

PRAY THE ROSARY EVERYDAY!

- Our Lady of Fatima 1917 -

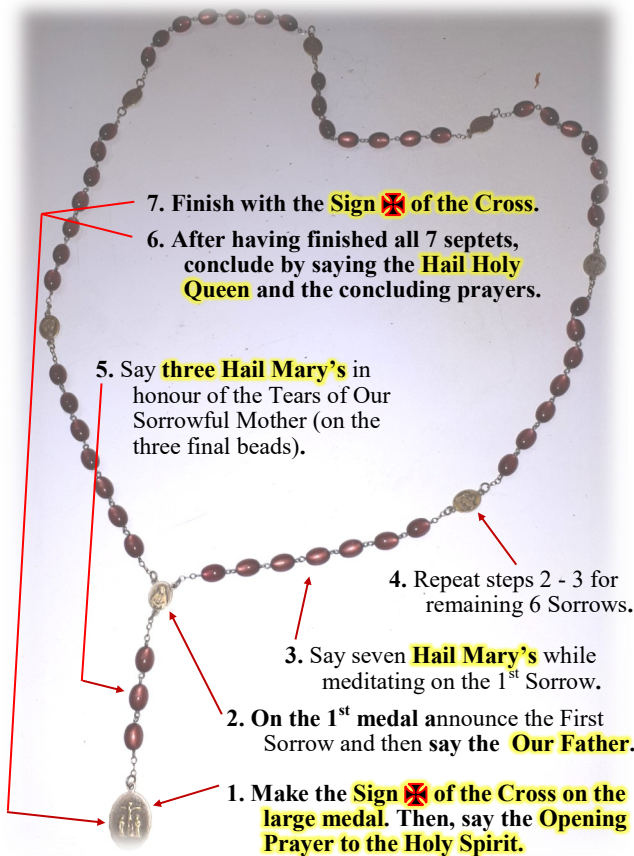
My daily devotion to Our Lady

How to pray

The Rosary of Our Lady of Sorrows

1. Make the Sign ☩ of the Cross. Then, say the **Opening Prayer to the Holy Spirit**.
2. On the 1st medal announce the First Sorrow and say the **Our Father**.
3. Pray seven **Hail Mary's** while meditating on the Sorrow.
4. Repeat steps 2 - 3 for the remaining six Sorrows.
5. Say **three Hail Mary's** in honour of the Tears of Our Sorrowful Mother (on the three final beads).
6. After having finished all 7 septets, conclude by saying the **Hail Holy Queen** and the concluding prayers.
7. Finish with the Sign ☩ of the Cross.

THE ROSARY OF THE SEVEN SORROWS



7. Finish with the **Sign ☩ of the Cross.**

6. After having finished all 7 septets, conclude by saying the **Hail Holy Queen** and the concluding prayers.

5. Say **three Hail Mary's** in honour of the Tears of Our Sorrowful Mother (on the three final beads).

4. Repeat steps 2 - 3 for remaining 6 Sorrows.

3. Say seven **Hail Mary's** while meditating on the 1st Sorrow.

2. On the 1st medal announce the First Sorrow and then say the **Our Father.**

1. Make the **Sign ☩ of the Cross on the large medal.** Then, say the **Opening Prayer to the Holy Spirit.**

Ad Jesum per Mariam

THE ROSARY OF THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY



The Order of the Servants of Mary (Servites), founded in the 13th century by the Seven Holy Founders, spread this devotion of the Sorrows of the Blessed Virgin Mary. By the 16th century, the number of Sorrows of the Blessed Virgin Mary were grouped together in its present form.

The Servite Rosary is a meditation on the mystery events in the life of Jesus and Mary, specifically inviting us to meditate and reflect on those times in the life of the Blessed Virgin when she experienced pain and suffering in the Redemptive mystery of God's plan of salvation for the human race in her Son, Jesus.

The Rosary of the Seven Sorrows is composed of seven septets of **ONE (1) *OUR FATHER*** and **SEVEN (7) *HAIL MARYS***, with **THREE (3) additional *HAIL MARYS*** at the end followed by the ***SALVE REGINA***.

The ***OUR FATHERS*** are said on the small medals, the ***HAIL MARYS*** on the beads and the ***SALVE REGINA*** on the large medal.

The seven septets of *Hail Marys* are recited in remembrance of the 7 Sorrows of Mary. The *three Hail Marys* are added in remembrance of the ***Tears Mary*** shed because of the suffering of her Divine Son.

THE PRAYERS OF THE ROSARY

The Sign ✠ of the Cross:

With the Medal in your right hand touch your forehead saying, "In the Name of the Father"; touch your breast saying, "and of the Son"; touch your left shoulder, then your right saying, "and of the Holy Spirit. Amen." Then kiss the Medal.

THE OUR FATHER:

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. Amen.

THE HAIL MARY:

Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst 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 Hail Holy Queen (*always said in unison*):

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us. And after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

✠ *Pray for us, O most Sorrowful Virgin.*

✠ **That we may be made worthy of the promises of Christ.**

Let us pray

O God, at whose Passion, according to the prophecy of Simeon, a sword of Sorrow pierced through the most sweet soul of the glorious Virgin and Mother Mary; grant that we, who commemorate and reverence her Sorrows, may experience the blessed effect of your Passion, who lives and reigns world without end. Amen.

Opening Prayers

Kneeling before the Sacred Image of Our Lady of Sorrows, say in the first place:—

In the name of the Father ✠ and of the Son and of the Holy Spirit. **Amen.**

Come, O Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love.

✠ Send forth your Spirit and they shall be created.

✠ **And You shall renew the face of the earth.**

✠ O Lord, hear my prayer.

✠ **And let my cry come unto You.**

Let us pray

Enlighten our minds, we beseech You, O Lord, with the light of your grace, that we may see what we ought to do, and be able to do what is right. Through Jesus Christ our Lord. Amen.

THE 7 SORROWS OF OUR LADY

1. The Prophecy of Simeon

[In this Sorrow we consider how Our Blessed Lady, presented her divine Son in the Temple to his Father, and heard the words of Holy Simeon: “*Your own Soul a sword shall pierce*”, by which he foretold the passion and death of her Son Jesus.]



¹⁰Woe is me, my mother, that you gave me birth, a man of strife, a man of contention in all the earth? ... (*Jer 15:10*)

THE WORD OF GOD — From the Gospel according to St. Luke (2:34-35)

³⁴Simeon blessed them, and he said to Mary his Mother: “*Behold, this child is set for the downfall, and for the rise of many in Israel, and for a sign which shall be contradicted;* ³⁵*and your own soul a sword shall pierce, that out of many hearts, thoughts may be revealed.*”

Our Father, 7 Hail Mary's

2. THE FLIGHT INTO EGYPT

[In this Sorrow we consider how Our Blessed Lady was compelled to leave Bethlehem and flee into Egypt, because King Herod was seeking the Child to destroy Him.]



¹... For Israel was a child, and I loved him, and out of Egypt I called my son (Hos 11:1).

THE WORD OF GOD — From the Gospel according to St. Matthew (2:13-15)

¹³And after they had departed, behold an angel of the Lord appeared in sleep to Joseph, saying: *“Arise, and take the child and his mother, and flee into Egypt: and stay there until I tell you. For it will come to pass that Herod will seek the child to destroy him.”* ¹⁴He arose, and took the child and his mother by night, and withdrew into Egypt: and he was there until the death of Herod: ¹⁵That what was spoken by the Lord through the prophet might be fulfilled, saying: *“Out of Egypt I have called my son.”*

Our Father, 7 Hail Mary's

3. THE LOSS OF THE CHILD JESUS FOR THREE DAYS IN JERUSALEM

[In this Sorrow we consider the grief which Our Lady endured for three days after the feast of the Passover, when she lost her Son Jesus, and with St. Joseph, sought Him sorrowing.]

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<sup>1</sup>Upon my bed by night I sought him whom my soul loves: I sought him, and found him not. <sup>2</sup>I will rise, and I will go about the city: in the streets and the squares I will seek him whom my soul loves: I sought him, and I found him not. <sup>3</sup>The watchmen who go about the city, found me: "*Have you seen him, whom my soul loves? (Sg 3:1-3)*"

#### **THE WORD OF GOD — From the Gospel according to St. Luke (2:43-45)**

<sup>43</sup>And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents did not know it. <sup>44</sup>But thinking that he was in the party, they came a day's journey, and sought him among their kinsfolks and acquaintances. <sup>45</sup>And not finding him, they returned to Jerusalem in search of him.

*Our Father, 7 Hail Mary's*

## 4. MARY MEETS JESUS ON THE WAY TO CALVARY

[In this Sorrow we consider Our Lady meeting, 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.]



<sup>6</sup>And he took the wood for the holocaust, and laid it upon Isaac his son: and he himself carried in his hands the fire and a sword. And as they two went on together, <sup>7</sup>Isaac said to his father: “*My father.*” And he answered: “*What do you want, son?*” “*Behold, he says, the fire and the wood: where is the victim for the holocaust (Gn 22:6-7)?*”

### THE WORD OF GOD — From the Gospel according to St. Luke (23:26-27)

<sup>26</sup>And as they led him away, they laid hold of one Simon of Cyrene, coming from the country; and they laid the cross on him to carry after Jesus. <sup>27</sup>And there followed him a great multitude of people, and of women, who bewailed and lamented over him. <sup>28</sup>But Jesus turning to them, said: “*Daughters of Jerusalem, weep not over me; but weep for yourselves, and for your children.*”

*Our Father, 7 Hail Mary's*

## 5. THE CRUCIFIXION AND DEATH OF OUR LORD ON THE CROSS

[In this Sorrow we consider Our Blessed Lady standing beneath the Cross during the three hours' agony of her divine Son Jesus.]

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And I will pour out upon the house of David, and upon the inhabitants of Jerusalem, the spirit of grace and prayer: and they shall look upon me, whom they have pierced: and they shall mourn for him as one mourns for an only son, and they shall grieve over him, as the manner is to grieve for the death of the firstborn (*Zec 12:10*).

THE WORD OF GOD — From the Gospel according to St. John (19:25-27)

²⁵ Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen. ²⁶ When Jesus, therefore, saw his mother and the disciple standing by, whom he loved, he said to his mother: "*Woman, behold thy son.*" ²⁷ Then, he said to the disciple: "*Behold thy mother.*" And from that hour, the disciple took her in as his own.

Our Father, 7 Hail Mary's

6. **MARY RECEIVES THE DEAD BODY OF JESUS IN HER ARMS**

[In this Sorrow we consider the grief which Our Lady endured when the Side of Christ was opened with a lance, and his Body was taken down from the Cross and laid in her arms.]

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<sup>12</sup>*Lamed.* O all ye that pass by the way, look and see if there be any sorrow like to my sorrow! for he has made a vintage of me, as the Lord spoke in the day of his fierce anger (*Lam 1:12*).

### **THE WORD OF GOD — From the Gospel according to St. Mark (15:42-46)**

<sup>42</sup> Now when evening had come, (because it was Preparation Day, that is, the eve of the Sabbath) <sup>43</sup> Joseph of Arimathea, a honourable counsellor, who was also himself looking for the kingdom of God, came and went in boldly to Pilate, and begged the body of Jesus. <sup>44</sup> But Pilate wondered that he should be already dead. And sending for the centurion, he asked him if he were already dead. <sup>45</sup> And when he had understood it by the centurion, he gave the body to Joseph. <sup>46</sup> And Joseph buying fine linen, and taking him down, wrapped him up in the fine linen, ...

***Our Father, 7 Hail Mary's***

## **7. MARY PLACES THE BODY OF JESUS IN THE TOMB.**

[In this Sorrow we consider the desolation which filled the soul of Our Lady for three days when the Body of her divine Son Jesus was laid in the tomb.]



<sup>9</sup> And he shall give the ungodly for his burial, and the rich for his death: because he had done no iniquity, neither was there deceit in his mouth. <sup>10</sup> And the Lord was pleased to bruise him in infirmity: if he shall lay down his life for sin, he shall see a long-lived seed, and the will of the Lord shall be prosperous in his hand (*Is 53:9-10*).

### **THE WORD OF GOD — From the Gospel according to St. John (19:40-42)**

<sup>40</sup> 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. <sup>41</sup> 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. <sup>42</sup> There, accordingly, because of the Preparation Day of the Jews, they laid Jesus, because the sepulchre was close at hand.

*Our Father, 7 Hail Mary's*

# The Tears of Our Sorrowful Mother

*[Three (3) Hail Marys are now said, in honour of the Tears which Our Lady shed in her Sorrows.]*

*Mem.* To what shall I compare thee, or to what shall I liken thee, o daughter of Jerusalem? To what shall I equal thee, that I may comfort thee, O virgin daughter of Sion? For great as the sea is thy destruction, who shall heal thee (*Lam 2:13*)?

## *3 Hail Mary's*

*Hail, Holy Queen* — page 5

✠ We praise you, Holy Mary.

✠ Faithful Mother at the Cross of your Son.

## **ACCLAMATION**

**Blessed are you, Queen of Martyrs:  
united to the Passion of Christ,  
you became our Mother  
and a sign of hope in our life.**

*Let us pray*

**O God**, when your Son was raised on the Cross You willed that his sorrowing Mother be near to Him. Like her, may we be united to the passion of Christ and share in the glory of his resurrection. He lives and reigns forever and ever. Amen.

Virgin most sorrowful, **pray for us.** (*Three times.*)

## **DISMISSAL**

**May the Virgin Mary protect us and lead us kindly on life's journey. Amen.**

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

## INDULGENCES

### THE ROSARY OF OUR LADY OF SORROWS

On December 3 1968, the Sacred Penitentiary granted the following Indulgences:

**1. FOR THE RELIGIOUS OF THE FIRST, SECOND AND THIRD ORDER REGULAR AND FOR MEMBERS OF THE THIRD ORDER SECULAR:**

- a) a **plenary indulgence** once each year, if the Rosary of the Seven Sorrows of the Blessed Virgin Mary is recited in a Church or Chapel, in community or with some society or with one's family, provided that one goes to Confession, receives Holy Communion and recites an Our Father and Hail Mary, or other prayers, for the intention of the Pope;



- b) a **partial indulgence** at other times;

**2. FOR THE FAITHFUL:**

- a) a **plenary indulgence**, under the same conditions, if the Rosary is recited in a Church or Chapel of Servite Friars or Sisters;
- b) a **partial indulgence** when recited, as above, with a contrite heart.

N.1. An indulgence is the remission before God of the temporal punishment due sins already forgiven as far as their guilt is concerned, which the follower of Christ with the proper dispositions and under certain determined conditions acquires through the intervention of the Church which, as minister of the Redemption, authoritatively dispenses and applies the treasury of the satisfaction won by Christ and the saints.

*(Enchiridion of Indulgences, Norms)*



*Divine Mercy Press*  
*Pascoe Vale South, Victoria 3044*  
*Anno Domini 2019*