

Three Ave's

in veneration of  
the tears which  
Mary shed in  
her sorrows,  
to obtain  
thereby true  
sorrow for sins  
and the holy  
Indulgences  
attached to this  
pious exercise.

### Closing Prayers

V/. Pray for  
us, Virgin most  
sorrowful.

R/. That we  
may be made  
worthy of the  
promises of  
CHRIST.

Let us pray.

GRANT, we beseech  
You, O LORD JESUS  
CHRIST, that the most  
blessed Virgin Mary, your  
Mother, may intercede  
for us before the throne  
of your mercy, now and  
at the hour of our death,  
whose most holy soul was

transfixed with the sword of  
sorrow in the hour of your  
own Passion. Through You,  
JESUS CHRIST, SAVIOUR  
of the world, who lives and  
reigns with you in the unity  
of the Holy Spirit, one God,  
for ever and ever. Amen.

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# The Seven Dolours Of The Blessed Virgin Mary

## Act of Contrition

O My LORD, You  
who alone are most  
worthy of my love, behold  
me standing before your  
Divine Presence utterly  
overwhelmed by the  
thought of the many  
grievous injuries I have  
done to you. I ask your  
pardon for them with my  
whole heart, repenting of  
them purely for love of You,  
and at the thought of your  
great goodness hating and  
loathing them above every  
evil of this life.

As I would rather  
have died a thousand times  
than have offended You,

so now I am most firmly  
resolved to die a thousand  
deaths rather than offend  
You again.

My crucified JESUS,  
I firmly purpose to cleanse  
my soul as soon as possible  
by your most Precious  
Blood in the Sacrament of  
Penance And you, most  
tender Virgin, Mother  
of Mercy and Refuge of  
sinners, obtain for me by  
virtue of your bitter pains,  
the pardon of sin which I  
desire in order to obtain the  
Indulgences granted to this  
your holy Rosary, I hope  
thereby to obtain remission  
of all pains due to my sins.



## The First Sorrow

Mary, the Virgin Mother of GOD,  
presented JESUS, her only Son, in  
the Temple, and laid Him in the  
arms of holy and aged Simeon  
and heard his prophetic word,  
"The sword of grief shall pierce  
your soul," foretelling thereby  
the Passion and Death of her Son  
JESUS.

1 Pater, 7 Ave's





### The Second Sorrow

Our Blessed Mother was obliged to fly into Egypt by reason of the persecution of cruel Herod, who impiously sought to slay her well beloved Son.

1 Pater, 7 Ave's



### The Fifth Sorrow

The Blessed Virgin saw her Son JESUS raised upon the hard tree of the Cross, and blood flowing from every part of his sacred Body, and then beheld Him die after three hours agony.

1 Pater, 7 Ave's

### The Third Sorrow

The Blessed Virgin Mary, z after having gone up to Jerusalem at the Paschal Feast with Joseph her spouse and JESUS her beloved Son, lost Him on the way back to her poor house, and for three days bewailed the loss of her only Love.



1 Pater, 7 Ave's

### The Sixth Sorrow

The Blessed Virgin Mary saw the lance pierce the sacred Side of JESUS, her beloved Son, the nails withdrawn, and his holy Body laid in her purest bosom.



1 Pater, 7 Ave's

### The Fourth Sorrow

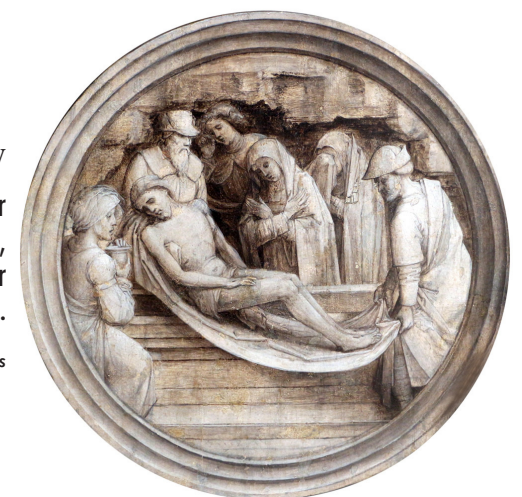
The Most Blessed Virgin Mary met her dear Son JESUS carrying to Mount Calvary on his tender shoulders the heavy Cross whereon He was to be crucified for our salvation.



1 Pater, 7 Ave's

### The Seventh Sorrow

The Blessed Virgin, our Queen and Advocate, saw the Holy Body of her Son buried in the grave.



1 Pater, 7 Ave's