



leon by Ronan Power

The Chaplet of the Seven Sorrows

This devotion goes back to the Middle Ages but has gained new popularity following the Church-approved Marian apparitions in Kibeho, Rwanda in the 1980s. In her apparitions, Our Lady of Kibeho recommended that people pray the Chaplet (or Rosary) of the Seven Sorrows (on Tuesdays and Fridays) to obtain the favour of repentance. It is prayed using a special rosary comprised of seven "decades" containing seven beads each.

How to pray this Chaplet:

Start with an **Act of Contrition**. Each group of Seven Hail Marys starts with the our Father and finishes with the Glory Be

Meditate on each of the Seven Sorrows as outlined below as you pray:

The First Sorrow: The Prophecy of Simeon (Luke 2:25-35). When Mary and Joseph present the infant Jesus in the temple, Simeon predicts that a "sword" of sorrow will pierce Mary's soul.

The Second Sorrow: The flight into Egypt (Matthew 2:13-15). When Herod orders the death of all male children age two or younger Mary and Joseph flee to Egypt with the infant Jesus.

The Third Sorrow: The Child Jesus Lost in Jerusalem (Luke 2:41-50). Mary and Joseph are without Jesus for three days as they finally find Him in the Temple.

The Fourth Sorrow: Mary meets Jesus on The Way of the Cross (Luke 23:27-29). His flesh torn from His body, His face bruised and bloodied, under the immense weight of the Cross, Mary meets Jesus on the way to His crucifixion.

The Fifth Sorrow: Mary at the foot of the cross (John 19:25-30). Mary stands near her dying Son unable to minister to Him as He cries "I thirst". Jesus last words "Behold your mother" charge us to look on Mary as our mother.

The Sixth Sorrow: Mary receives the body of Jesus (Psalm 130). As St. Bernard said: "The lance which opened his side passed through the soul of the Blessed Virgin, which could never leave her Son's heart."

The Seventh Sorrow: Mary witnesses the entombment of Jesus (Luke 23:50-56). The body of Jesus is laid in the tomb. Mary is left in sorrow.

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