

# Journey through Lent with Our Lady of Sorrows

During the Lenten season, as we meditate upon the passion and death of Our Lord, let us look to the example of our Blessed Mother who united her sufferings with courage, trust and hope.

## History of the Devotion to Our Lady of Sorrows

Devotion to Our Lady of Sorrows became a standard devotion in the Church around the 14th century. It was revealed to St. Bridget of Sweden (1303-1373) that devotion to the Blessed Virgin Mary's Seven Sorrows would bring great signal graces. The devotion consists in praying seven Hail Mary's while meditating on the Seven Sorrows of Mary.

This devotion is especially remembered during September, the month of Our Lady of Sorrows (feast day September 15<sup>th</sup>) and during the season of Lent.

Devotional images of Mary show her heart pierced by seven swords, symbolic of seven sorrows.



## **The seven graces:**

- ❖ I will grant peace to their families.
- ❖ They will be enlightened about the divine mysteries.
- ❖ I will console them in their pains and I will accompany them in their work.
- ❖ 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.
- ❖ I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
- ❖ I will visibly help them at the moment of their death; they will see the face of their Mother.
- ❖ I have obtained (this grace) from my divine Son, that those who propagate this devotion to my tears and dolors (sorrows), 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.

## **The Seven Sorrows of Mary**

1<sup>st</sup> Sorrow: The prophecy of Simeon (Luke 2:34,35) (Hail Mary, full of grace....)

2<sup>nd</sup> Sorrow: The flight into Egypt (Matthew 2:13,14)

3<sup>rd</sup> Sorrow: The loss of the Child Jesus in the temple (Luke 2:43-45)

4<sup>th</sup> Sorrow: The meeting of Jesus and Mary on the Way of the Cross (Luke 23:27)

5<sup>th</sup> Sorrow: The Crucifixion (John 19:18,25-27)

6<sup>th</sup> Sorrow: The taking down of the body of Jesus from the Cross (Mark 15:43-46)

7<sup>th</sup> Sorrow: The burial of Jesus (John 19:41-42)

**Hail Mary**, full of grace, the Lord is with thee, blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Rosary of the Seven Sorrows of Our Lady, which includes prayers and meditations, can be found at this link in pdf format. [https://companionscross.org/wp-content/uploads/2022/07/The-Rosary-of-the-Seven-Sorrows-of-Our-Lady\\_2022\\_Web-or-email-1-1.pdf](https://companionscross.org/wp-content/uploads/2022/07/The-Rosary-of-the-Seven-Sorrows-of-Our-Lady_2022_Web-or-email-1-1.pdf)

May your journey with Our Lady of Sorrows this Lenten season help you to unite your sufferings with the same courage, trust and hope as she did.

Submitted by:  
Frances Murdaca  
Sub-Committee  
Spiritual Development  
Ontario Provincial Council