

# PRAYER PROMPT

## *Call on Our Lady of Sorrows*

The Church dedicates September to Mary under the title of Our Lady of Sorrows in honor of her memorial on September 15. From the Cross, Jesus gave his Mother to John, the beloved disciple (John 19:25-27). The Church views that moment as one where Jesus also gives Mary to us as a spiritual mother. When our hearts are breaking, when we are hurting or filled with sorrow, we can ask for the maternal intercession of our Blessed Mother who understands, consoles and guides us. When times are hard, the Church invites us to draw strength from Mary's powerful patronage.

### **4 Ways to Connect with Our Lady of Sorrows**

- 1. Meditate on the "Seven Sorrows of Mary" in Scripture.** They are the prophecy of Simeon (Luke 2:34-35); the flight into Egypt (Matthew 2:13-21); the loss of Jesus for three days (Luke 2:41-50); Jesus' carrying of the Cross (John 19:17); the Crucifixion of Jesus (John 19:18-30); Jesus taken down from the Cross (John 19:39-40); and the burial of Jesus in the tomb (John 19:39-42). Ask the Holy Spirit to enlighten your mind and heart as you pray.
- 2. Pray a novena to Our Lady of Sorrows.** Lifting a novena for nine days in a row is a pious practice. The Servites of Mary, a religious order with a mission to those sick or suffering, not only shepherd the Basilica of Our Lady of Sorrows in Chicago, they maintain a web page at [Bit.ly/OLSnovena](http://Bit.ly/OLSnovena) with novena prayers. Start praying in the nine days before September 15, concluding on that memorial. But you can pray it anytime—there are no limitations on novenas.
- 3. Sing and pray with the hymn "Stabat Mater."** Often associated with Lent, Good Friday or the Stations of the Cross, this hymn comes from a medieval poem recited on the September 15th memorial for Our Lady of Sorrows. The Latin title comes from its first line *Stabat Mater dolorosa*, which means "the sorrowful mother was standing"—recalling Mary's faithful presence at the Crucifixion of Jesus. Visit [Bit.ly/StabatMaterOLS](http://Bit.ly/StabatMaterOLS) where the Sisters of Our Lady of Sorrows, whose charism also draws inspiration from Mary, offer the lyrics to the hymn.
- 4. Pray the sorrowful mysteries of the Rosary for your intentions.** Consider Mary's sorrowful heart, and ask for strength and grace as you pray these well-known mysteries of the agony in the garden, the scourging at the pillar, the crowning with thorns, the carrying of the Cross and the Crucifixion.

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