

Reference: extract from the
"Glories of Mary" by St Alphonsus de Liguori

A SORROW FOR EACH DAY

So great a love as Mary bestows on us deserves our gratitude, and that gratitude should be shown by at least meditating upon, and condoling with her, in her sorrows. But she lamented to St Bridget that few did so, and that the greater part of the world lived in forgetfulness of them: "I look around at all who are on Earth to see if by chance there are any who have pity on me, and meditate upon my sorrows. Therefore, my daughter, though I am forgotten by many, at least do thou not forget me; consider my anguish, and imitate as far as thou canst my grief." Wherefore the graces promised by Jesus to those who are devoted to the sorrows of Mary are very great. "Pelbart" relates that it was revealed to St Elizabeth that, after the assumption of the Blessed Virgin Mary into Heaven, St John the Evangelist desired to see her again. The favour was granted to him: his dear mother appeared to him and with her Jesus Christ also appeared; the saint then heard Mary ask her Son to grant some special grace to all those who are devoted to her sorrows. Jesus promised her four principal ones: first, that those who before death invoked the Divine Mother in the name of her sorrows should obtain true forgiveness for their sins; second, that He would protect all who stay true to this devotion in their tribulations, and especially at the hour of their death; third, that He would impress upon their minds the remembrance of His Passion, and that they should have their reward for it in Heaven; fourth, that He would commit such devout followers into the hands of Mary, with the power to dispose of them in whatever manner she might please, and to obtain for them all the graces that she might desire.

The Rosary of the Seven Sorrows

MONDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The first Sorrow of Mary

St SIMEON'S PROPHECY

For in the temple, St Simeon, having received the Divine Child in his arms, foretold to her that her Son would be "a sign that is spoken against; and your soul also a sword shall pierce."

MEDITATION

She knew that he would be repudiated and this in everything: contradicted in his doctrines; for, instead of being believed, He would be called a blasphemer for teaching that He was the Son of God; as the impious Caiaphas was to declare, saying: "He hath blasphemed, he deserves death." Ridiculed in His reputation, for he was a noble, even of royal descent, but He was despised as a peasant: "Is not this the carpenter's son? Is this not the son of Mary?" He was wisdom itself, and was treated as ignorant. "How doth this man know letters, having never learned?"; as a false prophet: "And they blindfolded Him, and smote his face...saying: "Tell us, who is it that struck thee?" He was treated as a madman: "He is mad, why hear you Him?"; as a drunkard, a glutton, a friend of sinners: "Behold a man that is a glutton, and a drinker of wine, a friend of publicans and sinners"; as a sorcerer: "By the prince of devils he casteth out devils"; as a heretic, and possessed by the evil spirit: "Do we not say truly of Thee that thou art a Samaritan and hast a devil?" In a word, Jesus was considered so infamously wicked that, as the Jews said to Pilate, no trial was necessary to condemn him: "If

He were not a malefactor, we would not have delivered Him up to thee." One
Our Father...Seven Hail Marys...One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all
sinners.

TUESDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Second Sorrow of Mary

THE FLIGHT OF JESUS INTO EGYPT

Let us now contemplate the second sword of sorrow that pierced the soul of
Mary, fleeing with the infant Jesus into Egypt from the persecution of Herod.

MEDITATION

Herod, having heard that the expected Messiah was born, foolishly feared that He would deprive him of his kingdom. The impious Herod, therefore, waited for news of the Messiah's birthplace from the three wise men, that he might go and kill Him. But, finding himself deceived he ordered all the male infants who could be found in and around Bethlehem to be put to the sword. Then it was that the angel appeared to St Joseph and told him: "Arise take the Child and his Mother and go into Egypt." Then the afflicted Mother knew that already Simeon's prophecy concerning her Son was beginning to be fulfilled. Seeing how from the moment of His birth He was persecuted unto death, what anguish must the intimation of that cruel exile of herself and her Son have created in her heart. Can anyone imagine what Mary must have suffered on this journey to Egypt? The distance was great: three hundred miles, so that it was a journey of upwards of thirty days. The way was rough, unknown and little frequented. It was winter so that they had to travel through snow, rain and wind, over stony and dirty paths. Where can they have

slept on such a journey, especially in the two hundred mile desert? They lived in Egypt in great poverty and must have suffered much during the seven years. They were foreigners, unknown, without resources, money or relatives, barely able to support themselves by their humble efforts. Landolfus of Saxony has, moreover, written of this, and let it be consolation for the poor; that Mary lived there in such destitution that at times she had not even a crust of bread to give her Son when, driven by hunger, He asked for it. The sight, then, of Jesus with Mary and Joseph, wandering as fugitives through the world, teaches us that we also, must live as pilgrims here below, detached from the good things which the world offers us, and which we must soon leave to enter Eternity. It also teaches us to embrace our crosses for, without them, we cannot live in this world. Let us console Mary by welcoming into our hearts her Son whom, even now, men persecute by their sins. One Our Father... Seven Hail Marys... One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

WEDNESDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Third Sorrow of Mary

JESUS IS FOUND IN THE TEMPLE

The sorrow which we have this day to consider was the one of the greatest that Mary had to endure in her life - the loss of her Son for three days before He was found in the Temple. Let us see how much Mary must have suffered from this third sword of sorrow which pierced her soul, having lost her Son in Jerusalem for three days she was deprived of His sweet presence.

MEDITATION

Now let us imagine what anxiety this afflicted Mother must have experienced in those three days during which she was seeking everywhere for her Son and enquiring for Him like the Bride in the "Song of Songs": "Have you seen Him whom my soul loveth?" But she had not tidings of Him. This sorrow of Mary ought, firstly, to serve as consolation to those desolate souls who no longer enjoy as they once did, the sweet presence of the Lord. They may weep, but they should weep with peace in their hearts, as Mary wept over the loss of her Son.

But whoever wishes to find Jesus must seek Him, not amidst delights and pleasures of this world but amidst crosses and mortifications, as Mary sought Him: "We sought Thee, sorrowing," as Mary said to her Son. Let us learn then, from Mary, "to seek Jesus". Moreover, in this world we should seek no other good than Jesus. As was said by Job "I have lost what God gave me, but I still have God Himself." If Mary wept for three days over the absence of her Son, how should sinners weep who have lost Divine Grace, and to whom God says, "You are not my people, and I will not be yours." For this is the effect of sin: it separates souls from God. Your iniquities have divided you and God. Hence, if sinners possess all the riches of the earth, but have lost God all, even in this world, becomes vanity and afflicts them, as Solomon confessed: "Behold! All is vanity and vexation of Spirit."

One Our Father... Seven Hail Marys...One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

THURSDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Fourth Sorrow of Mary

THE MEETING OF MARY WITH JESUS ON THE WAY TO CALVARY

The more tenderly His Mother loved Him, so much more deeply was she wounded. The greater was her love for Him, the greater was her grief at the sight of His suffering, and especially when she met her Son, condemned to death and bearing His Cross to the place of execution, this is the fourth sword of sorrow on which we have to meditate.

MEDITATION

Mary goes with St John along some street through which Jesus must pass, to meet her most sorrowful Son. While Mary was waiting in that place how much must she have heard said by the Jews, who soon recognized her, against her beloved Son; perhaps even words of mockery against herself. Alas, what a scene of sorrow then presented itself before her! The nails, the hammers, the cords, the fatal instrument of the death of her Son, all of which were borne before Him. But behold, the instruments and the executioners have already passed. She raises her eyes and sees, O God! A young man covered with blood and wounds from head to foot, a wreath of sharp thorns on His head and two heavy beams on His shoulder. She looks at Him and, hardly recognizing Him, says with Isaiah: "His form, disfigured, lost all the likeness of a man, His beauty changed beyond human semblance." The Son wiped the clotted blood from His eyes and looked at His Mother, and the Mother looked at her Son. Ah! Looks of bitter grief which, as so many arrows, pierced through and through those two beautiful and loving Souls. But although the sight of the dying Jesus was to cause her such bitter sorrow, loving Mary would not leave Him. The Mother also took up her cross and followed, to be crucified with Him. Let us then, pity her, and let us also go with

her Son and her, by bearing with patience the cross that Our Lord imposes on us.

One Our Father... Seven Hail Marys... One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

FRIDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Fifth Sorrow of Mary

THE DEATH OF JESUS

There stood by the Cross of Jesus His Mother in the presence of her dying Son. Now see if there be a sorrow like unto hers. Let us consider the fifth sword which, on the death of Jesus, transfixed the soul of Mary.

MEDITATION

As soon as our agonized Redeemer had reached Mount Calvary the executioners stripped Him of His garments and, piercing His hands and feet with nails, fastened Him to the Cross. Having crucified Him they planted the Cross and thus left Him to die. What a crime, the crucifixion of God by His own creatures. Ah, true Mother, most loving Mother, whom not even the fear of death could separate from thy beloved Son. But, O God, what a cruel sight was it, there to behold this Son in agony, she herself suffering all the torments endured by Him. All these sufferings of Jesus were also those of Mary: every torture inflicted on the body of Jesus was a wound in the heart of Mary. Whoever then was present on Mount Calvary might see two altars on which two great sacrifices were made, the one the body of Jesus; the other, the heart of Mary.

One Our Father... Seven Hail Marys... One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

SATURDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Sixth Sorrow of Mary

THE PIERCING OF THE SIDE OF JESUS AND HIS DESCENT FROM THE CROSS

Wounded by another sword of sorrow, a cruel lance pierces the side of thy Son already dead, and thou hast to receive Him in thine arms after He is taken down from the Cross.

MEDITATION

Now we are to consider the sixth sorrow which afflicted this pitiful Mother. It is enough to tell a mother that her child is dead to arouse all the love she bears towards her lost child. A soldier brandished a lance and thrust it into the side of Jesus; immediately there came forth blood and water. Then, seeing the heart of her dear Son pierced, it was as though her own heart had been pierced also. In her other sorrows she had at least had her Son's compassion to support her. But now He was not there to comfort her. Only by the miraculous intervention of God did she not die. Jesus was then taken down from the Cross, the afflicted Mother waiting with outstretched arms to take her beloved Son, she embraced Him and then sank down at the foot of the Cross.

Her Son died for men. Men still continue to torture and crucify Him by their sins.

One Our Father... Seven Hail Marys...One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

SUNDAY

V. O God come to our aid

R. O Lord, make haste to help us

Glory be...

The Seventh Sorrow of Mary

THE ENTOMBEMENT OF JESUS

Behold Mary's last sword of sorrow which we now have to consider, for after witnessing the death of her Son on the Cross and embracing for the last time His lifeless body, this blessed Mother had to lay Him in the Sepulchre, never more to rejoice in His beloved presence here on Earth.

MEDITATION

Mary with her Son clasped in her arms, lost in grief; the holy disciples, fearful that the poor Mother might die of anguish, approached her to take the body of her Son from her to bear it away for burial. Finally, the disciples raised the stone and closed the sepulchre, and in it the body of Jesus - that great treasure - a treasure so great that neither heaven nor earth had a greater. Mary's heart was buried with Jesus, because Jesus was her whole treasure: "Where your treasure is, there will your heart be also." "This Mother" says St Bernard, "went away so afflicted with sorrow that she moved all to tears, in spite of themselves, and wherever she passed all who met her wept, and could not restrain tears."

One Our Father...Seven Hail Marys...One Glory be...

Jesus Mary: Make your sorrows be the salvation of my soul, and the salvation of all sinners.

Hail, Holy Queen...

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.

To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

LITANY OF THE SEVEN SORROWS

Lord have mercy	Lord have mercy
Christ have mercy	Christ have mercy
Lord have mercy	Lord have mercy
Christ hear us	Christ graciously hear us
God the Father of Heaven	Have mercy on us
God the Son Redeemer of the World	Have mercy on us
God the Holy Spirit	Have mercy on us
Holy Trinity One God	Have mercy on us
Virgin Daughter of Sion	Pray for us
Virgin of Poverty	Pray for us
Virgin of Compassion	Pray ...
Virgin of Suffering	
Virgin of Reparation	
Virgin of Silence	
Virgin of Tears	
Virgin of Divine Love	
Virgin Daughter of the Father Almighty	
Mother of the Church	

Mother whose soul was pierced by a sword
Mother of the Holy Family in Exile
Mother who lost your Son for three days
Mother who met Him on the way to Calvary
Mother whose Son was crucified
Mother who received His Body from the Cross
Mother whose Son was buried in Joseph's tomb
Mother of the Word Incarnate
Queen clothed with the sun
Queen of Innocents
Queen of all in need
Queen at enmity with the devil
Queen at war with sin
Queen of the penitent
Queen of the persecuted
Queen of the redeemed
Royal Spouse of the Holy Spirit

Lamb of God who takes away the sins of the world

Spare us, O Lord

Lamb of God who takes away the sins of the world

Graciously hear us, O
Lord

Lamb of God who takes away the sins of the world

Have mercy on us

Pray for us O Holy Mother of God

That we may be made
worthy of the promises of
Christ

Let us pray

Father in Heaven, praised be your Name for giving so blessed a Mother to your
Son! In your bountiful mercy grant us also to be faithful branches of the Vine,

sharing His affliction in this life and bearing fruit in eternity, where He lives and reigns with you and the Holy Spirit, one God forever and ever, Amen.

One Our Father

One Hail Mary

One Glory Be..... for the intentions of the Holy Father.