

## Novena to Our Lady of Seven Sorrows

### **Day 1:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

On the Cross her Son was dying.  
Mary stood beneath Him crying,  
Sharing in His saving cross.  
As He hangs, her soul is grieving,  
and a sword her heart is cleaving  
and she weeps the bitter loss.

O Mother of Sorrows, through your First Sorrow, the Prophecy of Holy Simeon, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name...

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. In the Name...Amen

## **Day 2:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

O, the sad, afflicted Mother  
of the Son beyond all others:  
only Son of God most high.

Full of grief, her heart is aching;  
watching Him, her body, quaking,  
trembles as her offspring dies.

O Mother of Sorrows, through your Second  
Sorrow, the Flight into Egypt, intercede for

me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name..

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..

In the Name...Amen

### **Day 3:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Who would see Christ's mother crying  
at the bitter crucifying  
without tears of sympathy?

Who could see her depth of feeling—  
thoughts of many hearts revealing—  
and not share her agony?

O Mother of Sorrows, through your Third  
Sorrow, the Loss of the Child Jesus,

intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name...

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.

In the Name... Amen

## Day 4:

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Pardon for our sins entreating,  
She saw Him endure the beating.  
All our guilt on Him was cast.  
She stood by in contemplation  
When her Son, in desolation  
Breathed His spirit forth at last.  
O Mother of Sorrows, through your Fourth  
Sorrow, meeting your son Jesus on His Way

to Calvary, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name...

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.

In the Name...Amen



## Day 5:

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Font of love, O Blessed Mother,  
lend me tears to mourn my Brother.  
Never let my ardor dim.

Let my heart be burning freely,  
Christ my God be pleased to see me  
all on fire with love for Him.

O Mother of Sorrows, through your Fifth  
Sorrow, standing beneath your dying Son

on Mt. Calvary, the Flight into Egypt,  
intercede for me with the Sacred Heart of  
Jesus, and grant me the favor I implore  
(mention request here).

In the Name...

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.

In the Name...Amen

## Day 6:

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

This I ask, O Holy Mary,  
that His wounds I too may carry:  
fix them deeply in my heart.  
Mine the burden He was bearing;  
let me in His pain be sharing;  
of His suffering take a part.

O Mother of Sorrows, through your Sixth Sorrow, your son Jesus is laid in thy Arms,

intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name...

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.

In the Name...Amen

## **Day 7:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Let me join in your lamenting,  
through my life weep unrelenting  
tears for Jesus Crucified.

Let me stand and share your weeping,  
all the day death's vigil keeping,  
glad to stand close by your side.

O Mother of Sorrows, through your  
Seventh Sorrow, the Burial of your son

Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore (mention request here).

In the Name...

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.

In the Name...Amen

## **Day 8:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Queen of all the virgin choir,  
judge me not when I aspire  
your pure tears to emulate.  
Let me share in Christ's affliction—  
death by bitter crucifixion—  
and His wounds commemorate.

We give God thanks for the exaltation of His holy Cross, and ask dear Mother of Sorrows that you pray for us (mention request here).

In the Name...

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.  
In the Name...Amen



## **Day 9:**

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end.

Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

Let me taste the pains He offered,  
drunk with love for Him who suffered.

May His wounds become my own.

On the day of Christ's returning  
may my heart be lit and burning.

Virgin, aid me at His throne.

May His Cross be interceding  
and His death my vict'ry pleading.

May He hold me in His grace.  
When my flesh by death is taken,  
may my soul to glory waken  
and in heaven take a place. Amen.

Blessed Mother, on this last day of our  
novena to you we entrust ourselves to your  
heart, pierced with love for your Divine Son  
(mention request here).

In the Name...

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.

In the Name...Amen