The Seventh Sorrow
Mary Witnesses the Burial of Jesus

Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the kingdom of God. He went to Pilate and asked for the body of Jesus. After he had taken the body down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried. It was the day of preparation, and the sabbath was about to begin. The women who had come from Galilee with him followed behind, and when they had seen the tomb and the way in which his body was laid in it, they returned and prepared spices and perfumed oils. Then they rested on the sabbath according to the commandment. Luke 23:50-56 (1 Our Father, 7 Hail Mary)

History: The Servite Chaplet of the Seven Sorrows is a devotion that recalls seven sorrowful episodes in the life of the Blessed Virgin Mary. The practice originated with the Servite Order (Servants of Mary), probably soon after the Order was founded in Monte Senario, Italy, in 1233.

The traditional symbol of the Seven Sorrows is the Sorrowful Heart of Mary, that is, a heart pierced with seven swords and topped with a flame representing her love for God and for all humanity. The swords refer to the Prophecy of Simeon (Luke 2: 33-35).

To pray the Seven Sorrows using beads: Start with the medal for the First Sorrow (the one that connects the circle). Follow the beads and medals until you return to the First Sorrow medal. Then skip to the end of the pendant string. Pray one "Hail Mary" on each of the first three beads in the string. Use the last bead, the one closest to the First Sorrow medal, to pray the rest of the final prayers.

Concluding Prayers

Hail Mary
Pray three additional Hail Marys to honor the tears of Mary, Our Sorrowful Mother, and ask her help to achieve true contrition for our sins.

Our Father, Hail Mary, Glory Be
Add one Our Father, one Hail Mary, and one Glory Be, for the intentions of the Pope.

Final Prayer

V. Pray for us, O most Sorrowful Virgin.
R. That we may be made worthy of the promises of Christ. Amen.

Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, Your Mother, whose holy soul was pierced at the time of your Passion by a sword of grief. Grant us this favor, O Savior of the world, Who lives and reigns with the Father and the Holy Spirit for ever and ever. Amen.

Sign of the Cross
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
The First Sorrow
The Prophecy of Simeon
Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the holy Spirit was upon him. It had been revealed to him by the holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel." The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed." Luke 2:25-35 (1 Our Father, 7 Hail Mary)

The Second Sorrow
The Flight into Egypt
When they had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him." Joseph rose and took the child and his mother by night and departed for Egypt. He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, "Out of Egypt I called my son." Matthew 2:13-15 (1 Our Father, 7 Hail Mary)

The Third Sorrow
The Child Jesus is Lost in the Temple
Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. Luke 2:41-50 (1 Our Father, 7 Hail Mary)

The Fourth Sorrow
Mary Meets Jesus Carrying His Cross
A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' Luke 23:27-29 (1 Our Father, 7 Hail Mary)

The Fifth Sorrow
Mary at the Foot of the Cross
Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. John 19:23-30 (1 Our Father, 7 Hail Mary)

The Sixth Sorrow
Mary Receives the Body of Jesus
Out of the depths I call to you, LORD; Lord, hear my cry! May your ears be attentive to my cry for mercy.

If you, LORD, mark our sins, Lord, who can stand?
But with you is forgiveness and so you are revered.

I wait with longing for the LORD, my soul waits for his word.
My soul looks for the Lord more than sentinels for daybreak.

More than sentinels for daybreak, let Israel look for the LORD. For with the LORD is kindness, with him is full redemption,
And God will redeem Israel from all their sins.
Psalm 130 (1 Our Father, 7 Hail Mary)