

Faith in Five – Adults
Nativity of the Blessed Virgin Mary / Our Lady of Sorrows
September 2, 2022



1. **Nativity of the Blessed Virgin Mary, September 8.** This celebration is a fixed date by the Catholic Church, nine months after the December 8th Feast of her Immaculate Conception. Her birth and infancy are not recorded in the Bible, though other documents and traditions describe Mary's birth. (Image Source: Catholic News Agency)

2. The "[Protoevangelium of James](#)," written in the early second century, describes Mary's father Joachim as a wealthy member of one of the Twelve Tribes of Israel. Joachim was deeply grieved, along with his wife Anne (or Anna), by their childlessness. "He called to mind Abraham," the early Christian writing says, "that in the last day God gave him a son Isaac."

As it turned out, the couple were to be blessed as an angel revealed to Anne when he appeared to her and prophesied that all generations would honor their future child: "The Lord has heard your prayer, and you shall conceive, and shall bring forth, and your seed shall be spoken of in all the world." (Source)

3. **The Feast of Our Lady of Sorrows, September 15.** This feast commemorates the seven great sorrows which Mary lived in relation to Her Son, as they are recorded in the Gospels or through Tradition. We learn of Mary's role in salvation history. We are invited to reflect on Mary's deep suffering. (Image Source: Catholic News Agency)



- 1) **At the prophecy of Simeon:** "You yourself shall be pierced with a sword - so that the thoughts of many hearts may be laid bare." (Luke 2:35).
- 2) **At the flight into Egypt,** "Get up, take the child and his mother, and flee to Egypt." (Mt 2:13).
- 3) **Having lost the Holy Child at Jerusalem;** "You see that your father and I have been searching for you in sorrow." (Luke 2:48).
- 4) **Meeting Jesus on his way to Calvary;**
- 5) **Standing at the foot of the Cross;** "Near the cross of Jesus there stood His mother." (John 19:25).
- 6) **Jesus being taken from the Cross;**
- 7) **At the burial of Christ.**

4. The title, Our Lady of Sorrows, given to our Blessed Mother focuses on her intense suffering and grief during the young life, passion and death of our Lord. We seek to understand and accept our suffering in the way Mary did, with love and humility. When we can accept our own trials in the same way, we can be guided to live a life of joy for the Lord.
5. Focusing on the compassion of our Blessed Mother, Pope St. John Paul II reminded the faithful that Mary goes on being the loving consoler. She knows our sorrows and our pains because she too suffered, from Bethlehem to Calvary. Mary our Spiritual Mother, like all mothers, understands her children and consoles them in their troubles. Mary lovingly points the way to Jesus. ([Source](#))
6. Our Lady of Sorrows appeared to St. Bridget of Sweden in the 14th century and made known this devotion of the 7 sorrows to her. This prayerful focus leads us to understand our suffering, sins, and sorrows. When we are able to do this, we can look beyond ourselves to serve others like St. Bridget and live a life of joy.
7. The 7 Promises to those who pray the 7 Sorrows revealed to St. Bridget of Sweden:
 - I will grant peace to their families.
 - They will be enlightened about the divine mysteries.
 - I will console them in their pains and I will accompany them in their work.
 - I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
 - I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
 - I will visibly help them at the moment of their death, they will see the face of their Mother.
 - I have obtained from my divine Son, that those who propagate this devotion to my tears and dolors, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.
8. The 7 Sorrows Chaplet or Rosary is unique, in that there are seven "sets"—or sections—with seven beads each. The recitation and meditation of the rosary begins with the sign of the cross, an introductory prayer and act of contrition, followed by three Hail Mary's before the large bead. Each sorrow is acknowledged, followed by the Our Father on the large bead and 7 Hail Mary's, one on each of the seven beads.
A shorter version, the 7 Sorrows Prayer, is the recitation and meditation of each sorrow followed by 1 Hail Mary. Both the rosary and prayer are powerful and guide us to meditate on the magnitude of Mary's suffering as well as the strength of her love.

[Pray the 7 Sorrows Prayer with Heather on her YouTube channel, A Catholic Mom's Life.](#)

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