

2025 Heavenly Messages Given To Anna Marie

OUR LADY OF SORROWS NOVENA

Please recite an Act of Contrition.

In the Name of the Father, Son and Holy Spirit.

V. O God, come unto my assistance.

R. O Lord, make haste to help me.

V. Glory be to the Father, and to the Son and to the Holy Spirit.

R. As it was in the beginning is now and ever shall be, world without end.

Amen.



FIRST SORROW: PROPHECY OF SIMEON

I grieve for thee, O Mary most sorrowful, in the affliction of thy tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by thy heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God. *(Say Our Father, Hail Mary and Glory Be.)*

SECOND SORROW: FLIGHT INTO EGYPT

I grieve for thee, O Mary most sorrowful, in the anguish of thy most affectionate heart during the flight into Egypt and thy sojourn there. Dear Mother, by thy heart so troubled, obtain for me the virtue of generosity, especially towards the poor and the gift of piety. *(Our Father, Hail Mary and Glory Be.)*

THIRD SORROW: JESUS LOST IN THE TEMPLE

I grieve for thee, O Mary most sorrowful, in those anxieties which tried thy troubled heart at the loss of thy dear Jesus. Dear Mother, by thy heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge. *(Our Father, Hail Mary and Glory Be.)*

FOURTH SORROW: MEETING JESUS

I grieve for thee, O Mary most sorrowful, in the consternation of thy heart at meeting Jesus as He carried His Cross. Dear Mother, by thy heart so troubled, obtain for me the virtue of patience and the gift of fortitude. *(Our Father, Hail Mary and Glory Be.)*

FIFTH SORROW: MARY AT THE FOOT OF THE CROSS

I grieve for thee, O Mary most sorrowful in the martyrdom which thy generous heart endured in standing near Jesus in His agony. Dear Mother, by thy heart afflicted in such wise, obtain for me the virtue of temperance and the gift of counsel. *(Our Father, Hail Mary and Glory Be.)*

SIXTH SORROW: JESUS' HEART IS PIERCED

I grieve for thee, O Mary most sorrowful, in the wounding of thy compassionate heart, when the side of Jesus was struck by the lance and His Heart was pierced. Dear Mother, by thy heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding. *(Our Father, Hail Mary and Glory Be.)*

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SEVENTH SORROW: BURIAL OF JESUS

I grieve for thee, O Mary most sorrowful, for the pangs that wrenched thy most loving heart at the burial of Jesus. Dear Mother, by thy heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom. (*Our Father, Hail Mary and Glory Be.*)

V. Pray for us, O Virgin most sorrowful:

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

Let us pray:

Let intercession be made for us, we beseech Thee, O Lord Jesus Christ, now and at the hour of our death, before the throne of Thy mercy, by the Blessed Virgin Mary, Thy Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Thy bitter passion. Through Thee, Jesus Christ, Savior of the world, who with the Father and the Holy Ghost livest and reignest world without end. Amen.

(Indulgence of 5 yrs or 7 yrs if recited daily in Sept: Pius VII, audience Jan. 14, 1815 S.P. Ap. Oct. 6, 1935.)

