

DAILY PRAYER TO OUR HEAVENLY FATHER

Father in Heaven, I adore you.

Father in Heaven, I love you.

Father in Heaven, I praise you.

Thank you Father for all you have done for me a sinner.

I am all yours today to be made new

and be freed from my sins. I love you Father.

Father in Heaven, I adore you for by Your Son's Most Precious Blood, I am redeemed, for His cross is my salvation and I ask, Father, that You will hear my prayer for Your Son Jesus (pause to silently invoke your personal intention to Jesus). Oh, Mother Mary, hear me as I cry out to You, for I am a sinner, and I ask You to bring me to Your Son's Mercy, for it is through His Mercy I know I will be saved.

ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY

(St. Louis Marie de Montfort)

I, (your name), a faithless sinner, renew and ratify today in thy hands, O Immaculate Mother, the vows of my Baptism; I renounce forever satan, his pomps and works; and I give myself entirely to Jesus Christ, the Incarnate Wisdom, to carry my cross after Him all the days of my life, and to be more faithful to Him than I have ever been before.

In the presence of all the heavenly court I choose thee this day for my Mother and Queen. I deliver and consecrate to thee, as thy slave, my body and soul; my goods, both interior and exterior; and even the value of all my good actions, past, present and future, leaving to thee the entire and full right of disposing of me and all that belongs to me without exception, according to thy good pleasure, for the greater glory of God in time and in eternity.

Amen.

SCRIPTURAL SEVEN-DOLOR ROSARY

SIGN OF THE CROSS

MARIE CLAIRE'S PRAYER

I offer to you these little beads of sorrow for Your greater Glory in honor of Your holy Mother. I will meditate and share Your suffering. I beg for the tears of true repentance for my sins.

To me, a sinner, and to all sinners, grant perfect contrition for our sins (three times).

ACT OF CONTRITION

O my Lord and Savior, Jesus Christ, behold me kneeling before Thy Divine Presence, all in confusion at the thought of the many grievous injuries I have done Thee. Now I ask pardon for them, repenting of them, purely for love of Thee and ready to lose my life rather than offend Thee again. Do Thou, most tender Virgin, Mother of Mercy and Refuge of Sinners, obtain for me the pardon of all my sins by virtue of thy bitter pains. Help me so to pray as, to gain all the graces attached to this, your Holy Rosary. Amen.

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of Thy faithful, kindle in them the Fire of Thy Love. Send forth Thy Spirit and they shall be created. And Thou shall renew the face of the earth. Enlighten our minds, we beseech Thee, O Lord, with the light of Thy brightness, that we may see what we are to do and be able to do what is right, through Christ, Our Lord, Amen.

FIRST SORROW: THE PROPHECY OF SIMEON

Oh Most Blessed Trinity, please come to us, through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

.... there was in Jerusalem a man named Simeon....

Hail Mary

....this man was just and devout, looking for the consolation of
Israel, and the Holy Spirit was upon him....

Hail Mary

....when his parents brought in the child Jesus, to do for him
according to the custom of the Law, he also received him into his
arms and blessed God, saying, "Now thou dost dismiss thy
servant, O Lord, according to thy word in peace....

Hail Mary

....my eyes have seen thy salvation, which thou hast prepared
before the face of all peoples....

Hail Mary

....a light of revelation to the Gentiles, and a glory
for thy people Israel.”...
Hail Mary

....Simeon blessed them and said to Mary his mother, “Behold,
this child is destined for the fall and for the rise of many in Israel,
and for a sign that shall be contradicted....
Hail Mary

....thy own soul a sword shall pierce, that the thoughts
of many hearts may be revealed.”...
Hail Mary

Mary, full of Mercy, remind our hearts of the suffering
of Jesus during His Passion.

At the cross her station keeping
Stood the mournful Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

SECOND SORROW: THE FLIGHT TO EGYPT

Oh, Most Blessed Trinity, please come to us, through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

...an angel of the Lord appeared in a dream to Joseph, saying,
“Arise, take the child and his mother, and flee into Egypt....

Hail Mary

...remain there until I tell thee, for Herod will seek the child
to destroy him.”...

Hail Mary

...he arose, and took the child and his mother by night, and
withdrew into Egypt, and remained there until the death of Herod;
that what was spoken by the prophet might be fulfilled,

“Out of Egypt I called my son.”...

Hail Mary

...when Herod was dead, behold, an angel of the Lord appeared
in a dream to Joseph in Egypt, saying, “Arise, and take the child
and his mother, and go into the land of Israel, for those who
sought the child’s life are dead.”...

Hail Mary

...he arose and took the child and his mother,
and went into the land of Israel....

Hail Mary

...hearing that Archelaus was reigning in Judea in place of his
father Herod, he was afraid to go there....

Hail Mary

...being warned in a dream, he withdrew into the region of
Galilee and he went and settled in a town called Nazareth, that
there might be fulfilled what was spoken through the prophets,
“He shall be called a Nazarene.”...

Hail Mary

Mary, full of Mercy, remind our hearts of the suffering
of Jesus during His Passion.

Oh how sad and sore distressed
Was that Mother highly blest
Of the sole-begotten One!

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.

THIRD SORROW: THE LOSS OF JESUS

Oh, Most Blessed Trinity, please come to us, through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

...thinking he was in the caravan, they had come a day's journey
before it occurred to them to look for him among their kinsfolks
and acquaintances. And not finding him they returned to
Jerusalem in search of him....

Hail Mary

...after three days they found him in the temple, sitting in the
midst of the teachers, listening to them
and asking them questions....

Hail Mary

...all who were listening to him were amazed at his
understanding and his answers....

Hail Mary

...his mother said to him, "Son, why hast thou done so to us?
Behold thy father and I have sought thee sorrowing."...

Hail Mary

...he said to them: “How is it that you sought me, did you not know that I must be about my father’s business?”....
Hail Mary

... they did not understand the word that he spoke to them and he went down with them and came to Nazareth, and was subject to them....
Hail Mary

...his mother kept all these things carefully in her heart and Jesus advanced in wisdom and age and grace before God and men....
Hail Mary

Mary, full of Mercy, remind our hearts of the suffering of Jesus during His Passion.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ’s dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother’s pain untold?

**FOURTH SORROW:
MARY MEETS JESUS
ON THE WAY TO CALVARY**

Oh Most Blessed Trinity please come to us through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

...he handed him over to them to be crucified and so they took
Jesus and led him away....

Hail Mary

....bearing the cross for himself, he went forth
to the place called the skull....

Hail Mary

....as they led him away, they laid hold of a certain Simon of
Cyrene, coming from the country, and upon him they laid the
cross to bear it after Jesus....

Hail Mary

....there was following Him a great crowd of the people, and of
women who were bewailing and lamenting Him....

Hail Mary

....Jesus turning to them said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children....

Hail Mary

...days are coming in which men will say, ‘Blessed are the barren, and the wombs that never bore, and breasts that never nursed.’...

Hail Mary

...they will begin to say to the mountains, ‘Fall upon us!’ and to the hills, ‘Cover us!’ for if in the case of the green wood they do these things, what is to happen in the case of the dry?”

Hail Mary

Mary, full of Mercy, remind our hearts of the suffering of Jesus during His Passion.

Bruised, derided, cursed, defiled,
She beheld her tender Child
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation,
Till His spirit forth He sent.

FIFTH SORROW: JESUS DIES ON THE CROSS

Oh Most Blessed Trinity, please come to us through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

....when they came to the place called the skull, they crucified
him there and Jesus said, "Father forgive them,
for they know not what they are doing."...

Hail Mary

....when Jesus, therefore, saw his mother and the disciple
standing by whom he loved, he said to his mother,
"Woman, behold thy son."...

Hail Mary

....then he said to the disciple, "Behold thy mother,"
and from that hour the disciple took her into his home....

Hail Mary

....they crucified two robbers with him and one of the robbers
said to Jesus, "Lord, remember me when thou
comest into thy kingdom."...

Hail Mary

....Jesus said to him, "Amen I say to thee, this day thou
shalt be with me in paradise."...

Hail Mary

...Jesus cried out with a loud voice, saying, “My God, My God, why hast thou forsaken me?” After this, Jesus knowing that all things were now accomplished, that the Scripture might be fulfilled, said, “I thirst.” ...

Hail Mary

...therefore when Jesus had taken the wine, he said, “It is consummated.” And Jesus cried out with a loud voice and said, “Father, into thy hands I commend my spirit.” And having said this, he expired....

Hail Mary

Mary, full of Mercy, remind our hearts of the suffering of Jesus during His Passion.

O thou Mother, fount of love,
Touch my spirit from above;
Make my heart with thine accord.
Make me feel as thou hast felt,
Make my soul to glow and melt
With the love of Christ my Lord.
Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.
Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.
Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.
By the Cross with thee to stay,
There with thee to weep and pray,
Is all I ask of thee to give.

**SIXTH SORROW:
MARY RECEIVES THE BODY OF JESUS**

Oh Most Blessed Trinity, please come to us through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

...when it was evening, as it was the Day of Preparation,
that is the eve of the Sabbath, there came Joseph of Arimathea,
a counselor of high rank who was himself looking
for the Kingdom of God....

Hail Mary

...he went in boldly to Pilate and asked for the body of Jesus....

Hail Mary

...Pilate wondered whether he had already died and sending for
the centurion, he asked him whether he was already dead....

Hail Mary

...when he learned from the centurion that he was, he granted the
body to Joseph and Joseph bought a linen cloth,
and took him down....

Hail Mary

.... “From the daughter of Zion all her beauty is departed....
Hail Mary

....weeping she hath wept in the night, and her tears are
on her cheeks.”...
Hail Mary

.... “O all ye that pass by the way, attend and see if there be any
sorrow like to my sorrow.”...
Hail Mary

Mary, full of Mercy, remind our hearts of the suffering
of Jesus during His Passion.

Virgin of all virgins best,
Listen to my fond request,
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death,
Of that dying Son of thine.

SEVENTH SORROW: JESUS IS BURIED

Oh Most Blessed Trinity, please come to us through the heart of
Thy Mother Mary where all is and all will be
now and forever.

Our Father

....he came, therefore, and took away the body of Jesus....

Hail Mary

....there also came Nicodemus, who at first had come to Jesus
by night, bringing a mixture of myrrh and aloes,
in weight about a hundred pounds....

Hail Mary

....they therefore took the body of Jesus and wrapped it
in linen cloths with the spices, after the Jewish
manner of preparing for burial....

Hail Mary

....in the place where he was crucified there was a garden,
and in the garden a new tomb in which no one
had yet been laid....

Hail Mary

....there, accordingly, because of the Preparation Day
of the Jews, for the tomb was close at hand,
they laid Jesus....

Hail Mary

....then he rolled a large stone to the entrance
of the tomb and departed....
Hail Mary

.....Mary Magdalene and the other Mary were sitting
opposite of the sepulcher....
Hail Mary

Mary, full of Mercy, remind our hearts of the suffering
of Jesus during His Passion.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very Blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful judgment day.

Christ, when Thou shalt call me hence
Be Thy Mother my defense;
Be thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

THREE HAIL MARYS IN HONOR OF OUR BLESSED LADY'S TEARS

“To what can I liken or compare you,
O daughter Jerusalem?”

Hail Mary
Virgin Most Sorrowful, pray for us.

“What example can I show you for your comfort,
Virgin daughter Zion?”

Hail Mary
Virgin Most Sorrowful, pray for us.

“For great as the sea is your downfall,
Who can heal you?”

Hail Mary
Virgin Most Sorrowful, pray for us.

Mary, full of Mercy, remind our hearts of the suffering
of Jesus during His Passion.

HAIL HOLY QUEEN (Salve Regina)

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 towards us. And after this our exile, show unto us the Blessed Fruit of thy womb, Jesus. O clement, O loving,
O sweet Virgin Mary.

Pray for us, O Holy Mother of God: that we may be made worthy of the promises of Christ.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, Our Lord. Amen.

May Our Lady bless us with her loving child, Jesus.
Amen.

PRAYERS FOR OUR HOLY FATHERS INTENTIONS
Our Father, Hail Mary, Glory Be