

PROMISES TO THOSE DEVOTED TO THE SEVEN SORROWS

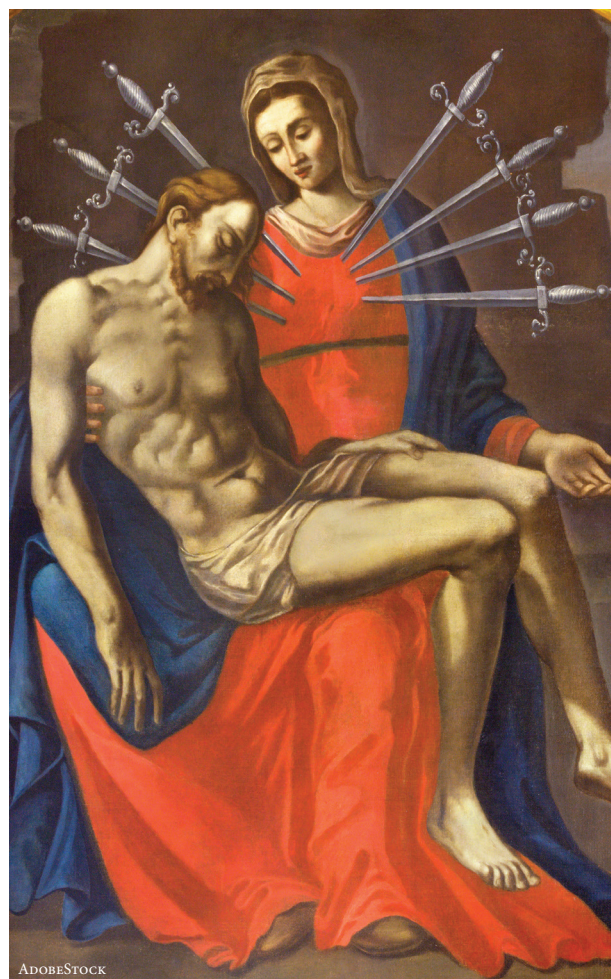
Our Blessed Mother revealed these seven promises to St. Bridget of Sweden in the early fourteenth century. These promises, Mary said, will be granted to those who honor her daily by saying seven Hail Mary's while meditating on her sorrows. The promises are:

- 1) "I will grant peace to their families."
- 2) "They will be enlightened about the divine Mysteries."
- 3) "I will console them in their pains and I will accompany them in their work."
- 4) "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."
- 5) "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
- 6) "I will visibly help them at the moment of their death—they will see the face of their mother."
- 7) "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolours 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."

GRACES FOR THOSE WHO PRAY THE SEVEN SORROWS

In addition to these promises, St. Alphonsus Ligouri (in his book *The Glories of Mary*) records four graces which Jesus promised to give those devoted to His Mother's Seven Sorrows:

- 1) That those who before death invoked the divine Mother in the name of her sorrows should obtain true repentance of all their sins.
- 2) That He would protect all who have this devotion in their tribulations, and that he would protect them especially at the hour of their death.
- 3) That He would impress upon their minds the remembrance of His Passion, and that they should have their reward for it in heaven.
- 4) That He would commit such devout clients to 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 she might desire.



HOW TO PRAY THE SEVEN SORROWS OF MARY

To pray the Seven Sorrows of Mary, simply pray seven Hail Mary's, meditating on one of Mary's Sorrows during each prayer.:

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| 1st Hail Mary | The Prophecy of Simeon |
| 2nd Hail Mary | The Flight into Egypt |
| 3rd Hail Mary | The Loss of the Child Jesus in the Temple of Jerusalem |
| 4th Hail Mary | Mary's Meeting Jesus on the Via Dolorosa (on the Way of the Cross) |
| 5th Hail Mary | The Crucifixion of Jesus on Mount Calvary |
| 6th Hail Mary | Jesus is Taken Down from the Cross |
| 7th Hail Mary | The Burial of Jesus by Joseph of Arimathea |



Read more about the Seven Sorrows at Mary in **Caring for a Loved One with Mary: A Seven Sorrows Prayer Companion.**

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