

Rosary of the Seven Sorrows of Our Lady of Kibeho



Rosary of the Seven Sorrows of Our Lady

The Rosary begins with the sign of the cross: in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Introductory Prayer: Oh my God and my Lord, I offer you this Rosary for Your glory, so that it may serve to honor Your Holy Mother, the Virgin Mary, and so that I can share and meditate your sufferings. I humbly ask you: grant me true repentance for my sins and give me the wisdom and humility necessary for me to receive all the indulgences granted by these prayers.

Act of Contrition: My Lord Jesus Christ, God and true man, my Creator and Redeemer: because You are who You are, supremely good and worthy of to be loved above all things, and because I love and cherish You, I feel the weight, Lord, with all my heart, that I have offended You; I am also sorry that I to have lost Heaven and deserved Hell; and I firmly propose, helped with the help of Your divine grace, to amend myself and never to offend You again. I hope to achieve forgiveness of my faults for Your infinite mercy.

Three Hail Marys are prayed.

1st Mystery of Mary's First Sorrow: Simeon's prophecy:

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: The Holy Virgin Mary took Jesus to the Temple in Jerusalem, as the tradition said that all newborns should be blessed in the Temple before God. There, the old priest Simeon held the baby Jesus in his arms and the Holy Spirit filled his heart. Simeon then recognized Jesus as the promised Savior and raised the child to Heaven, giving thanks and praise to God for having fulfilled the promise that He had made to Simeon - that he would live long enough to see the Messiah.

'Behold, now your servant can leave this life in peace, my Lord,' he said. Then he looked at Maria and said: 'And you, woman, a sword of pain will pierce your heart because of the suffering that must befall your son'.

The Blessed Virgin knew that she had given birth to the Savior of mankind, so she understood and immediately accepted Simeon's prophecy. As much as her heart had been deeply touched by the grace of being a bearer of the baby Jesus, he remained heavy and tormented, after all she knew what had been written about the Savior's trials and subsequent death. Whenever she saw her son, she was constantly reminded of the sufferings to which he would be subjected, until that suffering became inherent to hers.

Prayer: Dear Mother Mary, whose heart has suffered beyond measure for us, teach us to suffer as you did and, through love, to accept any suffering that God deems necessary for us to go through. May we suffer, and may our suffering be recognized by God alone, as yours and your son Jesus' was. Do not let us show our suffering to the world, so that it is worth more and can be used to repair the sins of all. To you, Mother, who suffered with the Savior, we offer our suffering and that of the world, because we are all your children. Unite our pains with yours and those of Our Lord Jesus Christ and then offer them to God our father, so that

He may recognize them - you who are the greatest Mother of all that there is.

I feel very deeply, Oh Sorrowful Mother, for the pain that your tender heart felt with the prophecy of the old saint Simeon. Oh dear Mother, through your so afflicted heart, grant me the virtue of humility and the salutary gift of the fear of God. Amen.

Pray the Our Father once and then the Hail Mary seven times.

2nd Mystery of Mary's Second Sorrow: the flight to Egypt:

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: Mary's heart broke and her troubles only increased when Joseph told her the angel's words: they should immediately get up and go to Egypt, because King Herod was looking for Jesus to kill him. The Holy Virgin did not even have time to decide what will be taking on the trip and what not to take.

She took her son and left everything else, hurriedly ahead of Joseph, so that they would be quick as God had asked. She then said: "Even though God has power over everything, He wants us to flee with Jesus, His son. God will show us the way and we will get there without the enemy accompanying us".

As mother of Jesus, the Blessed Virgin loved him more than anyone else. Her heart was deeply troubled just by thinking about her son's discomfort and, therefore, she suffered a lot because she was cold and afraid. While she and her husband were tired, sleepy and hungry during the escape trip, Maria's thought always focused on her son's safety and comfort. She feared meeting face to face with the soldiers ordered to kill Jesus, after all she knew that the enemy was still in Bethlehem. Her heart remained anguished throughout the scape. She also knew that, in the place they were going to, they would not find friendly faces that would welcome them.

Prayer: Dear Mother Mary, who suffered so much, give us your brave heart. Give us strength to be also courageous and to accept with love the sufferings that God puts in our way. Help us also to accept all the suffering that we subject ourselves and that are inflicted on us by others. Oh Mother of Heaven, you only purify our suffering, so that we may be grateful to God and have our souls saved.

I feel very deeply, Oh Sorrowful Mother, for the anguish that your very sensitive heart experienced with the flight to Egypt and the permanence in that strange land. Dear Mother, in virtue of your anguished heart, reach for me the virtue of liberality, especially with the poor, and the gift of piety. Amen".

Pray the Our Father once and then the Hail Mary seven times.

3rd Mystery of Mary's Third Sorrow: the loss of Jesus in the Temple:

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: Jesus is the only son begotten by God, but he was also the son of Mary. The

Blessed Virgin loved Jesus more than herself, because he was God. Compared to other children, he was unique precisely because he already lived like God. When Mary lost Jesus, on her return from Jerusalem, the world became so vast and made her so lonely that she felt that she could not continue living without him, so great was her suffering (she felt the same pain that her son later felt, when his disciples abandoned him during his Passion).

As she anxiously searched for her beloved son, a deep pain went through the heart of the Holy Mother. She blamed herself, wondered how it was possible that she had not been more careful with him. But it was not her fault; Jesus no longer needed his protection, as he had until then. What really saddened Maria was the fact that her son had decided to stay without her consent. Jesus had pleased her in everything: he had never irritated her in any way, nor had he done anything undone to her parents. However, she knew that he always did what was necessary and therefore never suspected his obedience.

Prayer: Dear Mother Mary, teach us to accept all our sufferings on account of our sins and that this also to be useful to repair for the sins of the world.

I feel very deeply, Oh Sorrowful Mother, for the sadness and unrest that your heart suffered at the loss of your beloved Jesus. Dear Mother, in virtue of your heart that is so afflicted, reach for me the virtue of chastity and the gift of science. Amen.

Pray the Our Father once and then the Hail Mary seven times.

4th Mystery of Mary's Fourth Sorrow: the encounter with Jesus on the way to Calvary:

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: Mary saw Jesus carry the heavy cross alone - the same on which he would be crucified. This did not surprise the Holy Virgin because she already knew of the imminent death of Our Lord. Seeing that her son was almost shooting down by the soldiers' numerous and hard blows, She was filled with anguish with her pain.

The soldiers continued to pull and rush him, even though He hadn't strength left. He fell, exhausted, unable to rise. At that moment, Maria's eyes, which had already been filled with love and compassion, met his, full of pain and covered in blood. Their Hearts, it seemed, shared the burden: every pain He felt, She felt too. They knew that they could do nothing but wait and believe in God and dedicate their sufferings to Him. All they could do was put everything in God's hands.

Prayer: Dear Mother Mary, so devastated by pain, help us to endure our sufferings with love and courage, so that we can relieve your sorry heart and also that of Jesus, your son. In doing so, may we glorify God for giving us Jesus, His beloved son, and you too, Oh Holy Mother. Teach us to suffer patiently and silently, as you did. Grant the grace to love God in everything. Oh Sorrowful Mother, the most afflicted of all mothers, have mercy on us, sinners of the whole world.

I feel very deeply, Oh Sorrowful Mother, for the consternation that took over your maternal heart when You met Jesus with the heavy cross on the way to Calvary. Dear Mother, through your heart so hard tested, reach for me the virtue of patience and the gift of strength. Amen.

Pray the Our Father once and then the Hail Mary seven times.

5th Mystery of Mary's Fifth Sorrow: at the foot of the cross.

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: The Blessed Virgin Mary continues to climb Mount Calvary, following Jesus closely, painfully and sadly, although She suffered in silence. She could see him staggering and falling with the cross a few more times, and witnessed his son being beaten mercilessly by the soldiers, who pulled him by the hair so that he could stand again.

In addition to being innocent, Jesus, when He reached the top of Calvary, was commanded to manifest himself before the crowd, so that they could laugh at him. Maria deeply felt her son's pain and humiliation, particularly when her oppressors forced him to strip off what was left of his clothing. The Holy Mother had pains in her Heart when She saw those tyrants crucify her practically naked son, embarrassing him terribly just to please the mocking crowd (he and Maria were more ashamed than normal people, because they were saints and did not know sin).

The blessed Virgin Mary felt unbearable pain when Jesus was stretched out on the cross. His assassins sang happily as they approached him with hammers and nails. They sat on him, so that He could not move, while they stuck him on the cross. As they hammered on her hands and feet, Maria felt the blows on her heart; the nails also pierced his flesh as they tore at his son's body. She felt her own life fading.

When the soldiers raised the cross to fit it in the hole they had dug, they pushed it so that it would fall deliberately and thus cause the weight of Jesus' body to further tear his hands and expose his bones. Pain pierced his body like liquid fire. He endured three excruciating hours nailed to the cross, but the physical pain he felt was nothing compared to the agonizing pain he felt in his heart at being forced to see that his mother was watching his suffering closely. Mercifully, he then dies.

Prayer: Dear Mother Mary, Queen of Martyrs, give us the courage you had during all your suffering so that we can unite our sufferings with yours and glorify God. Help us to follow the commandments He left us, and also those of the Church, so that the sacrifice of Our Lord Jesus Christ is not in vain and all the sinners of the world are saved.

I feel very deeply, Oh Sorrowful Mother, for the martyrdom that your most generous Heart suffered, watching Jesus' agony. Dear Mother, through your so martyred Heart, reach for me the virtue of temperance and the gift of advice. Amen.

Pray the Our Father once and then the Hail Mary seven times.

6th Mystery of Mary's Sixth Pain: the Sorrowful Virgin receives the body of Jesus in her arms.

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: Jesus' friends, José de Arimatéia and Nicodemos, descended his dead body from the cross and placed him in the open arms of his Blessed Mother. Mary then washed him with deep respect and love, for she was his mother and knew better than anyone that he was God incarnate, who had taken the body of a man to be the Savior of all men.

Mary could see the wounds of the scourging that Jesus had undergone by Pilate's orders.

His flesh had been severely excoriated, large strips had been torn from his back. His entire body had been so torn apart that some wounds crisscrossed, spreading it from head to toe. Maria found that the wounds caused by the nails were less cruel than those caused by the flagellation and the carrying of the cross. She was horrified to notice that her son had been able to carry that heavy and chipped cross to Calvary. She saw the pool of blood that had formed on her forehead from the crown of thorns and, to her utter horror, she realized that many of the barbed thorns had penetrated so deeply into her head that they even perforated the her brain.

Looking at her son entirely [... wounded], the Blessed Mother knew that her death had been much worse than the torture reserved for the most wicked of criminals. As she cleaned her body, she remembered him at every stage of her short life, remembered the first look she gave to her newborn face while they were still lying in the manger, and she also remembered each day after that, until the fateful and heartbreaking moment when she gently bathed her lifeless body. Her anguish was relentless when she prepared her son and Lord for burial, but she remained brave and strong, thus becoming the true Queen of Martyrs. While washing her son, she prayed for everyone, so that we would know the riches of Paradise and enter through the gates of Heaven. She prayed for each of the souls of the world, that they would embrace faith in God and thus make death your son's pain were not in vain and benefited all of humanity. Mary prayed for the world; she prayed for all of us.

Prayer: Dear Mother Mary, we thank you for your courage in enduring the pain of watching your son suffer on the cross until the end, to comfort him. The moment our Savior took his last breath, you became a great mother to us all; you have become the Holy Mother of the world. We know well that you have more love for us than our own parents, and we implore you: be our advocate before the throne of divine grace and mercy, so that we can truly become your children. We thank you for Jesus, our Savior and Redeemer, and we thank Jesus for giving you to us. Pray for us, Oh Holy Mother of God.

I feel very deeply, Oh Sorrowful Mother, for the wound that opened the spear in your most pious Heart that tore Jesus' side and wounded his most lovable Heart. Dear Mother, through your Heart so painful, reach for me the virtue of fraternal charity and the gift of understanding. Amen.

Pray the Our Father once and then the Hail Mary seven times.

7th Mystery of Mary's Seventh Pain: Jesus is buried.

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Meditation: The life of the Blessed Virgin Mary was so closely linked to that of Jesus that she felt that there was no reason to continue living after her son's death. The only consolation she had was to know that her son's death had ended that unspeakable suffering. Our Sorrowful Mother, with the help of John and the other holy woman, carefully placed the body of Jesus in the tomb and left it there, as was done with all the other dead. She went home in terrible pain and acute sadness; for the first time, she was without him and that loneliness was a new kind of pain, more bitter. Her heart had been dying since her son's heart had stopped beating, but she was still sure that our Savior would soon be resurrected.

Prayer: Dear Mother Mary, whose beauty surpasses that of all mothers; Oh Mother of Mercy, Mother of Jesus and of all of us, we are your children and we place all our trust in you. Teach us to see God in all things and situations, even in our sufferings. Help us to

understand the importance of suffering and also the meaning of our suffering, according to the will of God.

You were conceived without sin and preserved from sin, yet you suffered more than any of us. You have accepted suffering and pain with love and unsurpassed courage. You have stood by your son since he was arrested until he died. You suffered with him, you felt all the pain and torment he had. You have fulfilled the will of God our Father, and, according to His will, you have become our savior with Jesus. We beg you, Oh Mother, to teach us to do as Jesus did: teach us to accept our cross with courage. We trust you, Oh merciful mother, so teach us to sacrifice ourselves for all the sinners in the world. Help us to follow in your child's footsteps and to be able to even give our lives for the other.

I feel very deeply, Oh Sorrowful Mother, for the intense pain that made your loving heart bitter at Jesus' grave. Dear Mother, by your immaculate Heart, bitter to the extreme, reach for me the virtue of diligence and the gift of wisdom. Amen.

Pray the Our Father once and then the Hail Mary seven times.

After meditating on the 7 pains:

Jaculatory: Oh Mother of Mercy, always make me remember the pains of your son, Jesus Christ.

Final Prayer: "O Queen of Martyrs, your heart has suffered a lot. I implore you for the merit of the tears you wept during these sad and terrible periods, which you grant to me and to all the sinners of the world the grace to repent sincerely and truly. Amen".

The jaculatory prayer is said three times: Oh Mary, who was conceived without sin and suffered for all of us, pray for us!

The Rosary ends with the sign of the cross: in the name of the Father, and of the Son and of the Holy Spirit. Amen.