

The Seven Sorrows Devotion

The prophecy of Simeon	Hail Mary ...
The flight into Egypt	Hail Mary ...
The loss of the Child Jesus in the Temple	Hail Mary ...
The meeting of Jesus and Mary on the Way of the Cross	Hail Mary ...
The Crucifixion	Hail Mary ...
The taking down of the Body of Jesus from the Cross	Hail Mary ...
The burial of Jesus	Hail Mary ...



The Blessed Virgin Mary grants **seven graces** to the souls who honour her daily by meditating on her tears and dolors (sorrows). The Hail Mary is prayed seven times, once after each meditation.

The devotion was passed on by St Bridget.

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 dolors will be taken directly from this eternal life to eternal happiness since all of their sins will be forgiven and my Son and I will be their eternal consolation and joy.