

The Seven Sorrows of Our Lady

The Rosary of the Seven Dolors

A complete guide to praying with your beads

The Rosary of the Seven Sorrows joins meditation on the chief sorrows of the Blessed Virgin Mary with one Our Father and seven Hail Marys at each sorrow.

This guide follows the form printed in The New Raccolta in 1903. The devotion has a long association with the Servite Order, whose spirituality centers on Our Lady standing faithfully beneath the Cross.

Inside: the prayer order, opening and closing prayers, all seven mysteries, and the full common prayers. Read the longer history and meditations free on our website.

<https://novenaregina.com/rosary/seven-sorrows>

How to pray

1. Make the Act of Contrition

Begin with the Act of Contrition printed on page 3.

2. Meditate on each Sorrow

Announce the Sorrow and read its traditional meditation. On the large bead, pray one Our Father. Then pray one Hail Mary on each of the next seven small beads while keeping that Sorrow in mind.

3. Complete all seven Sorrows

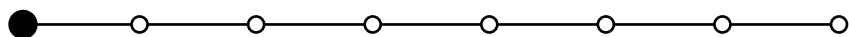
Repeat the same prayer pattern for each of the seven meditations.

4. Honor Our Lady's tears

After the seventh Sorrow, pray three Hail Marys in veneration of the tears shed by the Blessed Virgin Mary in her sorrows.

5. Pray the conclusion

Finish with “Pray for us, Virgin most sorrowful,” its response, and the closing prayer on page 7.



1 Our Father

7 Hail Marys

Keep the mystery in mind while saying the prayers. Announce it once before the group. Bead arrangements can vary.

Act of Contrition

The form printed in The New Raccolta (1903)

Begin with the following Act of Contrition, taken from the historical source used for this chaplet.

O Saviour, my sole and only love! see me before thy divine presence, all confusion by reason of the many grievous injuries I have done thee. With my whole heart I ask thy pardon for them; repenting of them out of pure love for thee, and, at the thought of thy great goodness, hating and loathing them above every other evil of this life. Would that I had died a thousand times ere ever I had offended thee! but now I am most firmly resolved to lose my life a thousand times rather than to offend thee again.

My Jesus crucified, I firmly purpose to cleanse my soul forthwith by thy most precious blood, in the sacrament of penance. And thou, most tender Virgin, mother of mercy, and refuge of the sinner, do thou, by thy bitter pains, obtain for me the pardon of my sins.

Meanwhile, praying, in accordance with the wishes of so many holy Pontiffs, for the indulgences attached to this chaplet, I hope thereby to obtain remission of all the punishment due to my sins.

The last sentence belongs to the 1903 prayer text and reflects the indulgence discipline of that period. It is reproduced for source fidelity, not as a claim about an indulgence available today.

The common prayers

Our Father

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come; Thy will be done on earth, as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Seven Sorrows

1. The Prophecy of Simeon

With this heartfelt confidence, I meditate on the first dolor, when Mary, virgin mother of my God, presented Jesus, her only-begotten Son, in the temple, laid him in the arms of holy old Simeon, and heard his word of prophecy, "A sword shall pierce thy own soul," which foretold the passion and death of her Son Jesus.

2. The Flight into Egypt

The second dolor of the blessed Virgin was when she had to fly into Egypt on account of the persecution of cruel Herod, who impiously sought to slay her well-beloved Son.

3. The Loss of Jesus for Three Days

The third dolor of the blessed Virgin was when, after having gone up to Jerusalem, at the Passover, with Joseph, her spouse, and Jesus, her beloved Son, she missed him while returning to her humble dwelling, and for three days bewailed the loss of her sole-beloved one.

4. Mary Meets Jesus Carrying the Cross

The fourth dolor of the blessed Virgin was when she met her most loving Son, Jesus, carrying on his tender shoulders the heavy cross, whereon he was to be crucified for our salvation.

At each Sorrow: one Our Father and seven Hail Marys.

The Seven Sorrows

5. The Crucifixion and Death of Jesus

The fifth dolor of the blessed Virgin was when she saw her Son, Jesus raised upon the tree of the cross, and all his sacred body pour forth blood; and then, after three long hours of agony, beheld him die.

6. The Body of Jesus Is Placed in Mary's Arms

The sixth dolor of the blessed Virgin was when she saw the lance pierce the sacred side of Jesus, her beloved Son, and then received his holy body taken down from the cross and laid in her stainless bosom.

7. The Burial of Jesus

The seventh and last dolor of the blessed Virgin, queen and advocate of us, her servants, miserable sinners, was when she saw the holy body of her Son laid in the sepulchre.

At each Sorrow: one Our Father and seven Hail Marys.

The meeting on the road, the Pietà, and Mary's presence at the burial belong to the traditional contemplation of this chaplet; these details are not explicitly narrated in the Gospels.

Complete the chaplet

After the seventh Sorrow, pray three more Hail Marys in veneration of Our Lady's tears. Together with the forty-nine in the seven groups, these make fifty-two Hail Marys.

Then say the following. When praying alone, say both V. and R.

V. Pray for us, Virgin most sorrowful.

R. That we may be made worthy of the promises of Christ.

Let us pray.

Grant, we beseech thee, O Lord Jesus Christ, that the most blessed Virgin Mary, thy mother, may intercede for us before the throne of thy mercy, now, and at the hour of our death, through whose most holy soul, in the hour of thine own passion, the sword of sorrow passed. Through thee, Jesus Christ, Saviour of the world, who livest and reignest, with the Father and the Holy Ghost, for ever and ever. Amen.

Sources and further reading

This guide preserves the order printed in *The New Raccolta* in 1903: the Act of Contrition, seven Sorrows, three final Hail Marys, and the closing versicle and prayer.

Prayer source: *The New Raccolta* (1903), pages 222 to 226.

Common prayers: F. X. Lasance, *With God* (1911), p. 153.

The short instructions are editorial aids. This private compilation carries no ecclesiastical imprimatur. Historical indulgence language does not establish a present-day grant.

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<https://novenaregina.com/rosary/seven-sorrows/book>

Printing this pamphlet

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