

# Seven Sorrows of Mary

The Seven Sorrows of Mary, or Dolors, are significant events in the life of the Virgin Mary that caused her deep suffering and pain, particularly in relation to the Passion and death of her son, Jesus Christ. This popular devotion is often prayed as a rosary or chaplet and includes meditations on seven specific events, such as Simeon's prophecy, the flight into Egypt, the loss of the child Jesus, meeting Jesus on the way to Calvary, the crucifixion, Jesus's removal from the cross, and Jesus's burial.

## The Seven Sorrows of Mary

The seven sorrows, with corresponding biblical references, are:

1. **Simeon's Prophecy**: The prophecy that Mary's soul would be pierced by a sword (Luke 2:34-35).
2. **The Flight into Egypt**: Mary and Joseph were forced to flee their home to protect the young Jesus from King Herod's wrath (Matthew 2:13-21).
3. **The Loss of the Child Jesus**: Mary and Joseph lost Jesus for three days while traveling, only to find him teaching in the Temple (Luke 2:41-50).
4. **Mary Meets Jesus on the Way to Calvary**: Mary sees her son carrying his cross on the way to his crucifixion (Luke 23:27-29).
5. **The Crucifixion of Jesus**: Mary stands at the foot of the cross, witnessing her son's death (John 19:25-30).
6. **Jesus Taken Down from the Cross**: Mary receives the lifeless body of her son from the cross (John 19:39-40).
7. **The Burial of Jesus**: Mary mourns as her son's body is laid in the tomb (John 19:39-42).



## The Devotion and Its Benefits

- **The Rosary of the Seven Sorrows**:

This devotional practice involves meditating on each sorrow while reciting a specific number of prayers, often an Our Father followed by seven Hail Marys.

**Compassion and Strength**:

Meditating on Mary's sorrows helps us connect with her compassion for us in our own sufferings and encourages faithfulness in the face of hardships.

Devotion to the Seven Sorrows is associated with several promises from the Blessed Virgin Mary, including peace for families, enlightenment in divine mysteries, and comfort in pain.