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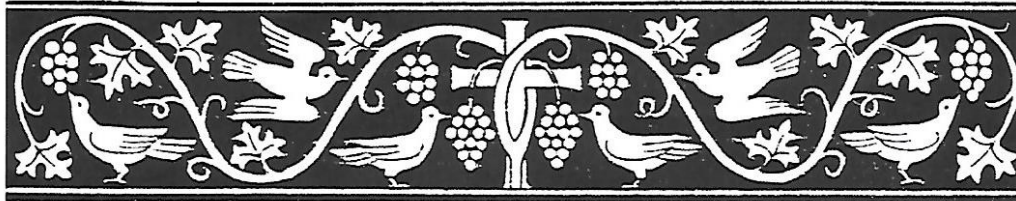
## NOVENA TO OUR LADY OF SORROWS

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SAINT MUNGO'S CHURCH · TOWNHEAD · GLASGOW

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## PRAYERS IN HONOUR OF THE SEVEN SORROWS OF OUR LADY

### 1. THE PROPHECY OF SIMEON

Most sorrowful Virgin, sorrow filled your heart when, on offering your divine Son in the temple, holy Simeon told you that a sword would pierce your soul, and you knew then that you would be asked to suffer with Jesus.

I wish to join with you in this sorrow, and I ask you, O Queen of Martyrs, to obtain for me the grace that I may always remember my death, which will help to keep me from all sin. *Hail Mary ...*

### 2. THE FLIGHT INTO EGYPT

Most holy and sorrowful Virgin, sorrow filled your motherly heart when you saw your divine Infant hated by Herod and you had to flee with him to Egypt, to save him.

I wish to join with you in this sorrow and ask you, O Queen of Martyrs, to obtain for me the grace to avoid all the temptations of my enemies on the difficult road to heaven. *Hail Mary ...*

### 3. THE LOSS OF THE CHILD JESUS IN THE TEMPLE

Most sorrowful Virgin, sorrow filled your heart when you were separated from your divine Son, who remained lost for three days in Jerusalem while you looked everywhere for him.

I wish to join with you in the sorrow you felt then, and I ask you, O Queen of Martyrs, to obtain for me the grace never to lose Jesus your Son, but always to remain united to him by the help of his Grace. *Hail Mary ...*

#### 4. MARY MEETS JESUS CARRYING HIS CROSS

Most sorrowful Mother, sorrow filled your motherly heart when you followed your dear Son to Calvary, and saw him falling under the weight of the Cross.

I wish to join with you in this sorrow, and ask you, O Queen of Martyrs, to obtain for me the grace to bear with patience whatever cross it will please God to send me. *Hail Mary ...*

#### 5. THE CRUCIFIXION

Most Sorrowful Mother, the greatest sorrow filled your heart when you stood near the Cross of Jesus, and watched him die in suffering for the sins of the world without being able to do anything to help him.

I wish to join with you in this sorrow, and ask you, O Queen of Martyrs, to obtain for me the grace to fight against all my temptations even though it costs me effort and suffering and death, so that strengthened by his love when I am dying, I may obtain the grace of a happy death. *Hail Mary ...*

#### 6. MARY RECEIVES THE BODY OF JESUS FROM THE CROSS

Most Sorrowful Mother, sorrow filled your heart when the adorable body of your divine Son was taken down from the Cross and laid in your arms.

I wish to join with you in this sorrow, and ask you to obtain for me the grace to receive Jesus into my soul before I die, so that I may be perfectly united to him for ever in heaven. *Hail Mary ...*

#### 7. THE BODY OF JESUS IS PLACED IN THE TOMB

Most sorrowful Virgin, sorrow again filled your heart when the sacred body of Jesus was taken from your arms and placed in the grave.

I wish to join with you in this last sorrow of yours, and ask you to obtain for me, through the sufferings of Jesus, which were the cause of all your sorrows, a sincere sorrow for my sins, a burning love of God, and a tender and practical devotion towards you. *Hail Mary ...*



PRAYER TO OUR SORROWFUL MOTHER  
FOR A PARTICULAR GRACE

O MOST HOLY AND AFFLICTED VIRGIN, Queen of Martyrs, who stood on Mount Calvary when your Son was in agony: by the sword of sorrow which pierced your heart, by the sufferings of your whole life on earth, by your unspeakable joy in heaven; look down with maternal pity and tenderness as I kneel before you to sympathise with your sorrows, and to place my petition, with childlike confidence, in your wounded heart.

I beg of you, dear Mother, to plead for me with your divine Son, since he can refuse you nothing, and, through the merits of his most sacred Passion and Death, together with your own suffering at the foot of his Cross, so to move his Sacred Heart that I may obtain this request ...

*here mention your request.*

To whom shall I go, in my need and misery if not to you, O Mother most merciful, you who pity us poor exiles still sighing in this valley of tears? Offer to Jesus for us but one drop of his most precious blood, but one pang of his most loving heart; remind him that you are our life, our sweetness and our hope, and your prayer on my behalf will be heard. Amen.

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.

