

Novena to Our Lady of Sorrows (from the Raccolta).

May be said as a nine day novena and/or as a companion to the daily recitation of 7 Hail Marys offered in honor of Our Lady's Sorrows. Each day begin with:

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 Spirit.

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

Day 1: 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. **(Pray one [Hail Mary](#))**

Day 2: 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 towards the poor, and the Gift of Piety. **(Pray one [Hail Mary](#))**

Day 3: 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. **(Pray one [Hail Mary](#))**

Day 4: 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. **(Pray one [Hail Mary](#))**

Day 5: 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 heart afflicted in such wise, obtain for me the virtue of temperance and the Gift of Counsel. **(Pray one [Hail Mary](#))**

Day 6: 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. Dear Mother, by Thy heart thus transfixed, obtain for me the virtue of fraternal charity and the Gift of Understanding. **(Pray one [Hail Mary](#))**

Day 7: 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 the virtue of diligence and the Gift of Wisdom. **(Pray one [Hail Mary](#))**

V. Pray for us, O Virgin most sorrowful,

R. That we may be made 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. We ask this through Thee, Jesus Christ, Saviour of the world, who with the Father and the Holy Ghost livest and reignest world without end. Amen

An indulgence of 5 years. An indulgence of 7 years in September. A plenary indulgence once a month on the usual conditions if these prayers are recited daily (Pius VII, Audience Jan. 14, 1815).

