PRAYING THE CHAPLET OF THE SEVEN SORROWS OF MARY

HOW TO PRAY THE CHAPLET OF THE SEVEN SORROWS OF MARY

Begin with the Sign of the Cross and you may add an optional Act of Contrition to remember the role our sins had in Our Lady's sorrows. Begin each "decade" of seven with the Our Father, followed by seven Hail Marys. For each section meditate on one of the Seven Sorrows of Mary, listed below. Conclude with three Hail Marys prayed in honor of the Tears of our Sorrowful Mother.

PRAYERS

Our Father: Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary: Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among 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.

1st
The Prophecy of Simeon
Luke 2:34–35

2nd
The Flight into Egypt
Matthew 2:13

3rd
The Loss of the Child Jesus in the Temple of Jerusalem
Luke 2:43–45

4th
The Meeting of Mary and Jesus on his Way to Calvary from Catholic Tradition
- 4th Station of the Cross

5th
Standing at the Foot of the Cross
John 19:25

6th
Jesus Being Taken Down from the Cross
Matthew 27:57–59

7th
The Burial of Jesus
John 19:40–42

The family that prays together stays together - VENERABLE PATRICK PEYTON

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