

Prayer in Honor of the Seven Sorrows of the Blessed Virgin Mary

Most Sorrowful and Immaculate Heart of Mary,

Mother of Sorrows,

I unite myself to thy grief

with all the love of which my heart is capable.

Grant me a true contrition for my sins,

and a love of suffering like unto thine.

Mother most sorrowful,

how bitter were thy tears over thy Divine Son,

and yet, how tender and compassionate!

Make me feel the force of thy sorrow

that I may endure with patience

the trials and crosses of this life,

that I may one day be worthy of sharing

with thee the eternal joy of Heaven.

Amen.