

Lesson 18: Our Lady of Sorrows

Please click twice to watch the video

<https://www.youtube.com/watch?v=33XNmW8msfM&t=40s>

The title, Our Lady of Sorrows, given to our Blessed Mother focuses on her intense suffering and grief during the passion and death of our Lord.

Traditionally, this suffering was not limited to the passion and death event; rather, it comprised the seven dolours or seven sorrows of Mary, which were foretold by the Priest Simeon who proclaimed to Mary, “This child [Jesus] is destined to be the downfall and the rise of many in Israel, a sign that will be opposed and you yourself shall be pierced with a sword so that the thoughts of many hearts may be laid bare” (Luke 2:34-35).

These seven sorrows of our Blessed Mother included

- The prophecy of Simeon
- The flight of the Holy Family into Egypt
- The loss and finding of the child Jesus in the Temple
- Mary's meeting of Jesus on His way to Calvary
- Mary's standing at the foot of the cross when our Lord was crucified;
- Her holding of Jesus when He was taken down from the cross
- Our Lord's burial.

In all, the prophesy of Simeon that a sword would pierce our Blessed Mother's heart was fulfilled in these events. For this reason, Mary is sometimes depicted with her heart exposed and with seven swords piercing it. More importantly, each new suffering was received with the courage, love, and trust that echoed her fiat, “let it be done unto me according to Thy word”, first uttered at the Annunciation.

