that He may bless you: Who liveth and reigneth with the Father and Holy Ghost world without end. Amen.

May the Blessing of Almighty God, Father, Son + and Holy Ghost descend upon you and remain forever. Amen.

The priest then sprinkles the sick with Holy Water