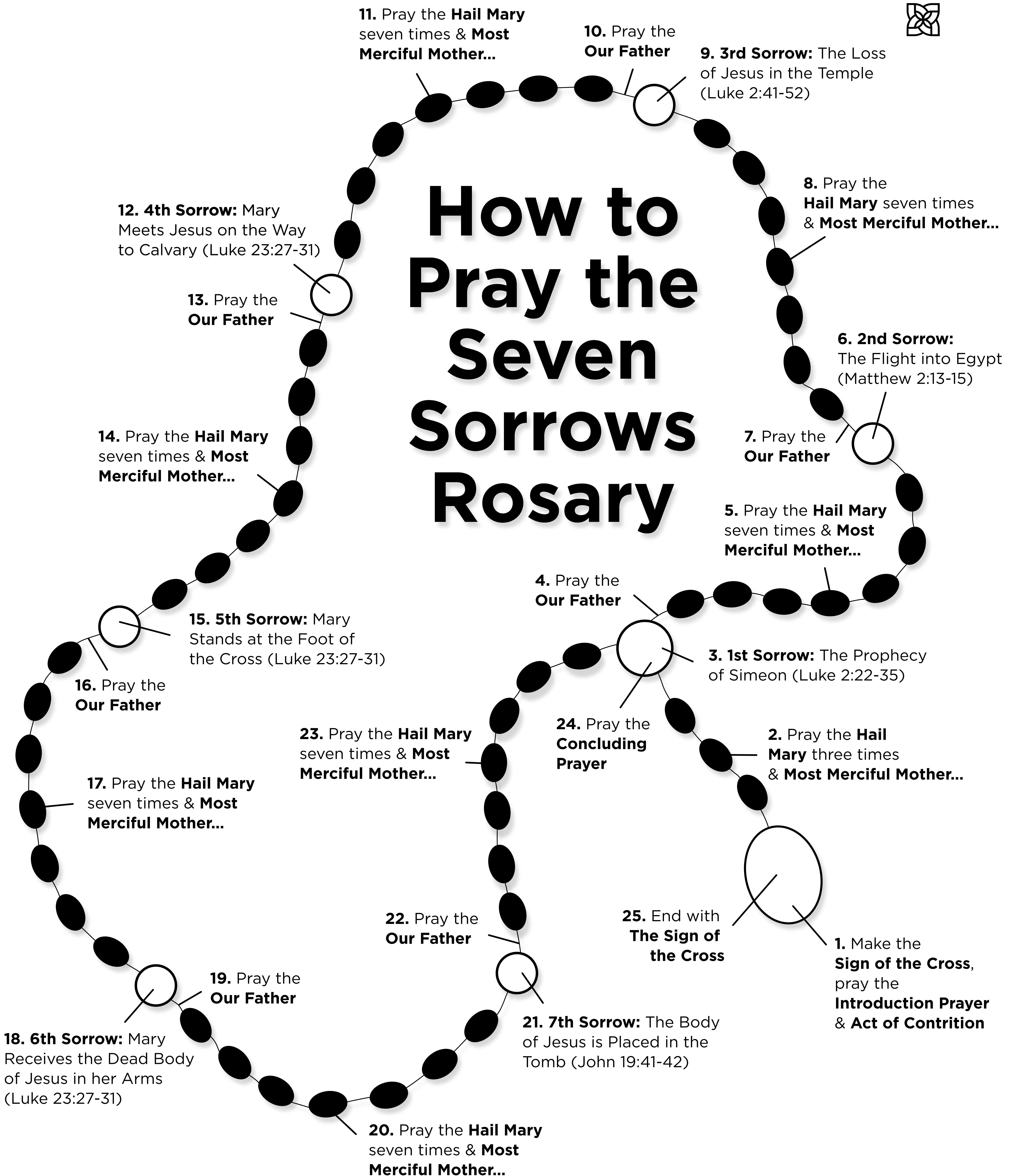
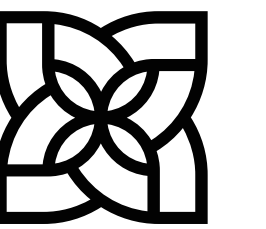


How to Pray the Seven Sorrows Rosary



[Scan or click here to learn more about prayers for Lent.](#)



The Seven Sorrows Rosary

The 7 sorrows rosary is typically prayed on a unique, seven decade rosary rather than the common five decade rosary.

How to Pray the Seven Sorrows Rosary

1. Make the **Sign of the Cross**

You can find the Sign of the Cross, the Our Father, and the Hail Mary prayers at the bottom of this document

Pray the **Introductory Prayer**

My God, I offer You this Rosary for Your glory, so I can honor your Holy Mother, the Blessed Virgin, so I can share and meditate upon her suffering. I humbly beg you to give me true repentance for all my sins. Give me wisdom and humility, so that I may receive all the indulgences contained in this prayer.

Pray the **Act of Contrition**

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of hell; but most of all because they offend You, my God, You Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life.

2. Pray the **Hail Mary** three times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

3. **The 1st Sorrow:** The Prophecy of Simeon (Luke 2:22-35)

Prayer: *Beloved Mother Mary, whose Heart suffered beyond bearing because of us, teach us to suffer with you and with love, and to accept all the suffering God deems it necessary to send our way. Let us suffer, and may our suffering be known to God only, like yours and that of Jesus. Do not let us show our suffering to the world, so it will matter more and be used to atone for the sins of the world. You, Mother, who suffered with the Savior of the world, we offer you our suffering, and the suffering of the world, because we are your children. Join those sorrows to your own and to those of the Lord Jesus Christ, then offer them to God the Father. You are a Mother greater than all.*

Pray the **Our Father**

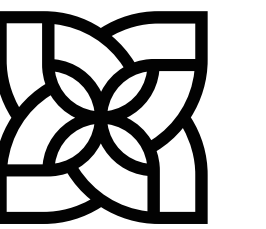
Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.



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4. The 2nd Sorrow: The Flight into Egypt (Matthew 2:13-15)



Prayer: *Beloved Mother, who has suffered so much, give to us your courageous heart.*

Please pray for us to have strength so that we can be brave like you and accept with love the suffering God sends our way. Help us to also accept all the suffering we inflict upon ourselves and the suffering inflicted upon us by others. Heavenly Mother, you, in union with Jesus, purify our suffering so that we may give glory to God and save our souls.

Pray the **Our Father**

Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

5. The 3rd Sorrow: The Loss of Jesus in the Temple (Luke 2:22-35)

Prayer: *Beloved Mother, teach us to accept all our sufferings because of our sins and to atone for the sins of the whole world.*

Pray the **Our Father**

Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

6. The 4th Sorrow: Mary Meets Jesus on the Way to Calvary (Luke 23:27-31)

Prayer: *Beloved Mother, so stricken with grief, help us to bear our own suffering with courage and love so that we may relieve your Sorrowful Heart and that of Jesus. In doing so, may we give glory to God Who gave you and Jesus to humanity. As you suffered, teach us to suffer silently and patiently. Grant unto us the grace of loving God in everything. O Mother of Sorrows, most afflicted of all mothers, have mercy on the sinners of the whole world.*

Pray the **Our Father**

Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

7. The 5th Sorrow: Mary Stands at the Foot of the Cross (John 19:25-27)

Prayer: *Beloved Mother, Queen of the Martyrs, give us the courage you had in all your sufferings so that we may unite our sufferings with yours and give glory to God. Help us follow all His commandments and those of the Church so that Our Lord's sacrifice will not be in vain, and all sinners in the world will be saved.*

Pray the **Our Father**

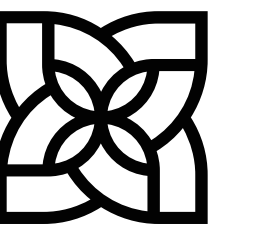
Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.



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8. The 6th Sorrow: Mary Receives the Body of Jesus (John 19:38-40)



Prayer: *We thank you, Beloved Mother, for your courage as you stood beneath your dying Child to comfort Him on the Cross. As our Savior drew His last breath, you became a wonderful Mother to all of us; you became the Blessed Mother of the world. We know that you love us more than our own earthly parents do. We implore you to be our advocate before the Throne of Mercy and Grace so that we can truly become your children. We thank you for Jesus, our Savior and Redeemer, and we thank Jesus for giving you to us. Please pray for us, Mother.*

Pray the **Our Father**

Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

9. The 7th Sorrow: The Body of Jesus is Placed in the Tomb (John 19:41-42)

Prayer: *Most Beloved Mother, whose beauty surpasses that of all mothers, Mother of Mercy, Mother of Jesus, and Mother to us all, we are your children and we place all our trust in you. Teach us to see God in all things and all situations, even our sufferings. Help us to understand the importance of suffering, and also to know the purpose of our suffering as God had intended it.*

You yourself were conceived and born without sin, were preserved from sin, yet you suffered more than anybody else. You accepted suffering and pain with love and with unsurpassed courage. You stood by your Son from the time He was arrested until He died. You suffered along with Him, felt His every pain and torment. You accomplished the Will of God the Father; and according to His will, you have become our Mother. We beg you, dear Mother, to teach us to do as Jesus did. Teach us to accept our cross courageously. We trust you, most Merciful Mother, so teach us to sacrifice for all the sinners in the world. Help us to follow in your Son's footsteps, and even to be willing to lay down our lives for others.

Pray the **Our Father**

Pray the **Hail Mary** seven times & **Most Merciful Mother...**

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

10. Pray the Concluding Prayer

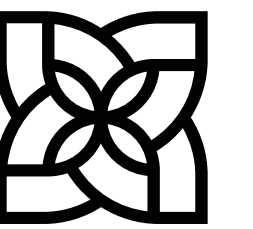
Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen.

Mary, who was conceived without sin and who suffered for us, pray for us (repeat three times)

11. End with the Sign of the Cross



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The Seven Sorrows Rosary

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Prayers

The Sign of the Cross Prayer

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Hail Mary Prayer

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women; and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Our Father Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses; as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.



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