



The Seven Dolours of the Blessed Virgin Mary

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Act of Contrition

O my Lord, Thou who alone art most worthy of my love, behold me standing before Thy Divine Presence all in confusion at the thought of the many grievous injuries I have done Thee. I ask Thy pardon for them with my whole heart, repenting of them purely for love of Thee, and hating and loathing them above every other evil of this life, when I think of Thy infinite goodness. As I would rather have died a thousand times than have offended Thee, so now I am most firmly resolved to lose my life rather than offend Thee again.

My crucified Jesus, I firmly purpose to cleanse my soul as soon as possible by Thy most Precious Blood in the Sacrament of Penance. And thou, most tender Virgin, Mother of Mercy and Refuge of sinners, do thou obtain for me the pardon of sin by virtue of thy bitter pains; whilst praying according to the mind of so many holy Pontiffs in order to obtain the indulgences granted to this thy holy Rosary, I hope thereby to obtain remission of all pains due to my sins.

1st Sorrow

...when Mary, Virgin Mother of God, presented Jesus, her only Son, in the Temple, and laid Him in the arms of holy aged Simeon, heard his prophetic word, “This One shall be a sword of pain to pierce thine own heart,” foretelling thereby the Passion and Death of her Son Jesus.

One Pater noster and seven Ave Maria's.



2nd Sorrow

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

One Pater noster and seven Ave Maria's.



3rd Sorrow

...when the Blessed Virgin, after having gone up to Jerusalem at the Paschal Feast with Joseph her spouse and Jesus her dear Son, lost Him on her return to her poor house, and for three days bewailed the loss of her beloved only Son.

One Pater noster and seven Ave Maria's.



4th Sorrow

...when the Blessed Virgin met her dear Son Jesus carrying on His tender shoulders the heavy cross whereon He was to be crucified for our salvation.

One Pater noster and seven Ave Maria's.



5th Sorrow

...when the Blessed Virgin saw her Son Jesus raised upon the tree of the cross, and Blood pouring forth from every part of His Sacred Body ; and when then, after three long hours' agony, she beheld Him die.

One Pater noster and seven Ave Maria's.



6th Sorrow

...when the Blessed Virgin saw the lance cleave the Sacred Side of Jesus, her beloved Son, and when taken down from the cross, His Holy Body was laid in her purest bosom.

One Pater noster and seven Ave Maria's.



7th Sorrow

...when the Blessed Virgin saw the Holy Body of her Son buried in the grave.

One Pater noster and seven Ave Maria's.



Three Ave Maria'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.

(prayed upon the first three beads of the chaplet)



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 Thee, O Lord Jesus Christ, that the most blessed Virgin Mary, Thy Mother, may intercede for us before the throne of Thy mercy, now and at the hour of our death, whose most holy soul was transfixed with the sword of sorrow in the hour of Thine own Passion. Through Thee, Jesus Christ, Saviour of the world, who livest and reignest with the Father and the Holy Ghost for ever and ever. Amen.

V. Ora pro nobis, Virgo dolorosissima.

R. Ut digni efficiamur promissionibus Christi.

Oremus.

Interveniat pro nobis, quaesumus, Domine Jesu Christe, nunc et in hora mortis nostrae, apud tuam clementiam beata Virgo Maria Mater tua, cujus sacratissimam animam in hora tuae Passionis deloris gladius pertransivit. Per te, Jesu Christe, Salvator mundi, qui cum Patre et Spiritu Sancto vivis et regnas, &c. R. Amen.