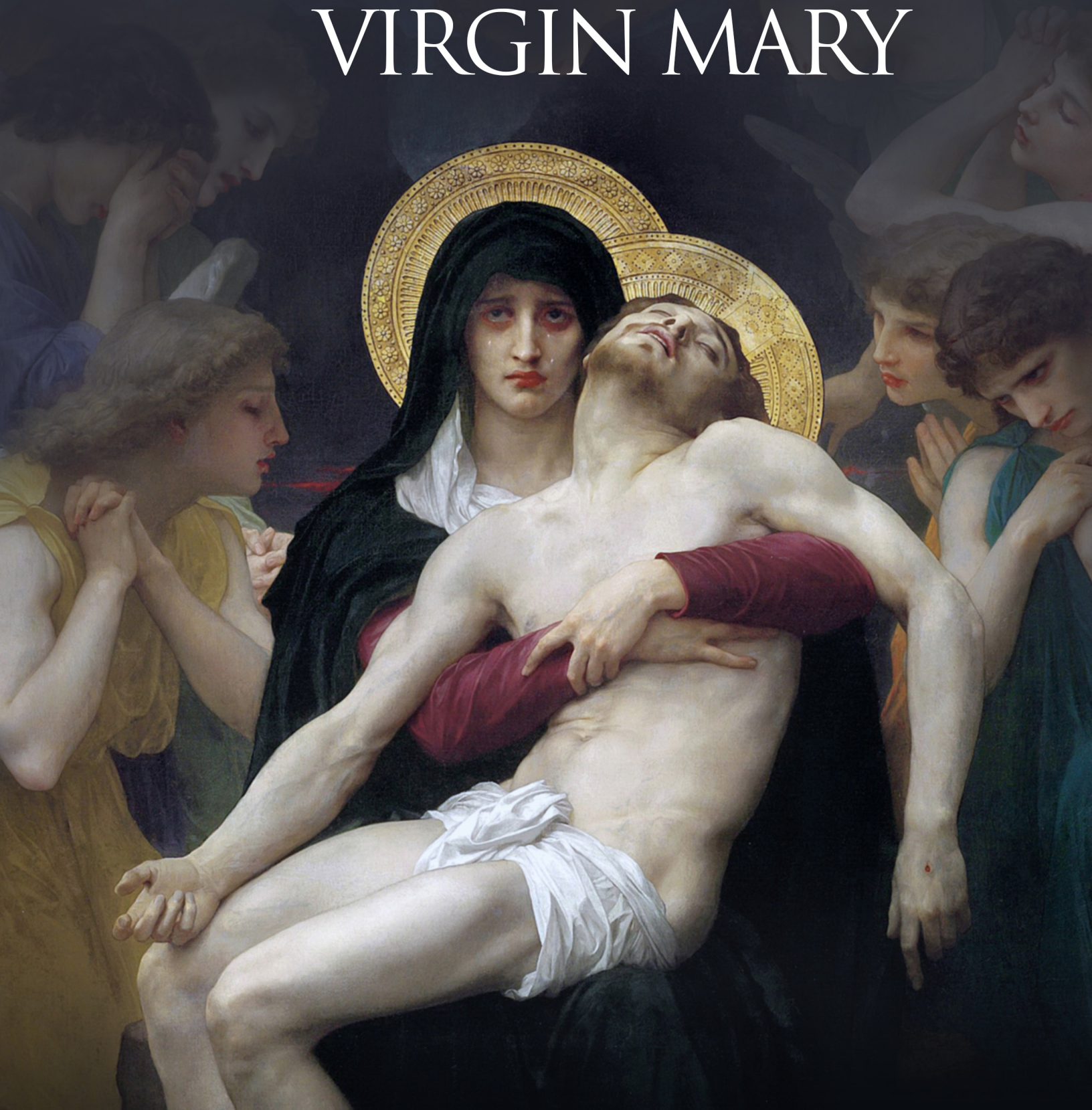




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THE SEVEN SORROWS OF  
**THE BLESSED  
VIRGIN MARY**



# THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY

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Cover art: *Pieta*, by William Adolphe Bouguereau

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## Introduction

*“Like Our Lady, remain at the Cross of Jesus,  
and you will never be deprived of comfort.”*

– St. Pio of Pietrelcina

The Blessed Virgin Mary bore unbelievable pains throughout her life. In Jesus’ childhood, Mary heard Simeon’s prophecy, fled to Egypt with Jesus and St. Joseph, and lost her Son for several days. And as the mother of the Suffering Servant (see Isaiah 53), she witnessed her Son’s Passion and death on the Cross.

This is why, as we face our own pains and temptations, we should turn to Our Lady of Sorrows and meditate on her Seven Dolors, or Sorrows.

St. Alphonsus Liguori wrote in his book, *The Glories of Mary*, of four blessings Our Lord would grant to those who meditated on her seven sorrows:

1. “That those who invoke the divine mother by her Sorrows, before death will merit to obtain true repentance of all their sins.”
2. “That He will protect such in their tribulations, especially at the hour of death.”
3. “That He will impress upon them the memory of His Passion, and that they shall have their reward for it in Heaven.”
4. “That He will commit such devout servants to the hands of Mary, that she may dispose of them according to her pleasure, and obtain for them all the graces she desires.”

So, as children of Mary, let us meditate on these Sorrows that pierced her Immaculate Heart and ask her to help us in all of our problems, as well.





# THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY

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## First Sorrow: The Prophecy of Simeon

*“Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord’s Christ. ... Simeon blessed them and said to Mary his mother, ‘Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed.’”*

– Luke 2:25-26, 34-35



*The Presentation in the Temple, by Philippe de Champaigne*



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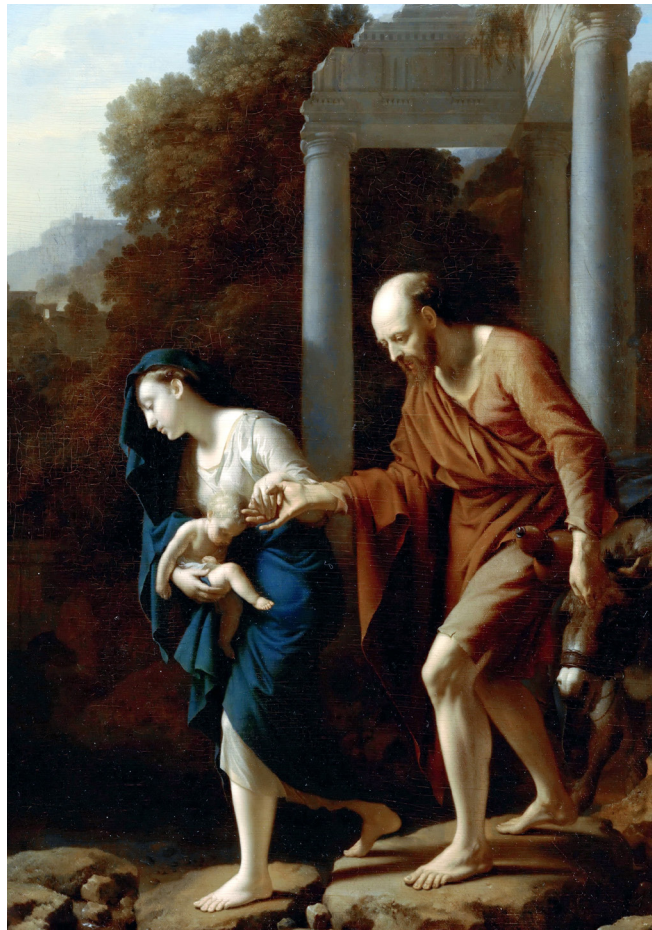
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## Second Sorrow: The Flight Into Egypt

*“[A]n angel of the Lord appeared to Joseph in a dream and said, ‘Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him.’ And he rose and took the child and his mother by night, and departed to Egypt, and remained there until the death of Herod.”*

– Matthew 2:13-15



*The Rest on the Flight into Egypt, by Adriaen van der Werff*



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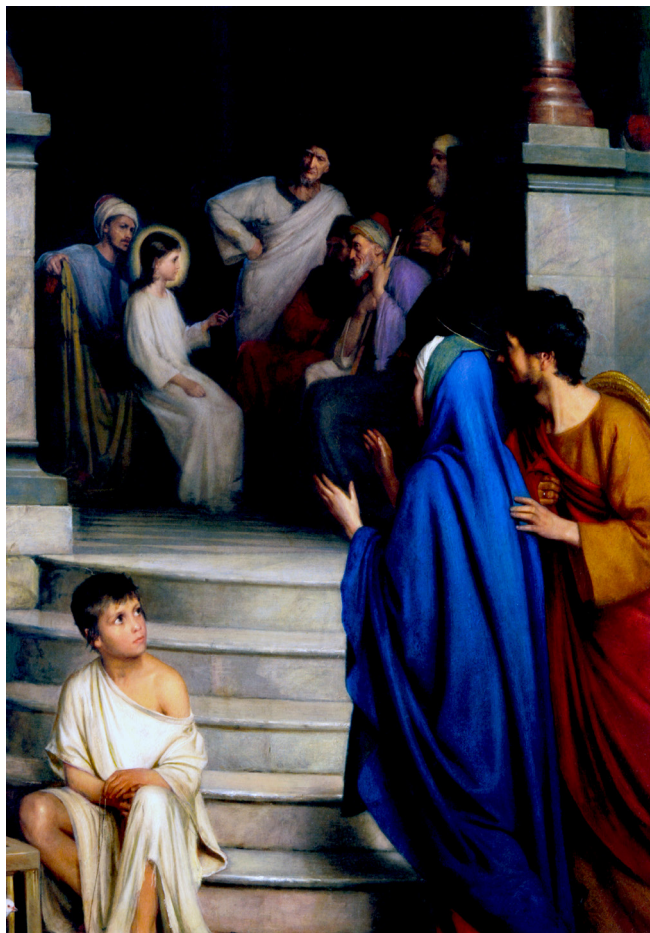
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### Third Sorrow: Loss of the Child Jesus for Three Days

*“Now his parents went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up according to custom; and when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it. ... After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers. And when they saw him they were astonished; and his mother said to him, ‘Son, why have you treated us so? Behold, your father and I have been looking for you anxiously.’”*

– Luke 2:41-43, 46-48



*Jesus Teaching in the Temple, by Carl Bloch*



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### Fourth Sorrow: Mary Meets Jesus on His Way to Calvary

*“And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. And there followed him a great multitude of the people, and of women who bewailed and lamented him.”*

– Luke 23:26-27



*Christ Meets His Mother While Carrying the Cross, by Esteban Murillo*



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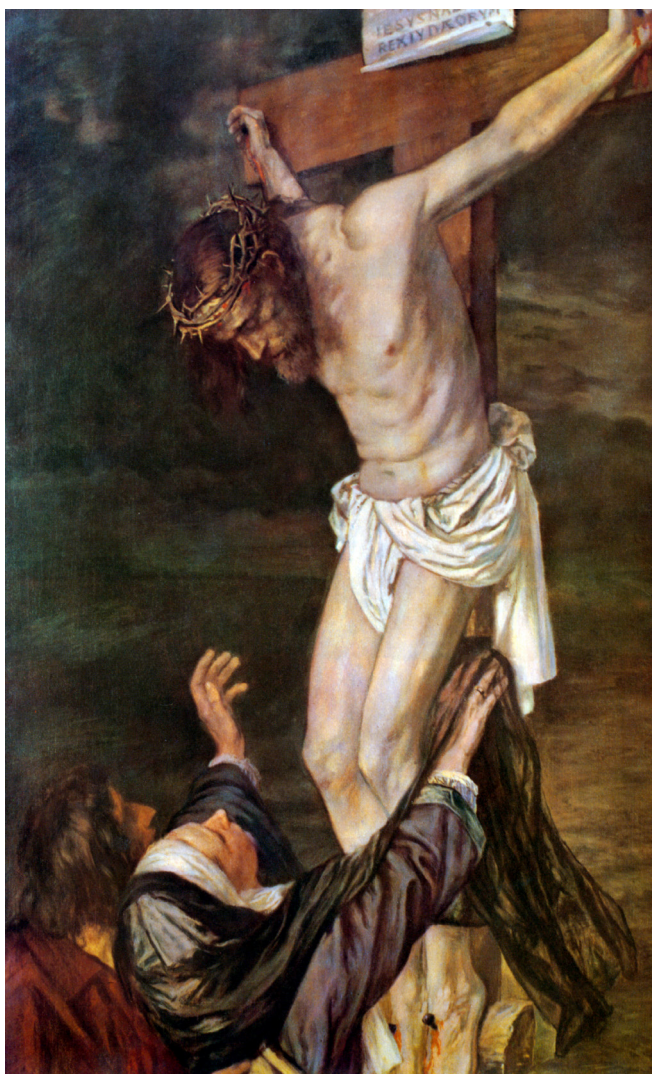
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### Fifth Sorrow: The Crucifixion and Death of Jesus

*“[S]tanding by the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, ‘Woman, behold, your son!’ Then he said to the disciple, ‘Behold, your mother!’”*

– John 19:25-27



*Our Lady at the Cross, by unknown artist*



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### Sixth Sorrow: The Body of Jesus Taken From the Cross

*“Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the sabbath (for that sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water.”*

– John 19:31-34



*Pieta*, by William Adolphe Bouguereau



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## Seventh Sorrow: The Burial of Jesus

*“Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. ... And [Joseph of Arimathea] bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb.”*

– Mark 15:43, 46



*The Entombment of Christ, by Michelangelo Merisi da Caravaggio*





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*Our Lady of Sorrows, my heart aches for you and the pains that you suffered in your life. I know that these Sorrows helped you to understand and care for all of us. As I face fears, pains, and temptations, I ask that you place my loved ones and me under the protection of your mantle.*

*As my mother, show me how to love your Son even more. Help me to better understand His Passion and death. Guide me to His Sacred Heart. Amen.*



*Our Lady of Sorrows, by unknown artist*



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## About Us

Founded more than 40 years ago by a Poor Clare of Perpetual Adoration (PCPA), Mother Mary Angelica of the Annunciation, EWTN is the largest religious media network in the world. EWTN's 11 global TV channels are broadcast in multiple languages 24 hours a day, seven days a week to over 435 million television households in more than 160 countries and territories. EWTN platforms also include radio services transmitted through SIRIUS/XM, iHeart Radio, and over 600 domestic and international AM & FM radio affiliates; a worldwide shortwave radio service; one of the largest Catholic websites in the U.S. and second only to the Vatican worldwide; electronic and print news services, including Catholic News Agency, *National Catholic Register* newspaper, and several global news wire services; as well as EWTN Publishing, its book publishing division.

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