

DEVOTION TO OUR LADY OF SORROWS
THE SEVEN SORROWS OF MARY



DEVOTION TO OUR LADY OF SORROWS

THE FEAST OF OUR LADY OF SEVEN SORROWS IS ON SEPTEMBER 15.

THE BLESSED VIRGIN MARY REVEALED TO ST. BRIDGET OF SWEDEN (1303-1373) THAT SEVEN GRACES ARE GRANTED TO THE SOULS WHO HONOR HER DAILY BY SAYING SEVEN HAIL MARY'S AND MEDITATING ON HER TEARS AND DOLORS.

1. I WILL GRANT PEACE TO THEIR FAMILIES.
2. THEY WILL BE ENLIGHTENED ABOUT THE DIVINE MYSTERIES.
3. I WILL CONSOLE THEM IN THEIR PAINS AND I WILL ACCOMPANY THEM IN THEIR WORK.
4. 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.
5. I WILL DEFEND THEM IN THEIR SPIRITUAL BATTLES WITH THE INFERNAL ENEMY AND I WILL PROTECT THEM AT EVERY INSTANT OF THEIR LIVES.
6. I WILL VISIBLY HELP THEM AT THE MOMENT OF THEIR DEATH, THEY WILL SEE THE FACE OF THEIR MOTHER.
7. I HAVE OBTAINED (THIS GRACE) 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.

PRAYER OF ST. BONAVENTURE TO THE MOTHER OF SORROWS

O SORROWFUL VIRGIN, UNITE ME AT LEAST TO THE HUMILIATIONS AND WOUNDS OF THY SON, SO THAT BOTH HE AND THEE MAY FIND COMFORT IN HAVING SOMEONE SHARING THY SUFFERINGS. OH, HOW HAPPY I WOULD BE IF I COULD DO THIS! FOR IS THERE PERHAPS ANYTHING GREATER, SWEETER, OR MORE ADVANTAGEOUS FOR A PERSON? WHY DOST THOU NOT GRANT ME WHAT I ASK? IF I HAVE OFFENDED THEE, BE JUST AND PIERCE MY HEART. IF I HAVE BEEN FAITHFUL TO THEE, LEAVE ME NOT WITHOUT A REWARD GIVE ME THY SORROWS.

PRAYER OF ST. ALPHONSUS DE LIGUORI

O AFFLICTED VIRGIN, O SOUL GREAT IN VIRTUES, AS IN SORROWS, BOTH THE ONE AND THE OTHER SPRING FROM THAT GREAT FIRE BURNING IN THY HEART FOR GOD, THE ONLY LOVE OF THY HEART!

MOTHER, HAVE PITY ON ME, WHO HAS NOT LOVED GOD, AND WHO HAS SO GREATLY OFFENDED HIM. THY SORROWS, IT IS TRUE, ASSURE ME OF PARDON, BUT THAT IS NOT SUFFICIENT. I WISH TO LOVE GOD. WHO COULD OBTAIN FOR ME THAT GRACE IF NOT THEE, WHO ARE THE MOTHER OF HOLY LOVE! O MARY, THOU CONSOLEST EVERYONE, FAVOR ME ALSO, WITH THY CONSOLATIONS. AMEN.

THE MEMORY OF HER SEVEN SORROWS, MAY OBTAIN THE HAPPY EFFECT OF THY PASSION, WHO LIVES AND REIGNS WORLD WITHOUT END, AMEN.

CONSECRATION TO OUR LADY OF SORROWS

MOST HOLY VIRGIN AND QUEEN OF MARTYRS, MARY, WOULD THAT I COULD BE IN HEAVEN, THERE TO CONTEMPLATE THE HONORS RENDERED TO THEE BY THE MOST HOLY TRINITY AND BY THE WHOLE HEAVENLY COURT! BUT SINCE I AM STILL A PILGRIM IN THIS VALE OF TEARS, RECEIVE FROM ME, THY UNWORTHY SERVANT AND A POOR SINNER, THE MOST SINCERE HOMAGE AND THE MOST PERFECT ACT OF VASSALAGE A HUMAN CREATURE CAN OFFER THEE. IN THY IMMACULATE HEART, PIERCED WITH SO MANY SWORDS OF SORROW, I PLACE TODAY MY POOR SOUL FOREVER; RECEIVE ME AS A PARTAKER IN THY DOLORS, AND NEVER SUFFER THAT I SHOULD DEPART FROM THAT CROSS ON WHICH THY ONLY BEGOTTEN SON EXPIRED FOR ME. WITH THEE, O MARY, I WILL ENDURE ALL THE SUFFERINGS, CONTRADICTIONS, INFIRMITIES, WITH WHICH IT WILL PLEASE THY DIVINE SON TO VISIT ME IN THIS LIFE. ALL OF THEM I OFFER TO THEE, IN MEMORY OF THE DOLORS WHICH THOU DIDST SUFFER DURING THY LIFE, THAT EVERY THOUGHT OF MY MIND, EVERY BEATING OF MY HEART MAY HENCEFORWARD BE AN ACT OF COMPASSION TO THY SORROWS, AND OF COMPLACENCY FOR THE GLORY THOU NOW ENJOYEST IN HEAVEN. SINCE THEN, O DEAR MOTHER, I NOW COMPASSIONATE THY DOLORS, AND REJOICE IN SEEING THEE GLORIFIED, DO THOU ALSO HAVE COMPASSION ON ME, AND RECONCILE ME TO THY SON JESUS, THAT I MAY BECOME THY TRUE AND LOYAL SON (DAUGHTER); COME ON MY LAST DAY AND ASSIST ME IN MY LAST AGONY, EVEN AS THOU WERE PRESENT AT THE AGONY OF THY DIVINE SON JESUS, THAT FROM THIS PAINFUL EXILE I MAY GO TO HEAVEN, THERE TO BE MADE PARTAKER OF THY GLORY. AMEN.

ST. ALPHONSUS LIGUORI TESTIFIES TO COMPLEMENTARY REVELATIONS GIVEN BY OUR LORD TO ST. ELIZABETH OF HUNGARY (1207-1231) WHERE JESUS FURTHER PROMISES FOUR SPECIAL GRACES TO THOSE DEDICATED TO THE SUFFERINGS OF THE CO-REDEEMING MOTHER:

1. THAT THOSE WHO BEFORE DEATH INVOKE THE BLESSED MOTHER IN THE NAME OF HER SORROWS, SHOULD OBTAIN TRUE REPENTANCE OF ALL THEIR SINS.
2. THAT HE WOULD PROTECT IN THEIR TRIBULATIONS ALL WHO REMEMBER THIS DEVOTION, AND THAT HE WOULD PROTECT THEM ESPECIALLY AT THE HOUR OF DEATH.
3. THAT HE WOULD IMPRESS UPON THEIR MINDS THE REMEMBRANCE OF HIS PASSION, AND THAT THEY SHOULD HAVE THEIR REWARD FOR IT IN HEAVEN.
4. THAT HE WOULD COMMIT SUCH DEVOUT CLIENTS TO THE HANDS OF MARY, SO THAT SHE MIGHT OBTAIN FOR THESE SOULS ALL THE GRACES SHE WANTED TO LAVISH UPON THEM.

**NOVENA PRAYER IN HONOR OF THE SORROWS OF THE
BLESSED VIRGIN MARY**

THE NOVENA FINDS ITS ORIGIN IN ANCIENT CHURCH TRADITION. A NOVENA IS SIMPLY ANY PRAYER SAID FAITHFULLY FOR A PERIOD OF DEDICATED TIME. GENERALLY IT IS SAID FOR NINE CONSECUTIVE DAYS, NINE SUNDAYS, FRIDAYS OR SATURDAYS, OR EVEN NINE HOURS IN A ROW. NOVENAS HAVE TRADITIONALLY BEEN KNOWN TO BE VERY POWERFUL ~ USED SINCE THE TIME OF THE APOSTLES WHEN MOST NOTABLY, THEY AND THE OTHER DISCIPLES PRAYED AND FASTED FOR NINE DAYS PRIOR TO RECEIVING THE OUTPOURING OF THE HOLY SPIRIT ON THE DAY OF PENTECOST.

MOST HOLY AND AFFLICTED VIRGIN, QUEEN OF MARTYRS, YOU STOOD BENEATH THE CROSS, WITNESSING THE AGONY OF YOUR DYING SON. LOOK WITH A MOTHER'S TENDERNESS AND PITY ON ME, WHO KNEEL BEFORE YOU. I VENERATE YOUR SORROWS AND I PLACE MY REQUESTS WITH FILIAL CONFIDENCE IN THE SANCTUARY OF YOUR WOUNDED HEART. PRESENT THEM, I BESEECH YOU, ON MY BEHALF TO JESUS CHRIST, THROUGH THE MERITS OF HIS OWN MOST SACRED PASSION AND DEATH, TOGETHER WITH YOUR SUFFERINGS AT THE FOOT OF THE CROSS. THROUGH THE UNITED EFFICACY OF BOTH, OBTAIN THE GRANTING OF MY PETITION. TO WHOM SHALL I HAVE RECOURSE IN MY WANTS AND MISERIES IF NOT TO YOU, MOTHER OF MERCY? YOU HAVE DRUNK SO DEEPLY OF THE CHALICE OF YOUR SON, YOU CAN COMPASSIONATE OUR SORROWS. HOLY MARY, YOUR SOUL WAS PIERCED BY A SWORD OF SORROW AT THE SIGHT OF THE PASSION OF YOUR DIVINE SON. INTERCEDE FOR ME AND OBTAIN FOR ME FROM JESUS (MENTION REQUEST) IF IT BE FOR HIS HONOR AND GLORY AND FOR MY GOOD. AMEN.

FIELD OF TRIBULATION, PRAY FOR US
MASS OF SUFFERING, PRAY FOR US
MIRROR OF PATIENCE, PRAY FOR US
ROCK OF CONSTANCY, PRAY FOR US
REMEDY IN PERPLEXITY, PRAY FOR US
JOY OF THE AFFLICTED, PRAY FOR US
ARK OF THE DESOLATE, PRAY FOR US
REFUGE OF THE ABANDONED, PRAY FOR US
SHIELD OF THE OPPRESSED, PRAY FOR US
CONQUEROR OF THE INCREDULOUS, PRAY FOR US
SOLACE OF THE WRETCHED, PRAY FOR US
MEDICINE OF THE SICK, PRAY FOR US
HELP OF THE FAINT, PRAY FOR US
STRENGTH OF THE WEAK, PRAY FOR US
PROTECTRESS OF THOSE WHO FIGHT, PRAY FOR US
HAVEN OF THE SHIPWRECKED, PRAY FOR US
CALMER OF TEMPESTS, PRAY FOR US
COMPANION OF THE SORROWFUL, PRAY FOR US
RETREAT OF THOSE WHO GROAN, PRAY FOR US
TERROR OF THE TREACHEROUS, PRAY FOR US
STANDARD-BEARER OF THE MARTYRS, PRAY FOR US
TREASURE OF THE FAITHFUL, PRAY FOR US
LIGHT OF CONFESSORS, PRAY FOR US
PEARL OF VIRGINS, PRAY FOR US
COMFORT OF WIDOWS, PRAY FOR US
JOY OF ALL SAINTS, PRAY FOR US
QUEEN OF THY SERVANTS, PRAY FOR US
HOLY MARY, WHO ALONE ART UNEXAMPLED, PRAY FOR US

PRAY FOR US, MOST SORROWFUL VIRGIN, THAT WE MAY BE MADE WORTH OF THE PROMISES OF CHRIST

LET US PRAY, --- O GOD, IN WHOSE PASSION, ACCORDING TO THE PROPHECY OF SIMEON, A SWORD OF GRIEF PIERCED THROUGH THE MOST SWEET SOUL OF THY GLORIOUS BLESSED VIRGIN MOTHER MARY GRANT THAT WE, WHO CELEBRATE

**LITANY OF OUR LADY OF SEVEN SORROWS
BY POPE PIUS VII**

A LITANY IS A WELL-KNOWN AND MUCH APPRECIATED FORM OF RESPONSIVE PETITION, USED IN PUBLIC LITURGICAL SERVICES, AND IN PRIVATE DEVOTIONS, FOR COMMON NECESSITIES OF THE CHURCH, OR IN CALAMITIES — TO IMPLORE GOD'S AID OR TO APPEASE HIS JUST WRATH.

LORD, HAVE MERCY ON US.

CHRIST, HAVE MERCY ON US.

LORD, HAVE MERCY ON US.

CHRIST, HEAR US. CHRIST, GRACIOUSLY HEAR US.

GOD, THE FATHER OF HEAVEN, HAVE MERCY ON US.

GOD THE SON, REDEEMER OF THE WORLD, HAVE MERCY ON US.

GOD THE HOLY GHOST, PRAY FOR US

HOLY MARY, MOTHER OF GOD, PRAY FOR US

HOLY VIRGIN OF VIRGINS, PRAY FOR US

MOTHER OF THE CRUCIFIED, PRAY FOR US

SORROWFUL MOTHER, PRAY FOR US

MOURNFUL MOTHER, PRAY FOR US

SIGHING MOTHER, PRAY FOR US

AFFLICTED MOTHER, PRAY FOR US

FORSAKEN MOTHER, PRAY FOR US

DESOLATE MOTHER, PRAY FOR US

MOTHER MOST SAD, PRAY FOR US

MOTHER SET AROUND WITH ANGUISH, PRAY FOR US

MOTHER OVERWHELMED BY GRIEF, PRAY FOR US

MOTHER TRANSFIXED BY A SWORD, PRAY FOR US

MOTHER CRUCIFIED IN THY HEART, PRAY FOR US

MOTHER BEREAVED OF THY SON, PRAY FOR US

SIGHING DOVE, PRAY FOR US

MOTHER OF DOLORS, PRAY FOR US

FOUNT OF TEARS, PRAY FOR US

SEA OF BITTERNESS, PRAY FOR US

**SORROW 1
THE PRESENTATION IN THE TEMPLE**

SORROW AS SHARP AS A SWORD SHALL PIERCE MARY'S HEART BECAUSE OF HER CHILD. MARY IS IN THE TEMPLE, HAVING COME WITH JOSEPH TO PRESENT THE CHILD TO GOD. THEY MEET SIMEON, THE HOLY MAN, AND ANNA, THE PROPHETESS. SIMEON TAKES THE BABY IN HIS ARMS, SAYING HE WILL NOW DIE IN PEACE BECAUSE HE HAS SEEN CHRIST, THEN HE FORETELLS THE SORROW TO COME.

BEHOLD THIS CHILD IS SET FOR THE FALL AND FOR THE RESURRECTION OF MANY IN ISRAEL, AND FOR A SIGN WHICH SHALL BE CONTRADICTED; AND THY OWN SOUL A SWORD SHALL PIERCE, THAT OUT OF MANY HEARTS THOUGHTS MAY BE REVEALED" (LUKE II: 34-35).

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

I GRIEVE FOR YOU, O MARY, MOST SORROWFUL, IN THE AFFLICTION OF YOUR TENDER HEART AT THE PROPHECY OF THE HOLY AND AGED SIMEON. DEAR MOTHER, BY YOUR HEART SO AFFLICTED, OBTAIN FOR ME THE VIRTUE OF HUMILITY AND THE GIFT OF THE HOLY FEAR OF GOD.

**OUR FATHER
7 HAIL MARY'S**

SORROW 2
THE FLIGHT INTO EGYPT

SOON THE SWORD OF SORROW STRIKES. HEROD THE KING SEEKS TO KILL THE CHILD. WARNED IN SLEEP BY AN ANGEL, JOSEPH TAKES JESUS AND HIS MOTHER MARY, SETTING OUT FOR EGYPT, WHERE THEY LIVED IN OBSCURITY AND POVERTY UNTIL IT WAS SAFE TO RETURN TO NAZARETH.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARY'S

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, IN THE ANGUISH OF YOUR MOST AFFECTIONATE HEART DURING THE FLIGHT INTO EGYPT AND YOUR SOJOURN THERE.

DEAR MOTHER, BY YOUR HEART SO TROUBLED, OBTAIN FOR ME THE VIRTUE OF GENEROSITY, ESPECIALLY TOWARD THE POOR, AND THE GIFT OF PIETY.

SORROW 7
THE BURIAL OF JESUS

HASTILY THE BODY IS WRAPPED IN A CLEAN LINEN CLOTH. NICODEMUS HAS BROUGHT MYRRH AND ALOES, AND THE BODY IS BOUND IN THE SHROUD WITH THEM. NEARBY IS A NEW TOMB, BELONGING TO JOSEPH OF ARIMATHEA, AND THERE THEY LAY JESUS. MARY AND JOHN AND THE HOLY WOMEN FOLLOW THEM AND WATCH AS THE GREAT STONE TO THE SEPULCHRE IS ROLLED. IT IS THE END.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARYS

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, FOR THE PANGS THAT WRENCHED YOUR MOST LOVING HEART AT THE BURIAL OF JESUS. DEAR MOTHER, BY YOUR HEART SUNK IN THE BITTERNESS OF DESOLATION, OBTAIN FOR ME THE VIRTUE OF DILIGENCE AND THE GIFT OF WISDOM.

SORROW 6
THE DESCENT FROM THE CROSS

IT IS OVER. DARK CLOUDS HAVE APPEARED IN THE SKY AND UPON THE WORLD. JESUS IS DEAD. JOSEPH OF ARIMATHEA AND NICODEMUS TAKE DOWN THE BODY FROM THE CROSS. AND MARY RECEIVES IT IN HER ARMS. SHE IS FILLED WITH A SADNESS THAT NO HUMAN HEART HAS KNOWN. THIS IS HER SON. ONCE SHE HAD CRADLED HIM IN HER ARMS. LISTENED TO HIS VOICE, WATCHED HIM WORKING AT THE CARPENTER'S BENCH. NOW HE IS DEAD. SHE DOES NOT WEEP, HER GRIEF IS TOO GREAT FOR TEARS.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARY'S

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, IN THE WOUNDING OF YOUR COMPASSIONATE HEART, WHEN THE SIDE OF JESUS WAS STRUCK BY THE LANCE BEFORE HIS BODY WAS REMOVED FROM THE CROSS. DEAR MOTHER, BY YOUR HEART THUS TRANSFIXED, OBTAIN FOR ME THE VIRTUE OF FRATERNAL CHARITY AND THE GIFT OF UNDERSTANDING.

SORROW 3
LOSS OF JESUS FOR THREE DAYS

WHEN JESUS IS TWELVE, HE IS TAKEN TO JERUSALEM FOR THE FEAST OF PASSOVER. ON THE RETURN JOURNEY JOSEPH AND MARY FIND AT THE END OF THE FIRST DAY THAT JESUS IS NOT WITH THEM. RACKED WITH ANXIETY, THEY SEARCH FOR HIM. NOBODY IN THE STREETS, NOT EVEN THE BEGGARS, CAN TELL THEM WHERE HE IS. NOT TILL THE THIRD DAY DO THEY FIND HIM, IN THE TEMPLE.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARY'S

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, IN THOSE ANXIETIES WHICH TRIED YOUR TROUBLED HEART AT THE LOST OF YOUR DEAR JESUS. DEAR MOTHER, BY YOUR HEART SO FULL OF ANGUISH, OBTAIN FOR ME THE VIRTUE OF CHASTITY AND THE GIFT OF KNOWLEDGE.

SORROW 4
THE WAY TO CALVARY

MARY HAS KNOWN FEAR AND SORROW, BUT NONE SO GREAT AS SEEING HER BELOVED SON STUMBLING UNDER THE WEIGHT OF THE CROSS. SHE HEARS THE JEERING SHOUTS FROM THE CROWD AND HAS NO POWER TO HELP HIM. PITY AND LOVE ARE IN HER EYES AS SHE GAZES AT HIS BLOOD-STAINED FACE. TO MANY AROUND HER HE IS NO BETTER THAN A CRIMINAL, AND HER HEART IS BREAKING AS SHE FOLLOWS HIM TO CALVARY OR GOLGOTHA.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARYS

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, IN THE CONSTERNATION OF YOUR HEART AT MEETING JESUS AS HE CARRIED HIS CROSS. DEAR MOTHER, BY YOUR HEART SO TROUBLED, OBTAIN FOR ME THE VIRTUE OF PATIENCE AND THE GIFT OF FORTITUDE.

SORROW 5
THE CRUCIFIXION

WITH JOHN, MARY STANDS AT THE FOOT OF THE CROSS. "A SWORD SHALL PIERCE THY SOUL," SIMEON TOLD HER. TRULY HER HEART IS PIERCED WITH SORROW. HER BELOVED SON IS DYING AND SHE SHARES IN HIS SUFFERING. SHE DOES NOT ASK GOD TO TAKE AWAY THIS AGONY. SHE IS HIS MOTHER, SO CLOSE TO HIM THAT HIS PAIN IS HERS, TOO. AND NOW HE SPEAKS FROM THE CROSS: "WOMAN, BEHOLD THY SON." JESUS GIVES HIS MOTHER TO JOHN, AND TO US. FOR ALL ETERNITY SHE IS OUR MOTHER.

V: O GOD, COME TO MY ASSISTANCE;

R: O LORD, MAKE HASTE TO HELP ME

V: GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT.

R: AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

OUR FATHER
7 HAIL MARY'S

I GRIEVE FOR YOU, O MARY MOST SORROWFUL, IN THE MARTYRDOM WHICH YOUR GENEROUS HEART ENDURED IN STANDING NEAR JESUS IN HIS AGONY. DEAR MOTHER, BY YOUR AFFLICTED HEART, OBTAIN FOR ME THE VIRTUE OF TEMPERANCE AND THE GIFT OF COUNSEL.