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### **How to Pray the Seven Sorrows Rosary**

1. Make the **Sign of the Cross**. Say the Introductory Prayer and make an Act of Contrition.  
**Introductory Prayer** – *My God, I offer You this Rosary for Your glory, so that I can honor Your Holy Mother, the Blessed Virgin, and 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, do penance and amend my life. Amen.*
2. **Say three Hail Marys** in honor of the tears of Our Sorrowful Mother.
3. **Announce the First Sorrow**, The Prophecy of Simeon, then say the **Our Father**.
4. **Say seven Hail Marys** while meditating on the Sorrow.
5. Say *“Most merciful Mother, remind us always about the sorrows of your Son, Jesus”* or the *Glory Be*.

*Announce the Second Sorrow, then say the Our Father, seven Hail Marys and Most merciful Mother or Glory Be. Continue with the Third through Seventh Sorrows in the same manner.*

### **The Seven Sorrows**

1. The Prophecy of Simeon  
*One Our Father*  
*Seven Hail Marys*  
*Most Merciful Mother prayer or Glory Be (do the same for all seven Mysteries)*
2. The Flight into Egypt (Mt 2:13-15)
3. The loss of Jesus in the Temple (Lk. 2:41-51)
4. Mary meets Jesus on the way to Calvary. (Lk 23: 27-31)
5. Mary stands at the foot of the Cross (John 19:25-27)
6. Mary receives the dead body of Jesus (John 19:38-40)
7. Jesus is laid in the tomb. (Jn 19:41-42)

### **Closing Prayer**

Say the **Queen of Martyrs** prayer on the medal after all the decades are completed. *“Mary, who was conceived and who 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.*

*Mary, who was conceived without sin and who suffered for us, pray for us.*  
(3x)