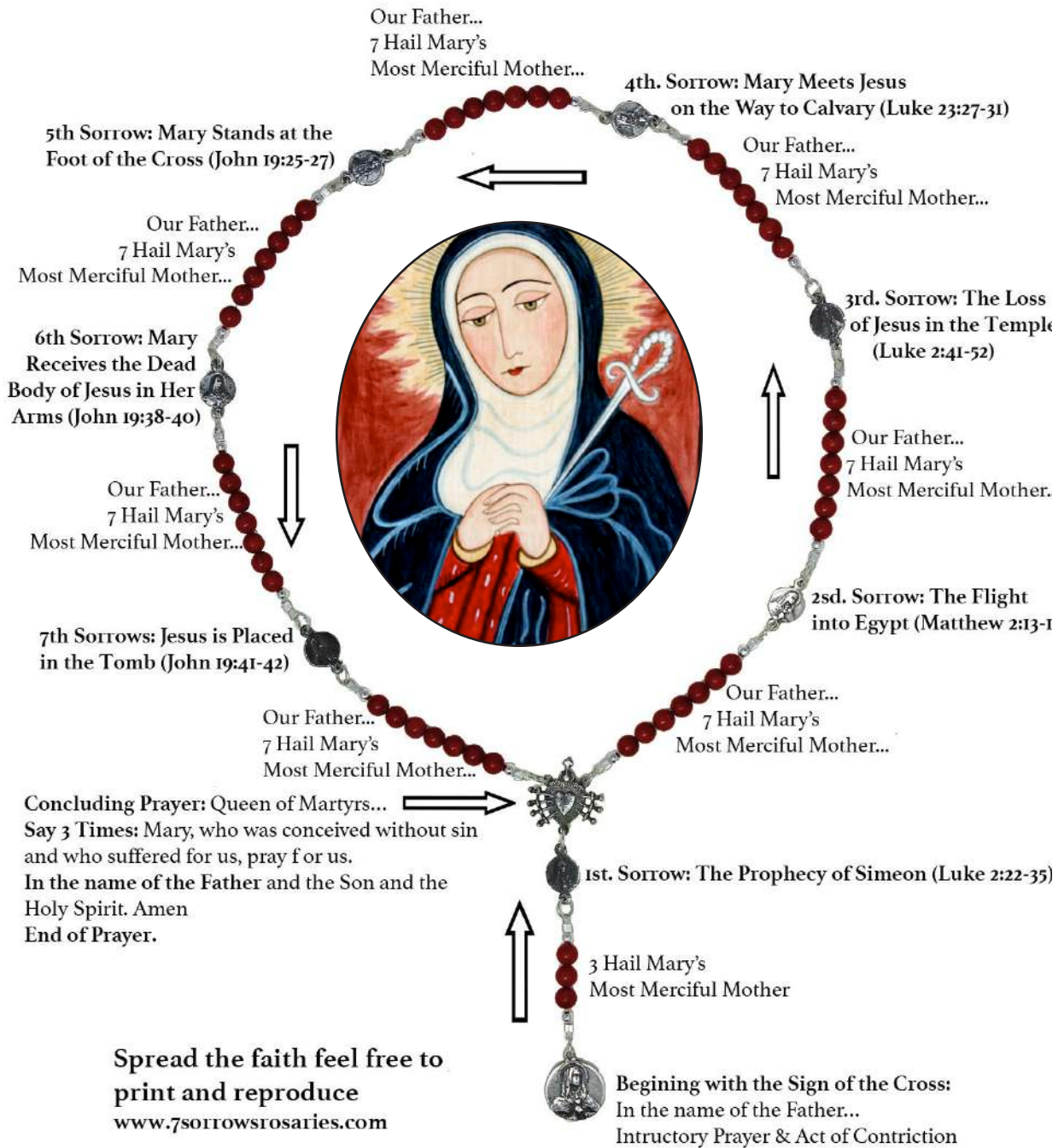


# How to pray the Seven Sorrows Rosary



# *The Seven Sorrows Rosary*

## *Opening Prayer*

My God, I offer you this rosary for your glory. I want to honor your Holy Mother, the Blessed Virgin, by meditating upon and sharing in her suffering.

O my Lord and Savior, Jesus Christ, trusting in your infinite love I turn to you for forgiveness and mercy. I am truly sorry for the pains you suffered in your most bitter Passion because of my sins. For love of you, and before your holy presence, I utterly renounce and forsake all the sins of my whole life. I ask pardon of you with all my heart. I firmly resolve to amend my life and would rather die than offend you again.

O Blessed Virgin Mary, you are our tender Mother and the refuge of sinners. I run to you with confidence and love. Hide me under your mantle of love and protection. As I meditate upon the swords of sorrow that pierced your Immaculate Heart, obtain for me the forgiveness of my sins and the grace to live a life of heroic holiness.

Blessed Mother, I unite my heart to yours and offer this rosary for young people: for their purity and growth in holiness, their vocational discernment, and their courage in following Christ.

[I also pray for the following particular intentions...]

V. Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

R. Send forth your Spirit and they shall be created, and you shall renew the face of the earth.

## *After each set of seven Hail Marys:*

Holy Mother hear my prayers, and renew in my heart each wound of Jesus my Savior.

## *Closing Prayers*

O Mary, you truly became the Queen of all martyrs as these seven bitter swords of sorrow pierced your Immaculate Heart! By the merits of your tearful distress obtain for us and for all sinners the graces of perfect contrition and conversion. Help us always, dear Mother, to imitate you by taking up our crosses and following Jesus with limitless love and generosity. Amen.

## *Repeat three times:*

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