



*Rosary of the
Seven Sorrows of Mary*

*Meditations and
Prayer Intentions for Young People*

Opening Prayer

My God, I offer you this rosary for your glory. I want to honor your Holy Mother by meditating upon and sharing in her suffering.

O my Lord and Savior, Jesus Christ, trusting in your infinite love I turn to you for forgiveness and mercy. I am truly sorry for the pains you suffered in your most bitter Passion because of my sins. For love of you, and before your holy presence, I utterly renounce and forsake all the sins of my whole life. I ask pardon of you with all my heart. I firmly resolve to amend my life and would rather die than offend you again.

O Blessed Virgin Mary, you are our tender Mother and the refuge of sinners. I run to you with confidence and love. Hide me under your mantle of love and protection. As I meditate upon the swords of sorrow that pierced your Immaculate Heart, obtain for me the forgiveness of my sins and the grace to live a life of heroic holiness.

Blessed Mother, I unite my heart to yours and offer this rosary for young people: for their purity and holiness, their vocational discernment, and their courage in following Christ.

[I also pray for the following particular intentions...]

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

R. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

After each set of seven Hail Marys:

Holy Mother hear my prayers, and renew in my heart each wound of Jesus my Savior.



The Presentation in the Temple

The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed" (Lk 2:34-35).

After the fiat of the Annunciation, God asked her for a new fiat. He asked her to accept a crucifying motherhood so that she could be intimately united to her Son's saving mission. Mary was determined, "she knew what was at stake and said 'yes,' ... it was the 'yes' of someone prepared to be committed, someone willing to take a risk. As we reflect on Simeon's prophecy to Mary in the Temple, let's ask her for the grace to always say yes to God, no matter what. And let's ask this grace for young people in the Church.



The flight into Egypt

Behold, the angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him.” Joseph rose and took the child and his mother by night and departed for Egypt (Mt 2:13-14).

In order to protect their very special baby Mary and Joseph left everything behind and experienced deprivations of all kinds. But no sacrifice was too great for them; they faced their new situation with courage. As we ponder this mystery let’s ask for young people the grace to listen attentively to God’s voice speaking in their hearts, and the courage to say YES — to take risks and leave everything behind, putting out into the deep and going wherever God leads them, even when he leads them to the Cross.



Losing Jesus in the Temple

When his parents saw him, they were astonished, and his mother said to him, “Son, why have you done this to us? Your father and I have been looking for you with great anxiety.” And he said to them, “Why were you looking for me? Did you not know that I must be in my Father’s house?” But they did not understand what he said to them. He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart” (Lk 2:48-51).

By staying behind in Jerusalem without telling his parents Jesus was beginning to forge his own path in life. Mary must have suffered due to her inability to understand and the emotional distance from her Son that this caused. But she persevered in faith through good times and bad. She can teach us perseverance and faithfulness to our vocation and she will obtain these graces for ourselves and for young people if we ask her for them.



The Way of the Cross

And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him. As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross (Mt 27:31-32).

Just as Mary accompanied Jesus and suffered with him, she stands close by those who suffer in every place and every time. Father of mercy, help us to console and accompany the Lord, helpless and suffering in the poorest and most abandoned of our brothers and sisters. Give young people the courage to remain, like Mary, at the foot of the cross.



Jesus dies on the Cross

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home (Jn 19:25-27).

Standing near the Cross, Mary cruelly suffered with her only Son, giving the consent of her love to the immolation of the victim born of her flesh. That is where her heart was really pierced as with a sword.... Her love was immeasurably great and we know that the one who loves more suffers more. Father, teach us to stand at the foot of every cross. Teach us to say: Here I stand, alongside your Son, alongside Mary and alongside all those beloved disciples who desire to welcome your Kingdom into their heart.



Jesus is taken down from the Cross

The soldiers came and broke the legs of the first and then of the other thief who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out (Jn 19:32-34).

How cruelly they treated Mary's Son! Mary must have grieved to see how disrespectfully they treated her Son's body. As we contemplate the pieta this week let's pray in a special way for the victims of our throw-away culture, and let's ask for all young people a right understanding of the dignity of every human life created in the image and likeness of God.



Jesus is placed in the tomb

They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by (Jn 19:40-42).

Mary shows us how to give all of our pain and suffering to Jesus so it can be used for good. We can have total confidence to go to her with all of our needs, all of our brokenness and all of our wounds. Mary's love was caring, dynamic and concrete, a love full of boldness focused completely on the gift of self. Let's pray that the Church will be permeated by these Marian qualities so that she may go beyond all boundaries to let the grace she has received overflow.

Closing Prayers

O Mary, you truly became the Queen of Martyrs as these seven bitter swords of sorrow pierced your Immaculate Heart! By the merits of your tearful distress obtain for us and for all sinners the graces of perfect contrition and conversion. Help us always, dear Mother, to imitate you by taking up our crosses and following Jesus with limitless love and generosity. Amen.

Repeat three times

Mary, who was conceived without sin and who suffered for us, pray for us.

(Optional)

Litany of Our Lady of Seven Sorrows

by Pope Pius VII

V. Lord, have mercy on us.

R. Christ, have mercy on us.

V. Lord, have mercy on us. Christ, hear us.

R. Christ, graciously hear us.

God, the Father of heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Spirit, have mercy on us.

Holy Mary, Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of the Crucified, [etc.]

Sorrowful Mother

Mournful Mother

Sighing Mother

Afflicted Mother

Forsaken Mother

Desolate Mother
Mother most sad
Mother set around with anguish
Mother overwhelmed by grief
Mother transfixed by a sword
Mother crucified in your heart
Mother bereaved of your Son
Sighing Dove
Mother of Sorrows
Fount of tears
Sea of bitterness
Field of tribulation
Mass of suffering
Mirror of patience
Rock of constancy
Remedy in perplexity
Joy of the afflicted
Ark of the desolate
Refuge of the abandoned
Shield of the oppressed
Conqueror of the incredulous
Solace of the wretched
Medicine of the sick
Help of the faint
Strength of the weak
Protectress of those who fight
Haven of the shipwrecked
Calmer of tempests
Companion of the sorrowful
Retreat of those who groan
Terror of the treacherous
Standard-bearer of the Martyrs
Treasure of the Faithful
Light of Confessors
Pearl of Virgins

Comfort of Widows
Joy of all Saints
Queen of your Servants
Holy Mary, who alone are beyond compare

V. Pray for us, most Sorrowful Virgin,
R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Your Passion, Who lives and reigns world without end. Amen.