

# Novena to Our Lady of Sorrows



## Layman

God, come to my assistance.  
Lord, make haste to help me.

Our Father... Hail Mary... Glory Be ...  
Amen.

*The Gospel Reading of our Lord Jesus Christ  
according to Luke:  
Luke 2:25-35*

O most Holy Virgin, Mother of our Lord Jesus Christ:  
by the overwhelming grief you experienced when  
you witnessed the martyrdom, the crucifixion, and  
the death of your Divine Son, look upon me with  
eyes of compassion, and awaken in my heart a  
tender sympathy for those sufferings, as well  
as a sincere detestation of my sins.

Honor, Glory, and Love to our Divine Lord Jesus, and to The holy and Immaculate Mother of God. Amen.  
~Saint Bonaventure



*Following the Novena prayer of the day, all will pray:*

## All

Holy Mother of God, hear the prayers of the Church for all mothers, especially those wearied by life  
and overcome by the suffering they bear for their children. **Hail Mary...**

O Mother of the Word Incarnate, intercede for them from your place in heaven, that the mercy of your  
Divine Son might lighten their burden and give them strength. **Hail Mary...**

**Glory Be....  
Amen.**

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Gospel Reading for Day 1:

Luke 7:11-15

### **Pray for the Suffering Women of the World**

Labor day usually brings to mind images of factory workers, farmers or heavy equipment operators. Yet we also use labor to describe the first work which brought each one of us to birth: those first hours of maternal sacrifice which brought us into the world. It's too easy to forget that and all the other sacrifices which the vocation of motherhood entails. Pray for the mothers in labor today. Those who give birth. Those who work two jobs to support a child. Those who go without so their child's needs are met. Those whose patient endurance is a sign of God's love upon the cross.



Gospel Reading for Day 2:

Matthew 1:18-23

### **Pray for Mothers who will Give Birth Today**

'At first I was scared,' Sarah told me. 'I was scared, excited and filled with the most incredible expectation. It was like those words we hear at Mass: we wait in joyful hope. I thought of all those women who feel the first kick, the stirrings of life deep within them. I prayed for them, that they would love their child, cherish their little baby and know that in being a mother they are involved in something so much bigger than themselves. They have been chosen by God to be custodians of the mystery of life. At first I was scared, and then I just cried ... with joy.'



Gospel Reading for Day 3:

John 19:25-27

### **Pray for Fathers at the Birth of their Child**

'At first I was petrified', Jon told me. "Petrified that I would faint or get in the way or not know what to do to help Sarah. But then I prayed to Mary. I know, praying to Mary is something think a mother would be doing. But somehow, I think Mary understood Saint Joseph more than anyone else. She probably saw the fear in his eyes and sensed the restlessness of his heart. She probably spent a lot of time praying for him as well. And when I prayed to Mary for my child about to be born, I knew she understood and heard me and prayed for me to her son. At first I was petrified, and then I put everything into God's hands."



Gospel Reading for Day 4:

Luke 2:33-35

### **Pray for All Children**

The eyes of a child are an infinite well of life, hope and goodness. If you doubt the value of life, look into the eyes of a child. If you are worn by life's worries, look into the eyes of a child. If you want to see tomorrow, look into the eyes of a child. And what you will see is the divine spark which brought beauty out of chaos, the infinite beauty, which is the presence of the Creator in his creation.

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Gospel Reading for Day 5:

**Hebrews 5:7-9**

### **Pray for Families**

I know of a family which prays each night. Since the kids were little they are gathered from their games and their grumbling to the couch in the living room. There they pray for those whom they love and those they have a hard time loving. They pray for the unborn and for little babies. They pray for the sick and the dying. They pray for the Church and for their priest. Many a night it was the knowledge of those prayers that gave me hope and peace and a good night's sleep.



Gospel Reading for Day 6:

**Colossians 3:12-17**

### **Prayer for Life Begins in the Home**

I know of another family which used to pray for unborn children every Friday night. They chose Friday because that's when Christ, innocent and without sin, was sent to the cross. There's no prayer more powerful than that said over little folded hands asking God to take care of all the babies who you've made.



Gospel Reading for Day 7:

**Psalms 31:2-6**

### **Secret Suffering**

We look all around us at Church and see them: all the people whose kids never seem to scream and who look like they haven't a problem in the world! But what if we really knew them? We would see the 'secret sufferings' that mirror our own. Mass is the gathering of those who have looked at their own brokenness through the lens of the cross, and live! Today is the perfect day to pray for all God's broken children and especially those who are tempted to break the lives of others.



Gospel Reading for Day 8:

**Philippians 2:6-11**

### **The Holy Cross**

Each time I pray, I am called to join my prayer with Christ's perfect prayer upon the cross. It is easy from the vantage of the cross to see the world clearly. To see how easy it is to join the suffering of the innocent to the suffering of him who is without sin. We should work for an end to all the forms of violence which threaten life. That is a wonderful good. But it is even more important to stand with the Virgin Mother and to beg her son to come to our aid.



Gospel Reading for Day 9:

**Psalms 31:15-16, 20**

### **Our Lady of Sorrows**

We end as we began nine days ago: with Mary, weeping silently beside the cross. Weeping for the innocent child so violently taken. Weeping for the nation which has let him die. Weeping for her child and for ours, we place them both in her arms.

## Meditation

### The Seven Sorrows and Graces of this Devotion

1. M: The Prophecy of Simeon.

G: *"I will grant peace to their families." All pray 7 Hail Mary....*

2. M: The Flight into Egypt .

G: *"They will be enlightened about the Divine mysteries." All pray 7 Hail Mary....*

3. M: The Loss of Jesus in the Temple.

G: *"I will console them in their pains and I will accompany them in their work." All pray 7 Hail Mary....*

4. M: Mary meets Jesus Carrying the Cross.

G: *"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." All pray 7 Hail Mary....*

5. M: The Crucifixion.

G: *"I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives." All pray 7 Hail Mary....*

6. M: Mary Receives the Dead Body of Her Son.

G: *"I will visibly help them at the moment of their death, they will see the face of their Mother."*  
*All pray 7 Hail Mary....*

7. M: The Burial of Her Son and Closing of the Tomb.

G: *"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 and I will be their eternal consolation and joy." All pray 7 Hail Mary....*

### Let us pray,

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion,

Who lives and reigns world without end,

Amen.



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