

OUR LADY OF SORROWS

Devotion to Our Lady of Sorrows centers on Mary's profound suffering during the Passion and Crucifixion of her Son, Jesus Christ. In these most challenging moments of Mary's life, her unwavering strength and boundless compassion shine through, serving as a powerful inspiration for us to follow her example of imitating Christ.

While the entire month is dedicated to Our Lady of Sorrows, the official feast day (a solemnity) on September 15 holds a special significance. It immediately follows the Exaltation of the Cross, which is on September 14, marking a period of profound reflection and devotion.

More details about the devotion and its history can be found at the [Catholic Education Resource Center](#).



The Seven Sorrows of Mary:

- The prophecy of Simeon (Luke 2:25-35)
- The flight into Egypt (Matthew 2:13-15)
- Loss of the Child Jesus for three days (Luke 2:41-50)
- Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)
- Crucifixion and Death of Jesus (John 19:25-30)
- The body of Jesus being taken from the Cross (Psalm 130; Luke 23:50-54; John 19:31-37)
- The burial of Jesus (Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47)

Ideas of how to celebrate:

- Pray the [Our Lady of the Sorrows Rosary](#)
- Pray for someone who is lonely or grieving or suffering through Our Lady's intercession; send that person a card to let them know you prayed for them
- Meditate on the image of the Pieta or other depictions of Her Sorrows
- Include [prayers](#) to Our Lady of Sorrows throughout your month
- Teach your children the Seven Sorrows of Mary. Read more about [this devotion](#).
- Discuss why Mary is called the Queen of Martyrs.
- Break class into seven groups, assign each group one sorrow to read together. Have them draw a picture to share with the class and teach the rest of the class or have them act out the scene for the class.