



CATHOLICGOODIES

**How to pray the 7 sorrows  
Rosary & its promises**



# Our Lady's promises to those who pray the Seven Sorrows Rosary:

- 1) With the recitation of the Seven Sorrows Rosary, the hardest hearts shall change, if you pray for yourself or for others.
- 2) By the recitation of the Seven Sorrows Rosary, you shall be freed from obsessions and addictions.
- 3) This Rosary, when said from the heart, will win us true repentance of our sins and free our souls from guilt and remorse.
- 4) Those who say it often, especially as recommended by Our Lady to Marie Claire, on Tuesdays and Fridays, shall obtain clear understanding of their weaknesses and flaws causing them to sin and those things we don't like about ourselves and thought were a part of our character, shall change.
- 5) You shall obtain whatever you ask for through this Rosary, praying this Rosary from the heart.
- 6) Now, more than ever, the world needs the Seven Sorrows Rosary.



# How to pray the Seven Sorrows Rosary:

**Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## **Introductory Prayer:**

*My God, I offer You this Rosary for Your glory, so I can honor your Holy Mother, the Blessed Virgin, so I can share and meditate upon her suffering. I humbly beg you to give me true repentance for all my sins. Give me wisdom and humility, so that I may receive all the indulgences contained in this prayer.*

**Act of Contrition:** *“O my God, I am heartily sorry for having offended You, 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 You, my God, You Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.”*

**On the first 3 beads, pray:**

- 3 Hail Marys

- 1 *“Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.”*

**For each of the 7 Swords of Sorrow, pray:**

- 1 Our Father
- 7 Hail Marys on the 7 beads
- 1 *“Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.”*

**1) The First Sword of Sorrow: The Prophecy of Simeon (Luke 2: 22-35)**

**2) The Second Sword of Sorrow: The Flight Into Egypt (Matt. 2: 13-15)**

**3) The Third Sword of Sorrow: The Loss of Jesus in the Temple (Luke 2: 41-52)**

**4) The Fourth Sword of Sorrow: Mary Meets Jesus on the Way to Calvary (Luke 23: 27-31)**

**5) The Fifth Sword of Sorrow: Mary Stands at the Foot of the Cross (Jn. 19: 25-27)**

**6) The Sixth Sword of Sorrow: Mary Receives the Dead Body of Jesus in Her Arms (Jn. 19: 38-40)**

**7) The Seventh Sword of Sorrow: The Body of Jesus is Placed in the Tomb (Jn. 19: 41-42)**

**Concluding Prayer:** *Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen.*

*Mary, who was conceived without sin and who suffered for us, pray for us.*

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**Sign of the Cross:** *In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

Thanks for reading!

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