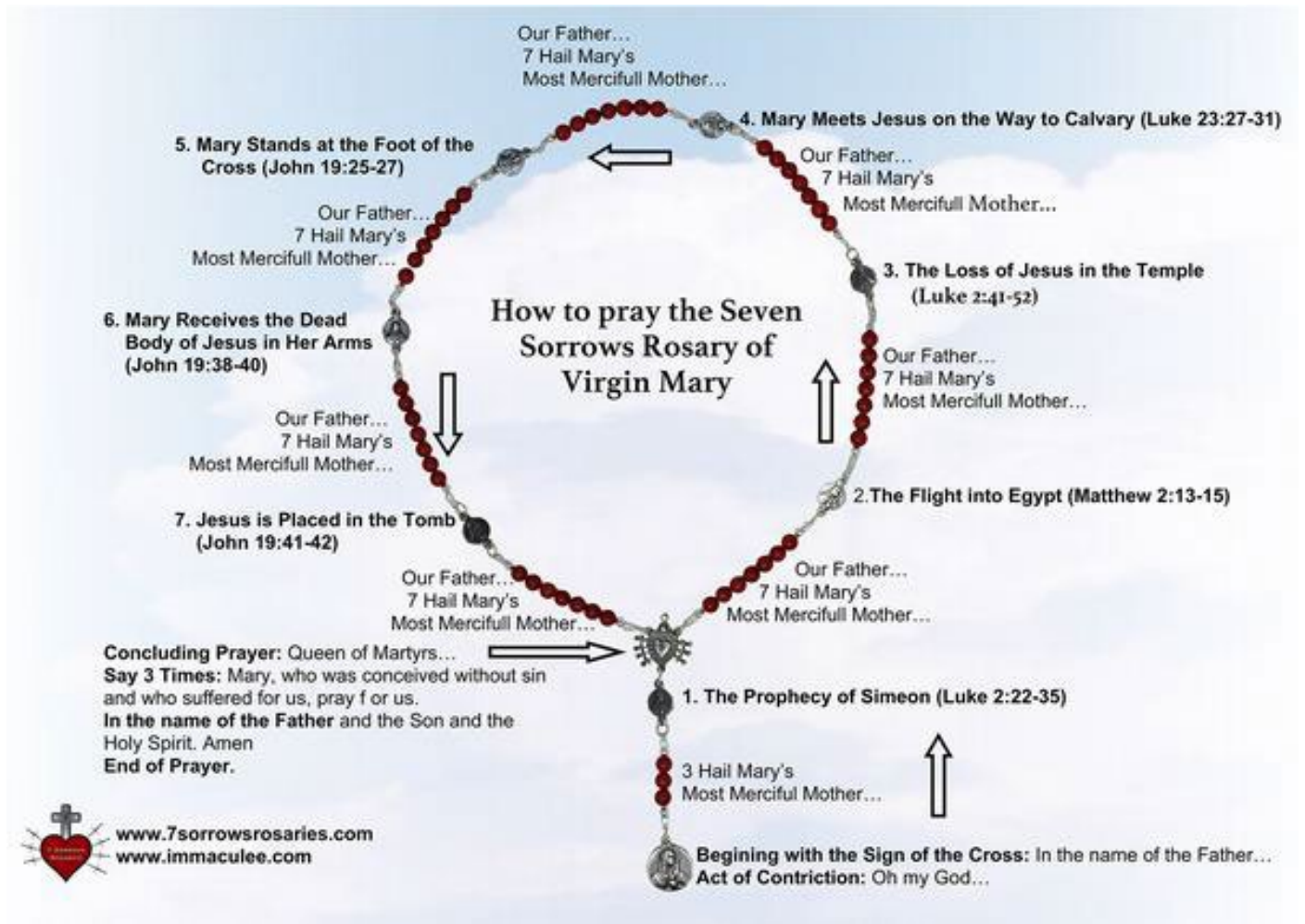




The Seven  
Sorrows of  
Our Lady  
Chaplet

In the Name of  
the Father, and  
of the Son, and  
of the Holy  
Spirit Amen





# Marie Claire's 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.

# 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.  
Amen.



# Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of Thy faithful, kindle in them the Fire of Thy Love. Send forth Thy Spirit and we shall be created and Thou shall renew the faith of the earth.

# Prayer to the Holy Spirit

Let us pray:

Enlighten our minds, we beseech Thee, O Lord, with the light of Thy brightness, that we may see what we are to do and be able to do what is right, through Christ, Our Lord.  
Amen.



Pray 3x Hail Mary in honor of the  
tears of Our Lady

Hail Mary.....



***THE FIRST SWORD OF SORROW:  
THE PROPHECY OF SIMEON  
(LUKE 2:22-35)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





***THE SECOND SWORD OF  
SORROW: THE FLIGHT INTO  
EGYPT (MATTHEW 2:13-15)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





***THE THIRD SWORD OF SORROW:  
THE LOSS OF JESUS IN THE  
TEMPLE (LUKE 2:41-52)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





***THE FOURTH SWORD OF  
SORROW: MARY MEETS JESUS  
ON THE WAY TO CALVARY  
(LUKE 23:27-31)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





***THE FIFTH SWORD OF SORROW:  
MARY STANDS AT THE FOOT OF  
THE CROSS (JOHN 19:25-27)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





***THE SIXTH SWORD OF  
SORROW: MARY RECEIVES  
THE DEAD BODY OF JESUS IN  
HER ARMS (JOHN 19:38-40)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*

***THE SEVENTH SWORD OF  
SORROW: THE BODY OF JESUS  
IS PLACED IN THE TOMB  
(JOHN 19:41-42)***

One Our Father (x1)

Seven Hail Mary (x7)

Conclude with; *Most  
Merciful Mother, remind us  
always about the Sorrows of  
your Son, Jesus.*





# SALVE REGINA

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 and 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.

(L) Pray for us, O Holy  
Mother of God:

(R) That we may be  
made worthy of the  
promises of Christ.





# Concluding prayers

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, Our Lord. Amen.

# Concluding prayers

May Our Lady bless us with her Loving Child, Jesus. Amen. (Say the following while making the Sign of the Cross) (X3)



# Concluding Prayers



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.

# Concluding Prayers



Mary, who was conceived without sin and who suffered for us, pray for us  
**x3.**



- In the Name of the Father, and of the Son, and of the Holy Spirit

- Amen



# Seven Promises of Our Lady

St. Bridget of Sweden (1303-1373) reported that Our Lady promised to grant seven graces to those who honor her and draw near to her and her Son every day by meditating on Her dolors (sorrows):

1. I will grant peace to their families.
2. They will be enlightened about the divine mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death, they will see the face of their Mother.
7. I have obtained from my divine Son, that those who propagate this devotion to my tears and dolors, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

