

Our Lady of Seven Dolors

Festina, Iowa

The Rosary of The Seven Sorrows begins with a fervent *Act of Contrition* and the *Hail Mary* three times in honor of Our Sorrowful Mother's tears.

Act of Contrition: O my God I am heartily sorry for having offended Thee, And I detest all my sins because I dread the loss of heaven and the pains of hell, But most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.

After Each Sorrow and Reflection Prayers:

A) Most merciful Mother, remind us always about the Sorrows of your Son, Jesus.

B) Our Father

C) Hail Mary (x7)

1. The Prophecy of Simeon.

Reflection: Beloved Mother, you suffered because of us and our sins. Teach us to suffer with you and to accept all the sorrows and suffering God deems necessary to send us.

2. The flight into Egypt.

Reflection: The thought of the Holy Family traveling to Egypt teaches us to willingly embrace trials, anguish and disappointments.

3. The loss of the Child Jesus in the temple.

Reflection: Our Lady wept over the loss of her loving Son for three days. Similarly sinners should weep who have lost sight of Jesus in their daily lives. For this is the effect of sin: It separates the soul from God. This third sorrow of Mary ought to serve as a consolation to souls who no longer enjoy the sweet presence of Our Lord. Whenever you feel desolate, lost, lonely or consumed by sorrow, call to mind the depth of Our Mother's grief. She will unite our sorrows with her own and give them to Jesus, who in return will offer us peace.

4. The meeting of Jesus and Mary on the Way of the Cross.

Reflection: Beloved Mother, Help us to bear our suffering and pain with courage and love. In doing so, may we give glory to God. Mother, please teach us to suffer silently without complaint.

5. The Crucifixion.

Reflection: Beloved Mother, give us an idea as to the courage you had in your sufferings so that we may unite our sufferings with yours and give glory to God.

6. The taking down the Body of Jesus from the Cross.

Reflection: We thank you, Beloved Mother, for your suffering as you stood beneath your Child to comfort Him on the cross. While there you became a mother to all of us. You became the Mother of the World. We implore you to be our advocate before the throne of mercy and grace. We thank you for Jesus, and we thank You, Jesus, for giving Your Mother to us.

7. The burial of Jesus.

Reflection: Even though Our Blessed Mother knew in advance that Jesus would rise from the dead on Sunday morning, nevertheless her heart was desolate as she kept seeing His wounded Body in her mind's eye. O my dear Lady, even though you were sinless, you suffered more than anybody. You accepted suffering and pain with love and with unsurpassed courage. You suffered along with Jesus. You felt His every pain. Teach us to accept our pain, sorrows and grief with courage. May we always walk in your footsteps. That's the lesson of your seven sorrows.

Closing Prayer: Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness and our hope. To Thee do we cry, poor banished children of Eve. To Thee do we send up our sighs mourning and weeping in this vale of tears. Turn then, Most gracious Advocate, Thine eyes of mercy toward us, and after this our exile show unto us the blessed Fruit of Thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. **V.** Pray for us, O Holy Mother of God. **R.** That we may be made worthy of the promises of Christ.

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