



*The Feast of Our Lady of Sorrows is  
September 15th*

## Devotion to Our Lady of Sorrows

As we pray one Our Father, seven Hail Marys, and one Glory Be for each sorrow, we ponder the pain she endured, and we ask her to help us understand the evil we have done, and to lead us to repentance. By joining our sorrows with Mary's, as she joined her sacrifices with those of her Son, we participate in the work of our redemption and that of the whole world.

### THE SEVEN GRACES OF THE SEVEN SORROWS

In the 14th century, the Blessed Mother revealed to St Bridget of Sweden that she would bestow seven graces on those who meditate on her sorrow regularly by praying 7 Hail Marys for each Sorrow. Those graces are:

1. "I will grant peace to their families."
2. "They will be enlightened about the divine Mysteries."
3. "I will console them in their pains and I will accompany them in their work."
4. "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."
5. "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
6. "I will visibly help them at the moment of their death—they will see the face of their mother."
7. "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolors will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy."

As [this article from the Register states](#), "St. Alphonsus recounts the revelation made to St. Elizabeth of Hungary 'that after the assumption of the Blessed Virgin into heaven, St. John the Evangelist desired to see her again. The favor was granted him; his dear Mother appeared to him, and with her Jesus Christ also appeared; the saint then heard Mary ask her Son to grant some special grace to all those who are devoted to her dolors. Jesus promised her four principal ones:" First, those who before death, invoke the Divine Mother in the name of her sorrows should obtain true repentance of all their sins.

Second, that Jesus will protect all who have this devotion in their tribulations, and that He would protect them especially at the hour of death.

Third, that Jesus will impress upon their minds the remembrance of His Passion, and that they should have their reward for it in heaven.

Fourth, that Jesus will commit such devout clients to the hands of Mary, with the power to dispose of them in whatever manner she might please, and to obtain for them all the graces she might desire.

If you can't tell already, this is an amazing devotion.

**Meditation on the Seven sorrows of Our Lady is a way to share in the sorrows of Mary's life.**

1. The prophecy of Simeon (Luke II, 34-35)
2. The flight into Egypt (Matt II, 13-14)
3. Losing Jesus for three days when he was in the Temple (Luke II, 43-45)
4. The meeting of Jesus and Mary on his way to Calvary
5. Jesus' crucifixion and death
6. Jesus' being taken down from the Cross
7. Jesus being laid in the Tomb