

# Novena to Our Lady of Sorrows



God, come to my assistance. Lord, make haste to help me.

**Our Father... Hail Mary... Glory Be ...Amen.**



*The Gospel Reading of our Lord Jesus Christ according to Luke: 2:25-35*

Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. 27 Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, 28 Simeon took him in his arms and praised God, saying: *"Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel."*

The child's father and mother marvelled at what was said about him. Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

O most Holy Virgin, Mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and the death of your Divine Son, look upon me with eyes of compassion, and awaken in my heart a tender sympathy for those sufferings, as well as a sincere sorrow for my sins.

*Honour, Glory, and Love to our Divine Lord Jesus, and to The holy and Immaculate Mother of God.*

*Amen.*

*~Saint Bonaventure*



*Following the Novena prayer of the day,*

*Pray:*

Holy Mother of God, hear the prayers of the Church for all mothers, especially those wearied by life and overcome by the suffering they bear for their children.

*Hail Mary...*

Mother of the Word Incarnate, intercede for them from your place in heaven, that the mercy of your Divine Son might lighten their burden and give them strength.

*Hail Mary... Glory be... Amen.*

Gospel Reading for Day 1:

**Luke 7:11-15 - Jesus Raises a Widow's Son.**

*Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. As he approached the town gate, a dead person was being carried out - the only son of his mother, and she was a widow. And a large crowd from the town was with her. When the Lord saw her, his heart went out to her and he said, "Don't cry." Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, "Young man, I say to you, get up!"*

*The dead man sat up and began to talk, and Jesus gave him back to his mother.*

### **Pray for the Suffering Women of the World**

The word *Labour* brings to mind images of factory workers, farmers or heavy equipment operators. Yet we also use labour to describe the first work which brought each one of us to birth: those first hours of maternal sacrifice which brought us into the world. It's too easy to forget that and all the other sacrifices which the vocation of motherhood entails. Pray for the mothers in labour today. Those who give birth. Those who work two jobs to support a child. Those who go without so their child's needs are met. Those who cannot find work, those abandoned by partner or state. Those whose patient endurance is a sign of God's love upon the cross.



Gospel Reading for Day 2:

**Matthew 1:18-23**

**Joseph Accepts Jesus as His Son**

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." All this took place to fulfil what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

### **Pray for Mothers who will Give Birth Today**

'At first I was scared,' Sarah told me. 'I was scared, excited and filled with the most

incredible expectation. It was like those words we hear at Mass: we wait in joyful hope. I thought of all those women who feel the first kick, the stirrings of life deep within them. I prayed for them, that they would love their child, cherish their little baby and know that in being a mother they are involved in something so much bigger than themselves. They have been chosen by God to be custodians of the mystery of life. At first I was scared, and then I just cried ... with joy.'



Gospel Reading for Day 3:

**John 19:25-27**

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

### **Pray for Fathers at the Birth of their Child**

'At first I was petrified', John told me. "Petrified that I would faint or get in the way or not know what to do to help Sarah. But then I prayed to Mary. I know, praying to Mary is something think a mother would be doing. But somehow, I think Mary understood Saint Joseph more than anyone else. She probably saw the fear in his eyes and sensed the restlessness of his heart. She probably spent a lot of time praying for him as well. And when I prayed to Mary for my child about to be born, I knew she understood and heard me and prayed for me to her son. At first I was petrified, and then I put everything into God's hands."

Gospel Reading for Day 4:

**Luke 2:33-35**

The child's father and mother marvelled at what was said about him. Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

### **Pray for All Children**

The eyes of a child are an infinite well of life, hope and goodness. If you doubt the value of life, look into the eyes of a child. If you are worn by life's worries, look into the eyes of a child. If you want to see tomorrow,

look into the eyes of a child. And what you will see is the divine spark which brought beauty out of chaos, the infinite beauty, which is the presence of the Creator in his creation.



Gospel Reading for Day 5:

**Hebrews 5:7-9**

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. 8 Son though he was, he learned obedience from what he suffered 9 and, once made perfect, he became the source of eternal salvation for all who obey him

### **Pray for Families**

I know of a family which prays each night. Since the kids were little they are gathered from their games and their grumbling to the couch in the living room. There they pray for those whom they love and those they have a hard time loving. They pray for the unborn and for little babies. They pray for the sick and the dying. They pray for the Church and for their priest and church leaders. Many a night it was the knowledge of being held in those prayers that gave hope and peace and a good night's sleep.



Gospel Reading for Day 6:

**Colossians 3:12-17**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

### **Prayer for the courage to witness to God's love**

I know of another family which used to pray for courage every Friday night. They chose

Friday because that's when Christ, showing His unconditional and unjudging love, was sent to the cross. It is not easy to love, it is harder to love unconditionally and without prejudice. We are Christ's presence in the world and it is our hands, our feet, *US!*... that He uses to show love and compassion on the World.



Gospel Reading for Day 7:

**Psalm 31:2-6**

Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge.

Into your hands I commit my spirit; deliver me, Lord, my faithful God.

I hate those who cling to worthless idols; as for me, I trust in the Lord.

### **Secret Suffering**

We look all around us at Church, in our community and see them: all the people whose kids never seem to scream and who look like they haven't a problem in the world! Those whose smile hides the simmering sorrow behind. What about those who are never noticed, who are forgotten or overlooked? What if we really knew them? We would see the 'secret sufferings' that mirror our own. Our church is the gathering of those who have looked at their own brokenness through the lens of the cross, and live! We are a broken church that is full of hope. A hope we are asked, compel to share with all as disciples of Hope. Today is the perfect day to renew our discipleship and pray for all God's broken children. Especially those forgotten, ignored or who are tempted to break the lives of others.



Gospel Reading for Day 8:

**Philippians 2:6-11**

(Jesus) Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death -even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

## The Holy Cross

Each time I pray, I am called to join my prayer with Christ's perfect prayer upon the cross. It is easy from the vantage of the cross to see the world clearly. To see how easy it is to join the suffering of the innocent to the suffering of Him who was most innocent. We should work for an end to all the forms of violence and injustice which threaten life, freedom and community. That is a wonderful good. In this we remember we are never alone. As we stand at the foot of the Cross we are comforted by our Mother Mary, who in the midst of her own pain, tenderly wraps her arms around us and intercedes on our behalf.



Gospel Reading for Day 9:

**Psalm 31:15-16, 20**

My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. Let your face shine on your servant; save me in your unfailing love... In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

## Our Lady of Sorrows

We end as we began nine days ago: with Mary, weeping heartbroken, silently beside the cross. Weeping for her innocent child so violently taken. Weeping for the nation which has let Him die. Weeping for her child and for ours, we place them both in her tender embrace.



# Meditation

## The Seven Sorrows of Mary and Graces of this Devotion

1. M: The Prophecy of Simeon. G: ***“I will grant peace to their families.”***  
7 Hail Marys....
2. M: The Flight into Egypt. G: ***“They will be enlightened about the Divine mysteries.”***  
7 Hail Marys....
3. M: The Loss of Jesus in the Temple. G: ***“I will console them in their pains and I will accompany them in their work.”***  
7 Hail Marys....
4. M: Mary meets Jesus Carrying the Cross. G: ***“I will give them as much as they ask for if it is the adorable will of my Divine Son.”*** 7 Hail Marys....
5. M: The Crucifixion. G: ***“I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.”***  
7 Hail Marys....
6. M: Mary Receives the Dead Body of Her Son. G: ***“I will visibly help them at the moment of their death, they will see the face of their Mother.”***  
7 Hail Marys....
7. M: The Burial of Her Son and Closing of the Tomb. G: ***“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 and I will be their eternal consolation and joy.”***  
7 Hail Marys....

Let us pray, O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns, world without end. Amen