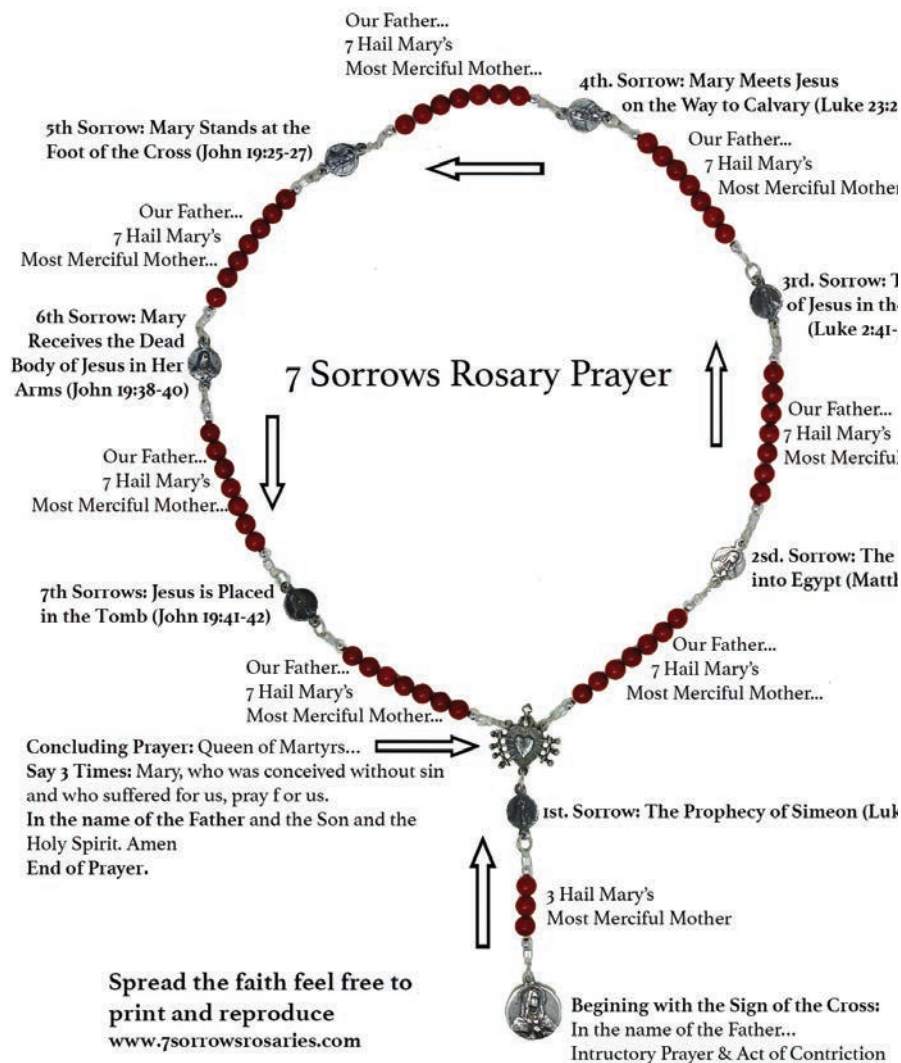


# Our Lady of Seven Sorrows Rosary

The Rosary of the Seven Sorrows dates back to the Middle Ages, but it gained new popularity following the Marian apparitions in Kibeho, which have been approved by the Catholic Church. During Mary's apparitions to Marie-Claire Mukangango, she assigned the young visionary a mission to reintroduce this special rosary to the world. Before her untimely death, Marie Claire did just that, traveling widely to teach it to thousands of people, who then taught it to thousands of others. (Marie-Claire was killed in the genocide of over a million people in Rwanda, a tragedy that was foretold through visions of rivers of blood that the young people in Kibeho received several years before the killings.)

She (the Holy Virgin) promised that when prayed with an open and repentant heart, the rosary would win us the Lord's forgiveness for our sins and free our souls from guilt and remorse. She also promised that over time, the rosary would develop within us a deep understanding of why we sin, and that knowledge would give us the wisdom and strength to change or remove any internal flaws, weaknesses of character, or personality faults causing unhappiness and keeping us from enjoying the joyous life God intended for us.



Spread the faith feel free to  
print and reproduce  
[www.7sorrowsrosaries.com](http://www.7sorrowsrosaries.com)

(Text and image above shared from: <https://7sorrowsrosaries.com/pages/seven-sorrows-rosary>)

# How to Pray the Seven Sorrows Rosary

## ***Begin with the Sign of the Cross:***

In the name of The Father, and The Son, and The Holy Spirit. Amen.

## ***Introductory Prayer:***

My God, I offer You this Rosary for Your glory, so I can honor your Holy Mother, the Blessed Virgin, so I can share and meditate upon her suffering. I humbly beg you to give me true repentance for all my sins. Give me wisdom and humility, so that I may receive all the indulgences contained in this prayer.

## ***Act of Contrition:***

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of hell; but most of all because they offend You, my God, You Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

***After the Act of Contrition:*** Pray 3 Hail Mary's, and then pray:

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

***For each Sword of Sorrow below, pray 1 Our Father and 7 Hail Mary's. Then conclude with:***

Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.

- 1) The First Sword of Sorrow: The Prophecy of Simeon (Luke 2:22-35)
2. The Second Sword of Sorrow: The Flight into Egypt (Matthew 2:13-15)
3. The Third Sword of Sorrow: The Loss of Jesus in the Temple (Luke 2:41-52)
4. The Fourth Sword of Sorrow: Mary Meets Jesus on the Way to Calvary (Luke 23:27-31)
5. The Fifth Sword of Sorrow: Mary Stands at the Foot of the Cross (John 19:25-27)
6. The Sixth Sword of Sorrow: Mary Receives the Dead Body of Jesus in Her Arms (John 19:38-40)
7. The Seventh Sword of Sorrow: The Body of Jesus is Placed in the Tomb (John 19:41-42)

## ***Concluding Prayer:***

Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen.

## ***Three times, say:***

Mary, who was conceived without sin and who suffered for us, pray for us.

## ***Sign of the Cross:***

In the name of The Father, and The Son, and The Holy Spirit. Amen.