

NOVENA TO OUR LADY OF SEVEN SORROWS

Day 1

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

On the Cross her Son was dying.

Mary stood beneath Him crying,

Sharing in His saving cross.

As He hangs, her soul is grieving,

and a sword her heart is cleaving

and she weeps the bitter loss.

O Mother of Sorrows, through thy First Sorrow, the Prophecy of Holy Simeon, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 2 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

O, the sad, afflicted Mother

of the Son beyond all others:

only Son of God most high.

Full of grief, her heart is aching;

watching Him, her body, quaking,

trembles as her offspring dies.

O Mother of Sorrows, through thy Second Sorrow, the Flight into Egypt, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 3 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Who would see Christ's mother crying
at the bitter crucifying
without tears of sympathy?
Who could see her depth of feeling—
thoughts of many hearts revealing—
and not share her agony?

O Mother of Sorrows, through thy Third Sorrow, the Loss of the Child Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 4 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Pardon for our sins entreating,
She saw Him endure the beating.

All our guilt on Him was cast.

She stood by in contemplation

When her Son, in desolation

Breathed His spirit forth at last.

O Mother of Sorrows, through thy Fourth Sorrow, meeting thy Jesus on His Way to Calvary, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 5 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Font of love, O Blessed Mother,
lend me tears to mourn my brother.

Never let my ardor dim.

Let my heart be burning freely,

Christ my God be pleased to see me

all on fire with love for Him.

O Mother of Sorrows, through thy Fifth Sorrow, standing beneath thy dying Son on Mt. Calvary, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 6 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

This I ask, O Holy Mary,
that His wounds I too may carry:
fix them deeply in my heart.
Mine the burden He was bearing;
let me in His pain be sharing;
of His suffering take a part.

O Mother of Sorrows, through thy Sixth Sorrow, thy Jesus is laid in thy Arms, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 7 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Let me join in your lamenting,
through my life weep unrelenting
tears for Jesus Crucified.

Let me stand and share your weeping,
all the day death's vigil keeping,
glad to stand close by your side.

O Mother of Sorrows, through thy Seventh Sorrow, the Burial of thy Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 8 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Queen of all the virgin choir,
judge me not when I aspire
your pure tears to emulate.
Let me share in Christ's affliction—
death by bitter crucifixion—
and His wounds commemorate.

We give God thanks for the exaltation of His holy Cross, and ask dear Mother of Sorrows that you pray for us (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.

Day 9 Prayer

Intro Prayer

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Daily Prayer

Let me taste the pains He offered,
drunk with love for Him who suffered.

May His wounds become my own.

On the day of Christ's returning
may my heart be lit and burning.

Virgin, aid me at His throne.

May His Cross be interceding
and His death my vict'ry pleading.

May He hold me in His grace.

When my flesh by death is taken,
may my soul to glory waken
and in heaven take a place. Amen.

Blessed Mother, on this last day of our novena to you we entrust ourselves to your heart, pierced with love for your Divine Son (*mention request here*).

Concluding Prayer

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen.