

## **Stabat Mater**

By the cross of our salvation  
Mary stood in desolation  
While the Saviour hung above  
All her human powers failing,  
Sorrow's sword, at last prevailing,  
Stabs and breaks her heart of love...  
Virgin Mary, full of sorrow,  
From your love I ask to borrow  
Love enough to share your pain.  
Make my heart to burn with fire,  
Make Christ's love my own desire,  
Who for love of me was slain.

## **Prayer of St. Bonaventure to Our Lady of Sorrows**

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 commiseration for those sufferings, as well as a sincere detestation of my sins, in order that, being disengaged from all undue affections for the passing joys of this earth, I may long for the eternal Jerusalem, and that henceforth all my thoughts and all my actions may be directed toward this one most desirable object. Honor, glory, and love to our divine Lord Jesus, and to the holy and immaculate Mother of God. Amen.

## **The seven sorrows of Mary**

1. The prophecy of Simeon (*Luke 2:25-35*)
2. The flight into Egypt (*Matthew 2:13-15*)
3. Loss of the Child Jesus for three days (*Luke 2:41-50*)
4. Mary meets Jesus on his way to Calvary (*Luke 23:27-31; John 19:17*)
5. Crucifixion and Death of Jesus (*John 19:25-30*)
6. The body of Jesus being taken from the Cross (*Psalms 130; Luke 23:50-54; John 19:31-37*)
7. The burial of Jesus (*Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47*)

## **7 SORROWS ROSARY PRAYER**

*The Rosary of the Seven Sorrows dates back to the Middle Ages, but it gained new popularity following the Marian apparitions in Kibeho, which have been approved by the Catholic Church. During Mary's apparitions to Marie-Claire Mukangango, she assigned the young visionary a mission to reintroduce this special rosary to the world. It is important that, when we reach each of the Seven Sorrows, we take a moment to meditate on the magnitude of Mary's sufferings...and the strength of Our Mother's love.*

## THE ROSARY OF THE SEVEN SORROWS OF MARY BY OUR LADY OF KIBEHO

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

**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.*

*(Pray 3 Hail Mary's)*

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

1. THE FIRST SWORD OF SORROW: THE PROPHECY OF SIMEON

*(Pray 1 Our Father and 7 Hail Mary's)*

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

2. THE SECOND SWORD OF SORROW: THE FLIGHT INTO EGYPT

*(Pray 1 Our Father and 7 Hail Mary's)*

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

3. THE THIRD SWORD OF SORROW: THE LOSS OF JESUS IN THE TEMPLE

*(Pray 1 Our Father and 7 Hail Mary's)*

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

4. THE FOURTH SWORD OF SORROW: MARY MEETS JESUS ON THE WAY TO CALVARY

*(Pray 1 Our Father and 7 Hail Mary's)*

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

5. THE FIFTH SWORD OF SORROW: MARY STANDS AT THE FOOT OF THE CROSS

*(Pray 1 Our Father and 7 Hail Mary's)*

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

6. THE SIXTH SWORD OF SORROW: MARY RECEIVES THE DEAD BODY OF JESUS IN HER ARMS

*(Pray 1 Our Father and 7 Hail Mary's)*

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

7. THE SEVENTH SWORD OF SORROW: THE BODY OF JESUS IS PLACED IN THE TOMB

*(Pray 1 Our Father and 7 Hail Mary's)*

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

**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.*

**Three times, say:** *Mary, who was conceived without sin and who suffered for us, pray for us.*

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

Our Lady of Sorrows... Pray for us!

**SEVEN PRAYERS  
IN HONOR OF THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY**

*These seven prayers presented in this format were approved by Pope Pius VII in 1815.*

**V.** O God, come to my assistance

**R.** O Lord, make haste to help me

**V.** Glory be to the Father, and to the Son, and to the Holy Ghost.

**R.** As it was in the beginning, is now, and ever shall be, world without end. Amen

*(The Hail Mary is prayed a total of eight times, including once after each of the seven prayers.)*

*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*

**For the First Sorrow - The Prophecy of Simeon**

I grieve for thee, O Mary most sorrowful, in the affliction of thy tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by thy heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God. *Hail Mary... etc.*

**For the Second Sorrow – The Flight Into Egypt**

I grieve for thee, O Mary most sorrowful, in the anguish of thy most affectionate heart during the flight into Egypt and thy sojourn there. Dear Mother, by thy heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety. *Hail Mary... etc.*

**For the Third Sorrow – The Loss of the Child Jesus in the Temple**

I grieve for thee, O Mary most sorrowful, in those anxieties which tried thy troubled heart at the loss of thy dear Jesus. Dear Mother, by thy heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge. *Hail Mary... etc.*

**For the Fourth Sorrow- Mary Meets Jesus on the Way to Calvary**

I grieve for thee, O Mary most sorrowful in the consternation of thy heart at meeting Jesus as he carried His Cross. Dear Mother, by thy heart so troubled, obtain for me the virtue of patience and the gift of fortitude. *Hail Mary... etc.*

**For the Fifth Sorrow- Jesus Dies on the Cross**

I grieve for thee O Mary, most sorrowful, in the martyrdom which thy generous heart endured in standing near Jesus in His agony. Dear Mother, by thy afflicted heart, obtain for me the virtue of temperance and the gift of counsel. *Hail Mary... etc.*

**For the Sixth Sorrow- Mary Receives Jesus**

I grieve for thee, O Mary most sorrowful, in the wounding of thy compassionate heart, when the side of Jesus was struck by the lance and His Heart was pierced before His body was removed from the Cross. Dear Mother, by thy heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding. *Hail Mary... etc.*

**For the Seventh Sorrow- Jesus is Placed in the Tomb**

I grieve for thee, O Mary most sorrowful, for the pangs that wrenched thy most loving heart at the burial of Jesus. Dear Mother, by thy heart sunk in the bitterness of desolation, obtain for me virtue of diligence and the gift of wisdom. *Hail Mary... etc.*

**V.** Pray for us, O Virgin most sorrowful

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

Let us Pray. Let intercession be made for us, we beseech Thee, O Lord Jesus Christ, now and at the hour of our death, before the throne of Thy mercy, by the Blessed Virgin Mary, Thy Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Thy bitter Passion. Through Thee, Jesus Christ, Savior of the world, Who with the Father and the Holy Ghost lives and reigns, world without end. Amen.