

MONTH OF SEPTEMBER PRAYES

SEVEN SORROWS OF MARY CHAPLET

I) Sign Of The Cross

II) An Act Of Contrition

O my God, I am heartily sorry for all my sins because of them I deserve the eternal pains of hell, but most of all because I have offended Thee my God who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, to avoid the proximate occasion of sin and never to sin anymore. Amen.

III) Pray 3 Hail Mary's For Our Sorrowful Mother's Tears

IV) Announce Each sorrow and pray 1 Our Father, and 7 Hail Mary's after each one.

The Seven Sorrows of Our Lady

1. The Prophecy of Simeon
2. The Flight into Egypt
3. The Loss of Jesus in the Temple
4. Mary meets Jesus Carrying the Cross
5. The Crucifixion
6. Mary Receives the Dead Body of Her Son
7. The Burial of Her Son and Closing of the Tomb.

V) Final Prayer

Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, Your Mother, whose holy soul was pierced at the time of your Passion by a sword of grief. Grant us this favor, O Savior of the world, who lives and reigns with the Father and the Holy Spirit for ever and ever. Amen.

Litany of Our Lady of Seven Sorrows

Lord, have mercy on us. *Christ, have mercy on us.*
Lord, have mercy on us. Christ, hear us.
Christ, graciously hear us.
God, the Father of heaven, *have mercy on us.*
God the Son, Redeemer of the world, *have mercy on us.*
God the Holy Spirit, *have mercy on us.*

Holy Mary, Mother of God, *pray for us.*
Holy Virgin of virgins, *pray for us.*
Mother of the Crucified, *pray for us.*
Sorrowful Mother, *pray for us.*
Mournful Mother *pray for us.*

Sighing Mother *pray for us.*
Afflicted Mother *pray for us.*
Forsaken Mother *pray for us*
Desolate Mother *pray for us*
Mother most sad *pray for us*
Mother set around with anguish *pray for us*
Mother overwhelmed by grief *pray for us*
Mother transfixed by a sword *pray for us*
Mother crucified in thy heart *pray for us*
Mother bereaved of thy Son *pray for us*
Sighing Dove *pray for us*

Mother of Dolours *pray for us*
Fount of tears *pray for us*
Sea of bitterness *pray for us*
Field of tribulation *pray for us*
Mass of suffering *pray for us*
Mirror of patience *pray for us*
Rock of constancy *pray for us*
Remedy in perplexity *pray for us*
Joy of the afflicted *pray for us*

Ark of the desolate *pray for us*
Refuge of the abandoned *pray for us*
Shield of the oppressed *pray for us*
Conqueror of the incredulous *pray for us*
Solace of the wretched *pray for us*
Medicine of the sick *pray for us*
Help of the faint *pray for us*
Strength of the weak *pray for us*

Protectress of those who fight *pray for us*
Haven of the shipwrecked *pray for us*
Calmer of tempests *pray for us*
Companion of the sorrowful *pray for us*
Retreat of those who groan *pray for us*
Terror of the treacherous *pray for us*
Standard-bearer of the Martyrs *pray for us*
Treasure of the Faithful *pray for us*

Light of Confessors *pray for us*
Pearl of Virgins *pray for us*
Comfort of Widows *pray for us*
Joy of all Saints *pray for us*
Queen of thy Servants *pray for us*
Holy Mary, who alone art unexampled *pray for us*

V. Pray for us, most Sorrowful Virgin,
R. *That we may be made worthy of the promises of Christ.*

Let us pray.

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. *Amen.*

Act of Consecration to the Sorrowful and Immaculate Heart of Mary

Most holy Virgin and Queen of Martyrs, Mary, would that I could be in Heaven, there to contemplate the honors rendered to you by the Most Holy Trinity and by the whole Heavenly Court! But since I am still a pilgrim in this vale of tears, receive from me, your unworthy servant and a poor sinner, the most sincere homage and the most perfect act of vassalage a human creature can offer you. In your Immaculate Heart, pierced with so many swords of sorrow, I place today my poor soul forever; receive me as a partaker in your Dolors, and never suffer that I should depart from that Cross on which your only begotten Son expired for me. With you, O Mary, I will endure all the sufferings, contradictions, infirmities, with which it will please your Divine Son to visit me in this life. All of them I offer to you, in memory of the Dolors which you did suffer during your life, that every thought of my mind, every beating of my heart may henceforward be an act of compassion to your Sorrows, and of complacency for the glory you now enjoy in Heaven. Since then, O Dear Mother, I now compassionate your Dolors, and rejoice in seeing you glorified, do also have compassion on me, and reconcile me to your Son Jesus, that I may become your true and loyal son (daughter); come on my last day and assist me in my last agony, even as you were present at the Agony of your Divine Son Jesus, that from this painful exile I may go to Heaven, there to be made partaker of your glory. Amen.