

The First Sorrow



The Prophecy of Simeon

"And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that out of many hearts thoughts may be revealed."

Luke 2: 34-35

Novena: First Day

Most Sorrowful Mother, grief filled was your heart when, on offering your divine Son at the temple, Holy Simeon foretold that a sword would pierce your soul. There and then you knew you would suffer with Jesus.

Queen of Martyrs, let me unite my heart to yours in this pain, and ask you the grace to keep the thought of my death in mind, so I may always avoid sin.



"Truly, O Blessed Mother, a sword has pierced your heart.... He died in body through a love greater than anyone had known. She died in spirit through a love unlike any other since His."

- St. Bernard of Clairvaux

Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen

Prayer to our Sorrowful Mother for a Particular Grace

O, mother most holy and sorrowful, Queen of Martyrs, you who stood by your Son as He agonized on the cross; by the sufferings of your life, by that sword of pain that pierced your heart, by your perfect joy in heaven, look down on me kindly as I kneel before you, sympathizing with your sorrows and offering you my petition with childlike trust.

Dear Mother, since your Son refuses you nothing, ask of His Sacred Heart to mercifully grant what I ask, through the merits of His sacred passion, along with those of your sufferings at the foot of the cross.

Mother most merciful, to whom shall I go in my misery if not to you who pities us poor sinful exiles in this valley of tears? In our name, offer Jesus but one drop of His most precious blood, but one pang of His loving heart. Remind Him that you are our sweetness, our life and our hope, and your prayer will be heard.



Amen



The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your clemency, hear and answer me. Amen

Put it into Practice

Reach out to someone who has received a sorrowful blow: death of a loved one, news of a terrible sickness, etc.

Work on being thankful to Jesus in all things, especially those things you are not thankful for.

Thank God after Mass ends, before leaving, as Jesus resides inside of you.

Start a thankfulness jar with your family. Write down something you are thankful for every day and put it in the jar. See your gratitude grow and discover new things you are thankful for!

Find little things to be thankful for: a good parking spot, that you have the right ingredients to cook dinner, having enough gas to get you to your destination, etc.



My Thoughts & Prayers



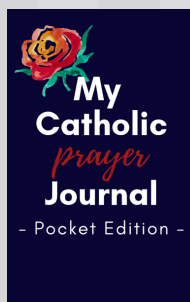
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