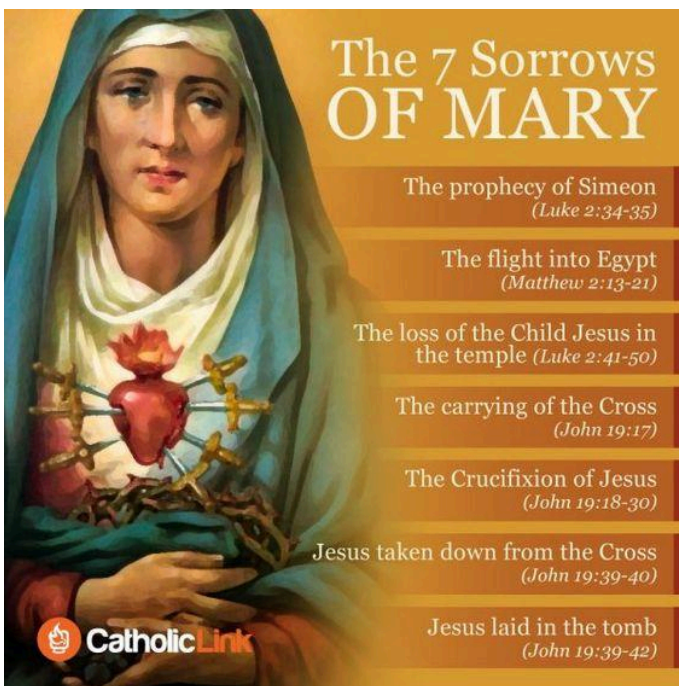


St. John's Newsletter



The Seven Sorrows of Mary

The Seven Sorrows of Mary are important for us to know and pray. They are all based on scripture and help us recall Mary's role in salvation history. Though the practice of praying the Seven Sorrows of Mary dates back to the thirteenth century, there has been a resurgence of this devotion due to the apparition of Our Lady of Kibeho that took place in the 1980's in Rwanda. It was there that Our Lady urged people to pray the Seven Sorrows. It is said that Mary revealed to St. Bridget of Sweden seven promises to those who will pray the Hail Mary while meditating on each of these sorrows. After reading the promises, you will surely want to implement this devotion in your own prayer life.



1. 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

2. The Flight into Egypt

And after they were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise, and take the child and his mother, and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy him. –Matthew 2:13-21

3. The Loss of Jesus for Three Days

And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, And he said to them:

How is it that you sought me? did you not know, that I must be about my father's business?. – Luke 2:41-50

The 7 Promises to Those Who Pray the 7 Sorrows

- I will grant peace to their families.
- They will be enlightened about the divine mysteries.
- I will console them in their pains and I will accompany them in their work.
- 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.
- I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
- I will visibly help them at the moment of their death, they will see the face of their Mother.
- I have obtained from my divine Son, that those who propagate this devotion to my tears and dolours, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy..

4. The Carrying of the Cross

And bearing his own cross, he went forth to that place which is called Calvary, but in Hebrew Golgotha. –John 19:17

5. The Crucifixion of Jesus

When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother. And from that hour, the disciple took her to his own. –John 19:18-30

6. Jesus Taken Down from the Cross

They took therefore the body of Jesus, and bound it in linen cloths, with the spices, as the manner of the Jews is to bury. –John 19:39-40

7. Jesus Laid in the Tomb

Now there was in the place where he was crucified, a garden; and in the garden a new sepulcher, wherein no man yet had been laid. There, therefore, because of the parasceve of the Jews, they laid Jesus, –John 19:39-42

Sources: <https://i.pinimg.com/564x/03/de/07/03de07a1791bb15d6bcfa34d722f7fa7.jpg>

<https://catholic-link.org/the-seven-sorrows-of-mary-why-you-should-know-them-and-pray-them-2/>