

## REFLECTION AND PRAYERS ON THE



As we celebrate today the Memorial of Our Blessed Mother, under the title “ Our Lady of Sorrows”, let us focus our attention on the darker realities of life - pain, suffering, tears and struggles: and learn to face them with the help and intercession of the Mother of Compassion. Let the Commemoration of this Feast of the Mother of Sorrows help us to live our lives of struggle and hardships with immense faith, hope and love! May she be our role model to follow Our Lord very closely through the thick and thin of our lives too.

### **1.The Prophecy of Simeon.**

**Reflection:** The joyful occasion of presentation of the Lord in the temple was ruined by Simeon’s prophecy. But Mary was calm and trusted God fully. Let us learn from Mary to remain patient, even when unexpected things ruin our joyful occasions.

**Prayer :***Mary our Mother, help us to trust in God always, and to not worry about future. Hail Mary...*

## **2. The Flight into Egypt.**

**Reflection:** Mary and Joseph, obeyed God's message delivered through the angel. Like Mary, let us listen to God's voice through the Bible, through our authorities or through our life situations

**Prayer:** *Mary our Mother, help us to do God's will always. Hail Mary...*

## **3. The Loss of Jesus for Three Days.**

**Reflection:** Mary experienced the pain of losing Jesus for three days, but she never gave up and went back in search of Him. Like Mary, let us seek Jesus always, especially when we feel lonely or far from Him.

**Prayer:** *Mary our Mother, help us to hold on to Jesus always, and to never lose Him in our lives. Hail Mary...*

## **4. The Carrying of the Cross.**

**Reflection:** Seeing her Son carry the cross, made Mary also carry a cross, though not on the shoulders, but in her heart. Like Mary, let us remain faithful and loyal to God always, even when life puts us to situations of total hopelessness and darkness and the way ahead seems closed.

**Prayer:** *Mary our Mother, help us to keep our faith, till our last moment. Hail Mary...*

## **5. The Crucifixion of Jesus.**

**Reflection:** **Mary, who had already lost her husband lost her Son also.** Like Mary, let us also hold on to God even when we struggle with the death of a loved one, health issues, the loss of job, etc.

**Prayer:** *Mary our Mother, help us to accept our limitations as human beings, and surrender ourselves to God, who loves us immensely.  
Hail Mary...*

## **6. Jesus Taken Down from the Cross.**

**Reflection:** Mary stood by Jesus from His birth to His death. Like Mary, let us also hold on to Jesus till our death.

**Prayer:** *Mary our Mother, obtain for me pardon for past sins and save me from future sins and falls. Hail Mary...*

## **7. Jesus Laid in the Tomb.**

**Reflection:** When the body of Jesus was placed inside the tomb, it seemed to be the end of the world for Mother Mary. Like Mary, let us courageously face life, even when Circumstances drags us to give up in life.

**Prayer:** *Mary our Mother, help us to live our lives with immense faith in God, no matter what the challenges that comes in the way. Hail Mary...*

Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, O Jesus Christ, Savior of the world, Who with the Father and the Holy Spirit lives and reigns world without end. Amen.

¶ Gentle woman, quiet light  
Morning star, so strong and bright  
Gentle Mother, peaceful dove  
Teach us wisdom, teach us love. ¶