

# SEVEN SORROWS OF MARY NOVENA

To pray the "Irresistible Novena of Fr. Ripperger, do the following:

*Each day, along with your formally written personal prayer request, pray the Litany of Our Lady of Seven Sorrows. Instead of responding 'pray for us' in the Litany, say 'reveal my greatest defect'. If you are shown your defect by day two, you can substitute it with 'reveal the hidden mystery'.*

## Day 1 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

### Daily Prayer

On the Cross her Son was dying. Mary stood beneath Him crying,  
Sharing in His saving cross. As He hangs, her soul is grieving,  
and a sword her heart is cleaving and she weeps the bitter loss.

O Mother of Sorrows, through thy Seven Sorrows  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Day 2 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

### Daily Prayer

O, the sad, afflicted Mother of the Son beyond all others:  
only Son of God most high. Full of grief, her heart is aching;  
watching Him, her body, quaking, trembles as her offspring dies.

O Mother of Sorrows, through thy First Sorrow, the Prophecy of Holy Simeon,  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

### Day 3 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

#### Daily Prayer

Who would see Christ's mother crying at the bitter crucifying  
without tears of sympathy? Who could see her depth of feeling—  
thoughts of many hearts revealing— and not share her agony?

O Mother of Sorrows, through thy Second Sorrow, the Flight into Egypt,  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

### Day 4 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

#### Daily Prayer

Pardon for our sins entreating, She saw Him endure the beating.  
All our guilt on Him was cast. She stood by in contemplation  
When her Son, in desolation breathed His spirit forth at last.

O Mother of Sorrows, through thy Third Sorrow, the Loss of the child Jesus in the Temple,  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

### Day 5 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

## Daily Prayer

Font of love, O Blessed Mother, lend me tears to mourn my Brother.

Never let my ardor dim. Let my heart be burning freely,

Christ my God be pleased to see me all on fire with love for Him.

O Mother of Sorrows, through thy Fourth Sorrow, the Meeting of Mary and Jesus on the Way to Calvary, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore

*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Day 6 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

## Daily Prayer

This I ask, O Holy Mary, that His wounds I too may carry:  
fix them deeply in my heart. Mine the burden He was bearing;  
let me in His pain be sharing; of His suffering take a part.

O Mother of Sorrows, through thy Fifth Sorrow, the Crucifixion and Death of Jesus, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore

*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Day 7 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

## Daily Prayer

Pardon for our sins entreating, She saw Him endure the beating.

All our guilt on Him was cast. She stood by in contemplation

When her Son, in desolation Breathed His spirit forth at last.

O Mother of Sorrows, through thy Sixth Sorrow, the Piercing of the Side of Jesus and His Descent from the Cross, intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore

*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Day 8 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

### Daily Prayer

Queen of all the virgin choir, judge me not when I aspire  
your pure tears to emulate. Let me share in Christ's affliction—  
death by bitter crucifixion— and His wounds commemorate.

O Mother of Sorrows, through thy Seventh Sorrow, the Burial of Jesus,  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Day 9 – Our Lady of Sorrows Novena

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O sorrowful Mother, I turn to you in total trust. You suffered the sharpest pains in life, watching your Son die upon the Cross, and yet you remained by Him to the end. Look with favor upon me, a poor sinner, and obtain for me from your Son all the graces I need to endure the sufferings God allows me to face.

### Daily Prayer

Let me taste the pains He offered, drunk with love for Him who suffered.

May His wounds become my own. On the day of Christ's returning  
may my heart be lit and burning. Virgin, aid me at His throne.

May His Cross be interceding and His death my vict'ry pleading.

May He hold me in His grace. When my flesh by death is taken,  
may my soul to glory waken and in heaven take a place. Amen.

O Mother of Sorrows, through thy Seven Sorrows,  
intercede for me with the Sacred Heart of Jesus, and grant me the favor I implore  
*(pray your formal written intentions here)*

Pray one Our Father, one Hail Mary, and one Glory Be. Then pray the litany.

## Prayer to the Mother of Sorrow

O Mother of Sorrows, by the anguish and love with which thou didst stand at the Cross of Jesus, stand by me in my last agony. To thy maternal heart I commend the last three hours of my life. Offer these hours to the Eternal Father in union with the agony of our dearest Lord in atonement for my sins. Offer to the Eternal Father the most Precious Blood of Jesus, mingled with your tears on Calvary, that I may obtain the grace of receiving Holy Communion with the most perfect love and contrition before my death, and that I may breathe forth my soul in the adorable presence of Jesus. Dearest Mother, when the moment of my death has at length come, present me as your child to Jesus. Ask Him to forgive me for having offended Him for I know not what I did. Beg Him to receive me into His Kingdom of glory to be united with Him forever. Amen.

## LITANY OF THE SEVEN SORROWS OF MARY (DAILY)

- V. Lord, have mercy on us. R. *Christ, have mercy on us.*  
 V. Lord, have mercy on us. Christ, hear us. R. *Christ, graciously hear us.*  
     V. God, the Father of heaven, R. *Have mercy on us.*  
 V. God the Son, Redeemer of the world, R. *Have mercy on us.*  
     V. God the Holy Ghost, R. *Have mercy on us.*  
 V. Holy Mary, Mother of God, R. *Reveal my greatest defect.*  
     V. Holy Virgin of virgins, R. *Reveal my greatest defect.*  
 V. Mother of the Crucified, R. *Reveal my greatest defect.*  
     V. Sorrowful Mother, R. *Reveal my greatest defect.*  
     V. Mournful Mother, R. *Reveal my greatest defect.*  
     V. Sighing Mother, R. *Reveal my greatest defect.*  
     V. Afflicted Mother, R. *Reveal my greatest defect.*  
     V. Forsaken Mother, R. *Reveal my greatest defect.*  
     V. Desolate Mother, R. *Reveal my greatest defect.*  
     V. Mother most sad, R. *Reveal my greatest defect.*  
 V. Mother set around with anguish, R. *Reveal my greatest defect.*  
 V. Mother overwhelmed by grief, R. *Reveal my greatest defect.*  
 V. Mother transfixed by a sword, R. *Reveal my greatest defect.*  
 V. Mother crucified in thy heart, R. *Reveal my greatest defect.*  
 V. Mother bereaved of thy Son, R. *Reveal my greatest defect.*  
     V. Sighing Dove, R. *Reveal my greatest defect.*  
     V. Mother of Dolors, R. *Reveal my greatest defect.*  
     V. Fount of tears, R. *Reveal my greatest defect.*  
     V. Sea of bitterness, R. *Reveal my greatest defect.*  
     V. Field of tribulation, R. *Reveal my greatest defect.*  
     V. Mass of suffering, R. *Reveal my greatest defect.*  
     V. Mirror of patience, R. *Reveal my greatest defect.*  
     V. Rock of constancy, R. *Reveal my greatest defect.*  
 V. Remedy in perplexity, R. *Reveal my greatest defect.*  
     V. *Joy of the afflicted, R. Reveal my greatest defect.*

- V. Ark of the desolate, R. *Reveal my greatest defect.*  
 V. Refuge of the abandoned, R. *Reveal my greatest defect.*  
 V. Shield of the oppressed, R. *Reveal my greatest defect.*  
 V. Conqueror of the incredulous, R. *Reveal my greatest defect.*  
 V. Solace of the wretched, R. *Reveal my greatest defect.*  
 V. Medicine of the sick, R. *Reveal my greatest defect.*  
 V. Help of the faint, R. *Reveal my greatest defect.*  
 V. Strength of the weak, R. *Reveal my greatest defect.*  
 V. Protectress of those who fight, R. *Reveal my greatest defect.*  
 V. Haven of the shipwrecked, R. *Reveal my greatest defect.*  
 V. Calmer of tempests, R. *Reveal my greatest defect.*  
 V. Companion of the sorrowful, R. *Reveal my greatest defect.*  
 V. Retreat of those who groan, R. *Reveal my greatest defect.*  
 V. Terror of the treacherous, R. *Reveal my greatest defect.*  
 V. Standard-bearer of the Martyrs, R. *Reveal my greatest defect.*  
 V. Treasure of the Faithful, R. *Reveal my greatest defect.*  
 V. Light of Confessors, R. *Reveal my greatest defect.*  
 V. Pearl of Virgins, R. *Reveal my greatest defect.*  
 V. Comfort of Widows, R. *Reveal my greatest defect.*  
 V. Joy of all Saints, R. *Reveal my greatest defect.*  
 V. Queen of thy Servants, R. *Reveal my greatest defect.*  
 V. Holy Mary, who alone art unexampled, R. *Reveal my greatest defect.*

Pray for us, most Sorrowful Virgin,

That we may be made worthy of the promises of Christ.

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end.

Amen.