

The Promises

According to the visions of St. Bridget of Sweden (1303-1373) Our Blessed Mother promises to grant seven graces to those who honor her and draw near to her and her Son every day by meditating on her dolors (sorrows) and entering into her grief.



- "I will grant peace to their families."
- "They will be enlightened about the divine Mysteries."
- "I will console them in their pains and will accompany them in their work."
- "I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls."
- "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
- "I will visibly help them at the moment of their death – they will see the face of their mother."
- "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolors will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy."

Prayer to Our Lady of Sorrows

by St. Bridget

O Blessed Virgin Mary, Immaculate Mother of God, who didst endure a martyrdom of love and grief, beholding the sufferings and sorrows of Jesus! Thou didst co-operate in the benefit of my redemption by thy innumerable afflictions and by offering to the Eternal Father His only-begotten Son as a holocaust and victim of propitiation for my sins.

I thank thee for the unspeakable love which led thee to deprive thyself of the Fruit of thy womb, Jesus, true God and true Man, to save me, a sinner.

Oh! make use of the unfailing intercession of thy sorrows with the Father and the Son. that I may steadfastly amend my life and never again crucify my loving Redeemer by new sins; and that, persevering till death in His grace, I may obtain eternal life through the merits of His Cross and Passion. Amen.



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Our Lady of Seven Sorrows



Pray for us

I. The Prophecy of Simeon (Lk 2:22-35)

How great was the shock to Mary's Heart at hearing the sorrowful words, in which holy Simeon told the bitter Passion and death of her sweet Jesus, since in that same moment she realized in her mind all the insults, blows, and torments which the impious men were to offer to the Redeemer of the world. But a still sharper sword pierced her soul. It was the thought of men's ingratitude to her beloved Son. Now consider that because of your sins you are unhappily among the ungrateful.



II. The Flight into Egypt (Mt 2:13-21)

Herod the King seeks to kill the Child. Warned in sleep by an angel, Joseph takes Jesus and His Mother Mary, setting out for Egypt. What anguish was hers, in leaving Judea, lest she should be overtaken by the soldiers of the cruel king! How great her privations in that long journey! What sufferings she bore in that land of exile, what sorrow amid that people given to idolatry! But consider how often you have renewed that bitter grief of Mary, when your sins have caused her Son to flee from your heart.



III. Loss of the Child Jesus in the Temple (Lk 2:41-50)

How dread was the grief of Mary, when she saw that she had lost her beloved Son! And as if to increase her sorrow, when she sought Him diligently among her kinsfolk and acquaintance, she could hear no tidings of Him. She forthwith returned to Jerusalem, and for three long days sought Him sorrowing. Great be your confusion, O my soul, who has so often lost your Jesus by your sins, and has given no heed to seek Him at once, a sign that you make very little or no account of the precious treasure of divine love.

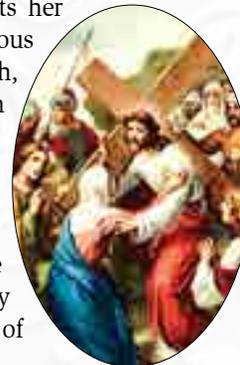


The Seven Sorrows of the Blessed Virgin Mary



IV. The Meeting of Jesus and Mary on the Way of the Cross (John 19:1; Luke 23:26-32)

Mother, so tender and loving, meets her beloved Son, meets Him amid an impious rabble, who drag Him to a cruel death, wounded, torn by stripes, crowned with thorns, streaming with blood, bearing His heavy cross. Ah, consider, my soul, the grief of the blessed Virgin thus beholding her Son! Who would not weep at seeing this Mother's grief? But who has been the cause of such woe? I, it is I, who with my sins have so cruelly wounded the heart of my sorrowing Mother!



V. The Crucifixion and Jesus Dies on the Cross (Mark 15:22, 34; John 19:18, 25-27; Luke 23:46)

Look to Calvary, whereon are raised two altars of sacrifice, one on the body of Jesus, the other on the heart of Mary. Sad is the sight of that dear Mother drowned in a sea of woe, seeing her beloved Son, part of her very self, cruelly nailed to the shameful tree of the cross. How every blow of the hammer, how every stripe which fell on the Saviour's form, fell also on the disconsolate spirit of the Virgin.



VI. The Taking down of the Body of Jesus from the Cross (John 19:31-34, 38; Lam 1:12)

Consider the most bitter sorrow which rent the soul of Mary, when she saw the dead body of her dear Jesus on her knees, covered with blood, all torn with deep wounds. Who would not pity thee? Whose heart would not be softened, seeing affliction which would move a stone? Behold John not to be comforted, Magdalen and the other Mary in deep affliction, and Nicodemus, who can scarcely bear her sorrow.



VII. Jesus is Laid in the Tomb (Matt. 27:59; John 19:38-42; Mark 15:46; Luke 27:55-56)

Consider the sighs which burst from Mary's sad heart when she saw her beloved Jesus laid within the tomb. What grief was hers when she saw the stone lifted to cover that sacred tomb! She gazed a last time on the lifeless body of her Son, and could scarce detach her eyes from those gaping wounds. And when the great stone was rolled to the door of the sepulcher, oh, then indeed her heart seemed torn from her body!

