

CHAPLET OF THE SEVEN DOLORS
INCLINE UNTO MY AID, O GOD.
O LORD, MAKE HASTE TO HELP ME.
GLORY BE TO THE FATHER.

FIRST DOLOR: I COMPASSIONATE YOU, SORROWING MARY, IN THE GRIEF YOU EXPERIENCED WHEN THE HOLY OLD MAN SIMEON PROPHESED TO YOU. DEAR MOTHER, BY YOUR HEART THEN SO WOUNDED, OBTAIN FOR ME THE VIRTUE OF HUMILITY AND THE GIFT OF HOLY FEAR OF GOD. HAIL MARY.

SECOND DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE ANXIETY WHICH YOUR SENSITIVE HEART SUFFERED IN THE FLIGHT AND SOJOURN IN EGYPT. DEAR MOTHER, BY YOUR HEART THEN SO SORROWFUL, OBTAIN FOR ME THE VIRTUE OF LIBERALITY, ESPECIALLY TOWARDS THE POOR, AND THE GIFT OF PIETY. HAIL MARY.

THIRD DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE SHOCK YOUR MOTHER'S HEART EXPERIENCED WHEN JESUS MET YOU AS HE CARRIED HIS CROSS. DEAR MOTHER, BY YOUR LOVING HEART SO AFFLICTED, OBTAIN FOR ME THE VIRTUE OF PATIENCE AND THE GIFT OF FORTITUDE. HAIL MARY.

FOURTH DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE SHOCK YOUR MOTHER'S HEART EXPERIENCED WHEN JESUS MET YOU AS HE CARRIED HIS CROSS. DEAR MOTHER, BY YOUR LOVING HEART SO AFFLICTED, OBTAIN FOR ME THE VIRTUE OF PATIENCE AND THE GIFT OF FORTITUDE. HAIL MARY.

FIFTH DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE MARTYRDOM YOUR GENEROUS HEART BORE SO NOBLY AS YOU STOOD BY JESUS AGONIZING. DEAR MOTHER, BY YOUR HEART THEN SO MARTYRED, OBTAIN FOR ME THE VIRTUE OF TEMPERANCE AND THE GIFT OF COUNSEL. HAIL MARY.

SIXTH DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE WOUND WITH WHICH YOUR TENDER HEART WAS RISEN WHEN JESUS' SACRED SIDE WAS PIERCED WITH A LANCE. DEAR MOTHER, BY YOUR HEART THEN PIERCED THROUGH, OBTAIN FOR ME THE VIRTUE OF FRATERNAL CHARITY AND THE GIFT OF UNDERSTANDING. HAIL MARY.

SEVENTH DOLOR: I COMPASSIONATE YOU, SORROWING MARY, FOR THE ANGUISH OF YOUR LOVING HEART WHEN JESUS' BODY WAS BURIED IN THE TOMB. DEAR MOTHER, BY ALL THE BITTERNESS OF DESOLATION YOU THEN KNOW, OBTAIN FOR ME THE VIRTUE OF DILIGENCE AND THE GIFT OF WISDOM. HAIL MARY.

V. PRAY FOR US, VIRGIN MOST SORROWFUL.

R. THAT WE MAY BE MADE WORTHY OF THE PROMISES OF CHRIST.

PRAYER: GRANT, WE BESEECH YOU, O LORD JESUS CHRIST, THAT THE MOST BLESSED VIRGIN MARY, YOUR MOTHER, MAY INTERCEDE FOR US BEFORE THE THRONE OF YOUR MERCY, NOW AND AT THE HOUR OF OUR DEATH, WHOSE MOST HOLY SOUL WAS TRANSFIXED WITH THE SWORD OF SORROW IN THE HOUR OF YOUR OWN PASSION. THROUGH CHRIST OUR LORD. AMEN.