

The Silent Sufferings of Mary

40 meditations to
honor and console
the sorrowful heart
of Mary



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Most Reverend Joseph R. Binzer
Auxiliary Bishop
Vicar General
Archdiocese of Cincinnati
Cincinnati, Ohio
January 14, 2020

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*The Silent
Sufferings
of Mary*

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The Silent Sorrows of Mary



Consoling our Sorrowful Mother

*This book is dedicated to the Holy Family
And to my wonderful parents' memory*

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Inspiration for this Book

This book would never have been written without two special people, Jackie Nero and Father James Walsh.

A few months ago, the thought came to my mind that I should write about the sorrows of Mary. I did not pay much attention to it and never dwelt on it. A couple of weeks later, I received a call from my friend, Jackie, telling me that I should write a book about the sorrows of Mary. I was very much surprised, and it reminded me of the thought I had earlier. I was reluctant to consider this, because it was much more challenging than my previous book about the hidden sufferings of Jesus. Since Mary's sufferings are not clearly revealed in the Bible, it would be much more difficult for me to write about them. I prayed asking Jesus if this was truly His Will. In my heart I felt that it would be through Fr. Walsh that I would receive my answer. I went to him and explained what had happened. He immediately confirmed that this was indeed an inspiration from the Holy Spirit and that I had to write it. In his words I saw God's will -- I was convinced. This book is the fruit of that labor.

Introduction

“Bitterly she weeps at night, tears upon her cheeks, with no one to console her of all her dear ones”... “Come, all you who pass by the way, look and see whether there is any suffering like my suffering.” (Lamentations 1:2-12)

Our Sorrowful Mother, complained to St. Bridget saying: “I look around at all who are on earth, to see if by chance there are any who pity me, and meditate upon my sorrows, and I find that there are very few. Therefore, my daughter, though I am forgotten by many, at least you do not forget me; consider my anguish, and imitate, as far as you can, my grief.”

The Scriptures don't say much about the sufferings of Mary. So how can we know the silent sorrows in the depths of her heart? The writer of this book doesn't pretend to know, but as a mother herself, she can easily imagine how great Mary's suffering must have been seeing her Divine Son so mistreated and killed by those He came to save. She, as the perfect mother, knew how to suffer in the silence of her Immaculate Heart, in perfect submission to the Heavenly Father's Will.

The purpose of this book is to honor her, who suffered so much along with her Divine Son, for the sake of our salvation. We wish to console Mary's Immaculate Heart for those who do not. Many are those who profess to be Christians but ignore her. Others in the world, even despise and blaspheme her in all sorts of ways. Yet, she is the glory of the human race, for the Lord created her to be the most beautiful among women. He created her as our new Eve, pure and undefiled, worthy to be the Mother of His Incarnate Son, Our Lord and Savior, Jesus Christ.

For the reader, this book will be a helpful source of meditation, intertwining the lives of the Blessed Virgin

Mary and her Divine Son. Each page provides a passage from the scriptures from which flows the meditation.

Through these readings you will walk with Mary from the Annunciation to the Descent of the Holy Spirit. This is a unique and powerful book by which you will begin to understand the great role Mary played in the history of our salvation as the Mother of our Redeemer. She suffered along with her Divine Son, not in the flesh, but in the silence of her Immaculate Heart.

These meditations will also help us to love and appreciate the awesome gift God has given to humankind; the Mother of God became our own mother! What a priceless gift this truly is. Mary our powerful Mother loves us more than we can ever imagine. Her main concern is our salvation. Therefore, without ceasing, she intercedes for us. It was through her intercession that Jesus performed His first public miracle at the wedding feast at Cana in Galilee. So, we know that our loving Lord Jesus would never say “no” to the requests of His Mother. This book is another gift from Our Lord who wishes for us to honor His Beloved Mother. May we be grateful for such a grace!

Foreword

I have known Fernanda Moreira for twenty years, ever since I have been pastor of Saint Dominic parish community of faith. She began an apostolate for the dying here in the parish, which included a holy hour for the dying booklet of prayers titled *Holy Hour Devotion for the Dying*, that has become a resource for parishes throughout the world. It has been translated into five languages. In her ministry, Fernanda has discovered that her journaling can be a grace and a gift to the church. She has published some beautiful meditations and reflections on the *Hidden Sufferings of Jesus*, the *Stations of the Cross*, and now she gives us this remarkable book on the sorrows and experiences of Mary, the mother of Jesus. We are invited to get inside the mind and heart of Mary as she experienced the various gospel events. Fernanda helps us to begin a conversation with Mary that leads us to prayer. I am grateful to her for letting us in on her reflections and prayer. Fernanda is a faithful follower of Jesus Christ who loves the Blessed Mother. This is a beautiful book! I highly recommend it. May it lead you to a new appreciation of Mary and a deeper relationship with her Son Jesus.

Fr. Jim Walsh, Pastor of St. Dominic Church,
Cincinnati, 2019

Meditations

Come Holy Spirit,
Fill our hearts with gifts of Wisdom,
Understanding and Knowledge.
Fill us with love and gratitude for Mary
Whom you have chosen to be Your Beloved Spouse



Announcement of the Birth of Jesus



First Meditation



Announcement of the Birth of Jesus

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to Her he said, "Hail, favored one!



The Lord is with you.” But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to Her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end.” But Mary said to the angel, “How can this be, since I have no relations with a man?”

And the angel said to her in reply, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore, the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.” Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her. (Luke 1:26-38)

Reflection

Most Holy Mother, the angel’s words wonderful and so mysterious, must have kept pounding in your mind and pure heart, trying to understand what has just been said to you. From one moment to the next, everything changed in your life never to be the same again. God created you to be the most beautiful amongst women; a pure and undefiled vessel with the awesome and unique mission to be the Mother of the Son of God. He created you full of grace for this purpose. Therefore, by that grace you believed, and your “Yes” to the angel Gabriel, will echo



throughout time for all generations into eternity. This brought salvation and redemption to the fallen human race. Humbly and obediently, you accepted the will of God. Yet you knew that this great responsibility would also carry suffering. Help us Most Holy Mother, to be like you, and always say “Yes” to God’s will for us without counting the cost.

Sorrowful Mother

When the angel Gabriel appeared before me, a great fear came over me, and as he spoke, my heart trembled within me in fear and awe, for I did not know who he was. But, as he continued to speak, my heart regained its peace and I knew that this was truly an angel of God, giving me the most important message this world has ever known. In an instant the Holy Spirit descended upon me and I knew that I would be the Mother of the Son of the Living God, the great Messiah, awaited for so many generations. I pondered this deeply in my heart, for I also knew that the Son of God, the Messiah, would be The Suffering Servant. And I remembered the prophetic words of Isaiah 53:12, “Through his suffering, my servant shall justify many, and their guilt he shall bear.” From that day on sorrow entered my Immaculate Heart, and I began then to suffer.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Mary Visits Elizabeth



Second Meditation



Mary Visits Elizabeth



During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed you are among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (Luke 1:39-45)

Reflection

Most Holy Mother, barely had Jesus begun to be formed in your womb, that His love for us led you to a long and tiresome trip to help your cousin Elizabeth. And you, sweet Mother, so young and humble, obediently left the comfort of your home and filled with the Holy Spirit went without hesitation to do God's will. What a powerful example of love and charity. Elizabeth was truly blessed to have you bring Jesus, hidden in your womb to bless her and her son John, also hidden in her womb. This is a powerful and heavenly moment, which confirmed for both of you the works of the Holy Spirit in your lives. Help us dear Mother, to discern the will of God for us and obediently live it like you.

Sorrowful Mother

In my journey to the house of my cousin Elizabeth, my heart in deep recollection could not stop meditating



and thinking about the angel Gabriel's words and the miracle of my relative Elizabeth being with child. The wonders of God's mysteries filled my heart with joy and awe. Nevertheless, deep in my heart I also kept wondering about what Joseph would say when he discovered that I too was with child. We had both made a vow of chastity and he knew the law and that if he rejected me, I could be stoned to death. Everything was so new to me and I suffered wondering about those things. Oh, how suddenly my whole life changed! God created me for His purpose and I wanted nothing else but to do His holy will. So even in my suffering, my heart continued to say "Yes" Lord, trusting in His love and wisdom.

My dear ones, reading these meditations, you too were created for a special purpose to do the Creator's will. Each one of you have a unique mission. Are you fulfilling it?

Prayer

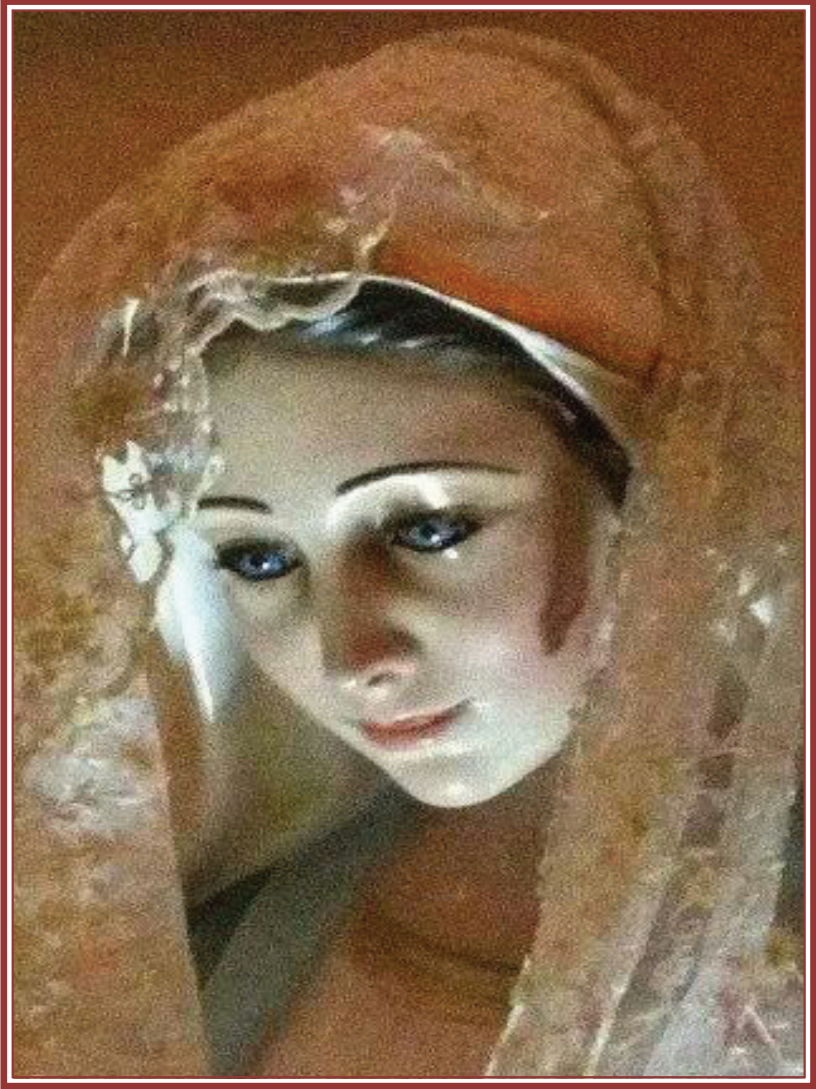
O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Canticle of Mary



Third Meditation



The Canticle of Mary

And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from



now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and his descendants forever.” Mary remained with her about three months and then returned to her home. (Luke 1:46-56)

Reflection

Most Holy Mother, the Lord has indeed done great things for you and through you, for all humanity. Your “Yes” to the angel Gabriel brought about our Savior and the redemption of all creation. Your words of praise will echo throughout all generations. You understood well the great graces God has bestowed upon you. Your soul filled with the Holy Spirit, and with gratitude and praise, sang out the beautiful Magnificat. We all receive great graces from our Creator, sadly, most of us pass through this life without realizing how wonderfully we were made and how awesome is our God. This must greatly sadden your Immaculate Heart. Pray for us loving Mother, that like you, we may see the blessings of God in our lives.

Sorrowful Mother

After this long and tiresome journey, my heart greatly rejoiced to see my dear relative Elizabeth. I was filled with joy and when the Holy Spirit spoke to me through



her, my soul opened up like a flower bathed by the sun, and my heart exulted immensely, for I understood the blessings of God over me, and His immeasurable mercy toward His children, and the world. Filled with awe and humility, in that heavenly moment, I replied with the inspired words of the Magnificat, “My soul magnifies the Lord, and my spirit rejoices in God my Savior!...” Since I stayed there for three months, Elizabeth and I, like any faithful Jew, prayed and meditated every day. We both tried to understand the great mission God had called us to, bringing into this world, those through whom the great prophecies of old would be fulfilled. By reading those prophecies, we both knew that our children would suffer greatly. And our mother’s hearts felt a very deep and piercing sorrow. Yet, in our sorrow, we had peace, for we had accepted God’s holy will, and never doubted His love and wisdom.

My dear ones, never doubt the wisdom of God, even when your life seems to have been turned upside down. Remember that there is a reason for everything, and He is your loving Father.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Joseph's Dream



Fourth Meditation



Joseph's Dream

Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.” (Matthew 1:18-21)



Reflection

Most Holy Mother, you practiced the virtue of silence in a most perfect way. You just waited in complete trust for the Lord to act and show Joseph the whole truth. It must have been difficult for you to see how silently Joseph was acting. You longed to share everything with your beloved spouse, yet, deep in your heart you knew this was not God's will. Therefore, humbly and obediently you waited. In every circumstance and afflictions of our lives, faithful Mother, teach us to place our trust in our Heavenly Father and His all-knowing providence, and like you, wait for God to show us His will and obediently act upon it.

Sorrowful Mother

The Holy Spirit prevented me from telling Joseph anything about the divine Baby growing in my womb. This was God's business and He would act in His own time. My heart though, was sorrowful thinking about my beloved chaste spouse, and I felt in my heart the anguish and confusion that he was feeling in his humble heart. How many questions must have arisen in his mind and heart! --"What happened? I don't understand... but I can see she truly is with child. I always trusted her and there is such purity and beauty about her. I don't believe she did anything wrong, yet she is pregnant. We both have offered our lives to God to live a virginal marriage. I don't understand." His anxious heart was looking for an answer, and not finding one he decided to quietly leave me, protecting me from the law that could stone me to death. But God would not allow this to happen, and through a powerful dream He intervened. He did this through an angel who appeared in a dream to



Joseph, explaining to him the whole truth. And, this just and holy man, believed what the angel revealed to him; and his heart filled with joy and awe, took me into his home.

My dear ones, many times you too, like Joseph, do not understand God's will for you; patiently wait, and He, in His own time, will reveal it to you.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Mary's Life with Joseph



Fifth Meditation



Mary's Life with Joseph



All this took place to fulfill what the Lord has said through the prophet: “Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel, which means “God is with us.” When Joseph awoke, he did as the angel commanded him and took his wife into his home. (Matthew 1:22-24)

Reflection

Most Holy Mother, you and Joseph formed the most perfect couple that this world has ever known. Unique in every aspect; most unique indeed, for no other couple, before or after you, could be compared with you and Joseph. Yet we are all called to live a life of holiness in every state of life that God has chosen for us. Everyone is called to be holy, and holiness consists of doing God’s will; to love Him above all else, and to love one another. O most sweet Mother, help us to imitate you by living for God alone, by doing His holy will.

Sorrowful Mother

Now that the Lord had removed any doubts from Joseph’s heart, our life together was a constant “Yes” to God. Our pure love for each other grew even more pure and beautiful, and we lived thinking of nothing else but the amazing mystery that our Creator took flesh, and was growing in my most pure and undefiled womb. Our Creator, had created me beautiful and pure for this awesome mission to be the mother of His Son in the flesh. And, by God’s most mysterious design, we were chosen for the sublime and fearsome role to be His parents and guardians. My life was a constant prayer of praise and thanksgiving. My Divine Baby, like any other human baby, was growing and was already showing the



normal movements of life. How precious it was for me! Every time I felt Him moving, my hands and my arms would gently and tenderly hug my womb, caressing it with so much love and adoration to cause me to go into ecstasy. But, in my heart, I would also grieve knowing that this Baby, the Son of God, was coming into this world to suffer in order to redeem humanity from the fall of Adam and Eve.

My dear ones, think often about the great mystery of the Incarnation and the infinite love God has for each one of you.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Obedience to the Law



Sixth Meditation



Obedience to the Law



In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. (Luke 2:1-5)

Reflection

Most Holy Mother, how difficult it must have been for you, taking this long and difficult journey at the end of your pregnancy. You must have wondered in sorrow, thinking about what could happen. Your heart ached, thinking about your precious Baby and the sufferings and sacrifices, that this trip would entail for Him, for you and Joseph. Nevertheless, you both knew that this too, must be God's will, and without hesitation you and Joseph obeyed. Dear Mother, in all the circumstances in our lives, when we don't understand God's will, help us to just trust in the Heavenly Father, like you and Joseph.

Sorrowful Mother

It was a very long and difficult journey indeed. I suffered in my body and also in my heart. I knew that the time to deliver the Divine Infant would be here very soon, and my heart ached thinking of what we would do. Though Joseph had some relatives there, it was not God's will for them to help us. Therefore, since Joseph and I have said "Yes" to God, in obedience to Him and the Law, we went without complaining. In this long journey



Joseph's heart and my heart were one in prayer and meditation. Even in our conversations we couldn't talk about anything else but God and His mysterious and loving presence here, within me, growing in my womb. We adored our God Baby, and in deep and humble recollection we suffered everything for love of Him and His Heavenly Father. Filled with immense love for my Divine Baby, I kept my hands resting on my womb, caressing Him, waiting for every movement, waiting with great longing and fear, to hold Him in my arms. Oh, how sweet and precious it was for me to feel His every movement. Awesome mystery this is indeed, to have my Creator, growing inside of me! Do you realize, my children, that every time you receive Jesus hidden in the Eucharist you also have Him as close to you as I had Him in my womb?

My dear ones, prepare yourselves well to receive this most precious gift of His love for you. Thank Him, love Him, caress Him, give Him all your love, respect and adoration.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Birth of Jesus



Seventh Meditation



The Birth of Jesus



While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. (Luke 2:6-7)

Reflection

Most Holy Mother, how difficult this journey must have been for you. After so many long and tiresome hours and days, on rough and dangerous roads, you and Joseph must have felt exhausted. What a sorrow you both must have felt when looking for a place to rest and found out that there was none, not even one door would open for you. What a mystery! You and Joseph, knew that this must be God's will; your lives belong to Him, and you, dear Mother, had in your womb His Divine Son. Mother of God, you knew that the hour was approaching for Jesus to be born; you wanted to give Him the best of everything, but that was not the Savior's will.

Sorrowful Mother

On that most Holy Night, my motherly heart, in anguish suffered great sorrow. It was very cold and dark and our bodies were worn out from the long journey. Joseph, my beloved spouse, in anguish, went from door to door, looking for a decent place for the Son of God to be born and found nothing but cold and indifferent hearts, hearts who did not care about a mother ready to give birth. No one had pity on us or offered us a warm place to rest. My Divine Son even in the womb was experiencing the rejection from those He came to save. Finally, someone guided us to a cave where animals eat and sleep, and there in this bare and cold place, the Savior of the world



chose to be born. Suddenly, in the silence of the night, when one day ends and a new day begins, my Divine Baby, Jesus, the Messiah, the Son of the living God, was there, before my very eyes! How beautiful He was, surrounded by light and purity! When for the first time I looked into His eyes, I saw only infinite divine love. For there, before me, was Love, Love Incarnate. With great tenderness and immense love, I held Him in my arms and pressed Him to my heart. What an unspeakable heavenly joy! I was holding in my arms the Creator of the world, my Lord and my God! What an amazing mystery! In profound adoration, we loved and adored Him. The warmth of His love filled our hearts with peace and sublime joy. Even this poor cave seemed filled with the glory of a great palace; for suddenly, angels were there singing the glories of Heaven, honoring and adoring their God in human flesh.

My dear ones, how grateful you and all the world should be for this most wonderful gift of God coming to earth! On the day of His birth the Creator of the Universe, had only the love and warmth of our hearts, Joseph's, and mine to receive Him. Now He waits for your love!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Shepherds Adoring Baby Jesus



Eighth Meditation



Shepherds Adoring Baby Jesus



Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them...The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people." (Luke 2:8-10) When the angels went away from them back to heaven, the shepherds said to one another, "Let us go, then to Bethlehem to see this thing that has taken place, which the Lord has made known to us." So, they went in haste and found Mary and Joseph, and the infant lying in the manger. When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. (Luke 2:15-19)

Reflection

Most holy Mother, your Divine Son, our Good Shepherd, chose the humble shepherds as the first people to know about His holy birth. He, the creator of the universe, the galaxies, the stars, the heavens and the earth, all that exists, humbly chose to enter into this world, in silence, without a house or a bed to lay His divine little body. Such humility and love for us is truly beyond all understanding. And so, it pleased Him to have these simple men to be the first to come and give Him love and adoration. Your Immaculate Heart loved these selfless men who came without delay to see and honor the amazing mystery of God Incarnate.



Sorrowful Mother

Joseph and I were in awe hearing the shepherd's words. Gently and at same time powerfully, the Lord, was revealing Himself to us, and I, reflecting on every word in my heart, recalled the words from the scriptures, 'The Lord is my Shepherd'. Therefore, the humble shepherds came to adore the Shepherd of all shepherds, the God of all creation. My Immaculate Heart loved these men and rejoiced for their love for my Divine Son. They were truly blessed for being chosen by God to have the good news first proclaimed to them by the glorious angels, and they responded without delay. I saw how good and upright is the Lord, "who shows sinners the way, guides the humble rightly, and teaches the humble the way". (Psalm 25:8-9) My heart rejoiced and suffered at the same time, for I knew that most of the human race would not follow the shepherd's humble way, and would reject the salvation offered to them by my Divine Son, the Savior of the world. I silently suffered for Jesus who one day would give his life for the salvation of all.

My dear ones, follow the Good Shepherd who came to guide you on the right path, and protect you from the evils and snares of this world. Follow Him! Love Him! Adore Him!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Visit of the Magi



Ninth Meditation



The Visit of the Magi

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." When King Herod heard this, he was greatly



troubled, and all Jerusalem with him. Assembling all the chief priests and the scribes of the people, he inquired of them where the Messiah was to be born. They said to him, "In Bethlehem of Judea, for thus has been written through the prophet: 'And you, Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel.'" ...After their audience with the king they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. (Matthew 2:1-11)

Reflection

Most Holy Mother, it was one surprise after another, and God was showing you now through the kings' visit, the majesty and greatness of your Divine Son. Yet, He, who deserved all honor, came into this world poor, like a beggar, begging for love from us, His beloved children. He did not come only for the chosen people of Israel, but for all peoples and races. He came to redeem the whole creation. As Isaiah prophesied, "Nations shall walk by your light and kings by your shining radiance." The kings came from faraway lands to honor and adore the King of Kings, the Lord of Lords. O sweet Mother, how your heart must have rejoiced, seeing their love for Baby Jesus, and how you wished that the whole world thus would love Him.

Sorrowful Mother

When the Magi came, Joseph and I looked at them in amazement; we were not expecting such kind of



visitors, but soon we realized that this was another prophecy being fulfilled. These great and humble men came from faraway countries because they believed in the prophecies from many centuries ago, and without hesitation took the very long and hard journey to find the King of all Kings, their Lord and God. “Caravans of camels shall cover you, and dromedaries from Midian and Ephah; all from Sheba shall come bearing gold and frankincense, and proclaiming the praises of the Lord.” (Isaiah 60:6) This prophecy was being fulfilled by the Magi who, prostrating themselves before Jesus, showed the whole world who the true king really is. I loved these holy men who showed such love for the beautiful Infant Jesus. With all my heart, I wished every man, woman and child would love Him this way. Then they opened their treasures and offered Him gifts of gold, frankincense, and myrrh. Seeing their gifts, my heart again was enveloped in sorrow and grief. These were indeed gifts for a great king, but also foreshadowed His burial. Jesus, the Messiah, our only King, would one day greatly suffer and die to redeem the fallen human race.

My dear ones, your Savior wishes from you not gifts of gold, silver, or precious stones, but the gifts of your hearts, filled with gratitude, obedience, humility and love. He came to this world out of great love, and love is what He wishes from His children.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Circumcision

and

Naming of Jesus



Tenth Meditation



The Circumcision

and

Naming of Jesus

“Jesus is His Name”



When eight days were completed for his circumcision, he was named Jesus, the name given by the angel before he was conceived in the womb. (Luke 2:21)

Reflection

Most Holy Mother, I feel so moved when I reflect on how you and Joseph followed the law so obediently without questioning. You both knew that your Divine Child was the Son of God, immaculately conceived. You humbly submitted to the law of Moses, and took the Infant Jesus to be circumcised like any other baby. How great must have been your suffering dear Mother, seeing your little holy Baby suffering the pain of shedding His Most Precious Blood in the circumcision ritual. O most holy Mother, teach us such perfect obedience, for we live in a world where most of us live in complete disobedience to the law of our Heavenly Father. Because of this, great suffering has fallen upon us.

Sorrowful Mother

Though Jesus is the Son of the Living God, He willed to submit in a most perfect way to the will of His Heavenly Father, which He came to fulfill. He willed to follow the law, even as an infant. Through us, His parents, He submitted to the law of the circumcision. Therefore, I too, submitted to His will and my motherly heart silently cried and suffered seeing His innocent Blood being shed for the first time for the salvation of souls. After the ceremony, Baby Jesus was placed back into my arms, and with great tenderness and love, I caressed Him. I kissed Him, and pressing Him to my bosom, gave Him all my love and the most beautiful words a mother can say to comfort her suffering child. Yes, through His



obedience, my Divine Baby was beginning to suffer, to atone for the disobedience of mankind, and I suffered with Him in my Immaculate Heart.

My dear ones, obedience and humility are the two most powerful virtues and the mother of all the other virtues. On the other hand, disobedience is the mother of all vices and sins.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Presentation in the Temple



Eleventh Meditation



The Presentation in the Temple

Now there was a man in Jerusalem whose name was Simeon...It had been revealed to him by the Holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he



took him into his arms and blessed God, saying: ‘Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation which you prepared in the sight of all peoples, a light for revelation to the Gentiles, and glory of your people Israel. The child’s father and mother were amazed at what was said of him; and Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.” (Luke 2:25-35)

Reflection

Most Holy Mother, you were still suffering from Jesus’ circumcision, when suddenly you and Joseph heard in amazement the mysterious prophesy of Simeon about Jesus’ divine mission. Nothing in this world could have caused more suffering to a mother’s heart than to hear about her child’s future sufferings. Then, Simeon spoke directly to you, predicting that a sword of sorrow would one day pierce through your own soul and already suffering heart. Sorrowful Mother, no other mother has ever suffered like you, because no mother has ever had a child like yours, the very Son of God! Teach us dear Mother, to suffer all the sorrows of this valley of tears silently, just as you and Jesus did.

Sorrowful Mother

Joseph and I were truly amazed at hearing Simeon’s inspired words. What was God trying to tell me now? What do these mysterious words mean? But who can know or understand the mind of the Lord? I have said



Fiat, and with my “yes”, I have given all my being to my Creator. Therefore, I belong to Him. I am His to do His holy will without questions or counting the cost. In the depths of my heart though, I kept all these words reflecting on them often. Holding Baby Jesus in my arms, I looked at Him with immense love and adoration. I knew the Scriptures and all the sufferings that were waiting for Him. Pressing Him to my heart, O how I wished I could protect Him from all suffering! But I knew that He, as the Suffering Servant, suffering would be His lot in this life. Therefore, hidden in my heart was bitter grief, for the sufferings of my Son were also my sufferings. I knew that I would not have a day without interior suffering.

My dear ones, in this world no one is exempt from suffering. Suffering is the price of sin, but it is also of great value. It is like precious stones to be added to the crown of your glory in Heaven. Do not waste any of your pains and sufferings, but unite them all to the sufferings of the Suffering Servant. He will transform them into pearls of great price for the salvation of souls.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Flight to Egypt



Twelfth Meditation



The Flight to Egypt



When they had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him.” Joseph rose and took the child and his mother by night and departed for Egypt. He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, “Out of Egypt I called my son.” (Matthew 2:13-15)

Reflection

Most Holy Mother, we can only try to imagine how painful your state of mind was in hearing about Joseph’s dream. Another untold suffering was waiting for you, your Baby and Joseph. Your soul must have felt great sadness thinking of your innocent little Jesus, leaving home, to travel to a strange and far away country, running away from an evil king who wanted to kill Him. What could be scarier and more fearful for a mother’s heart? We can ponder deeply in our hearts the perfect example of obedience you and Joseph gave us, and learn from this how to truly live for God alone. You had no idea of what you would find or how people would receive the three of you there, for you had no friends or relatives to give you a warm welcome. Nevertheless, you went, trusting in the never-failing providence of God.

Sorrowful Mother

It was another surprise, and one more sorrow. When my good spouse Joseph told me about his dream and that we needed to depart right away, I felt a sword of sorrow penetrating my heart. How could this be that people



could be so full of evil to the point of persecuting an innocent baby because of jealousy and love of power. Though my heart was broken with sorrow, obedience to God's will was more important. Therefore, without hesitation we left our humble home, and by night we began another long and dangerous journey to a strange country. It reminded me of another night not long ago when our Savior was still in my womb and the night was cold and dark. With great love, I held Baby Jesus tightly to my heart and silently my tears started to fall softly on Him. He was so small and already going through so many trials and persecutions. Trying to understand the Lord's mysterious ways, I just trusted the great and awesome God who had created me to be part of His great plan for our salvation. He is worthy of all my trust. Without any questions, Joseph and I just trusted and obeyed.

My dear ones, you are my children too. Imitate us and obey God in His commandments that you may be worthy to be children of God.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Massacre of the Infants



Thirteenth Meditation



The Massacre of the Infants



When Herod realized that he had been deceived by the magi, he became furious. He ordered the massacre of all the boys in Bethlehem and its vicinity two years old and under, in accordance with the time he had ascertained from the magi. Then was fulfilled what had been said through Jeremiah the prophet: "A voice was heard in Ramah, sobbing and loud lamentation; Rachel weeping for her children, since they were no more." (Matthew 2:16-18)

Reflection

Most Holy Mother, how evil a person can be without God's grace, having no compassion nor love for anyone, just love for earthly power that would not stop at anything to accomplish their evil wishes. But while this was done by just one king, today the abortion laws all over the world are killing unborn babies, not done by the will of another, but by the baby's mother herself! Nothing in this world could be sadder than this. Today we are living in a society where there is no respect for human life. This is a society who wants to live without God. A very scary thing! Mother of sorrows pray for us.

Sorrowful Mother

Oh, how much I suffered when the news came to my ears about the terrible killing of babies done by the evil Herod! I cried bitter tears thinking about those grieving mothers watching their innocent children being killed before their very eyes. They were the first martyrs to shed their blood because of Jesus. My Immaculate Heart was in great sorrow for many days. Oh, how I wished to be there, to comfort these sorrowful mothers....My spirit kept praying for them to our Heavenly Father, for



I wished to be united with them in their grief through prayer. But I knew the prophecies, and that one day I too would be suffering in the same way. Therefore, every time I looked at my beautiful baby, either in my arms, at play, or peacefully asleep, my heart ached in pain, thinking about that fearful day of sorrow destined by the Father for the salvation of His lost children. My only comfort was my boundless trust in God. But now, so many centuries after this horrible evil, my Immaculate Heart is still suffering, now for the horrific crime of abortion. This evil of all evils is bringing down into the world, great sorrows and unbelieving suffering. My Heart aches for the babies ripped without mercy from their mother's womb. And I cry for them and for their mothers, that blinded by the world, the flesh, and the devil don't know what they are doing. This is a crime that cries out to God for vengeance.

My dear ones, trust in God is the greatest blessing and the only way to have peace even amidst suffering and sorrow. Pray earnestly for the end of this gravest sin of abortion. Never despair because of what you see or what you have done, for the Lord is a merciful God, always ready to forgive.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Returning From Egypt



Fourteenth Meditation



Returning From Egypt



When Herod had died, behold, the angel of the Lord appeared in a dream to Joseph in Egypt and said, "Rise, take the child and his mother and go to the land of Israel, for those who sought the child's life are dead." He rose, took the child and his mother, and went to the land of Israel. But when he heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go back there. And because he had been warned in a dream, he departed for the region of Galilee. He went and dwelt in a town called Nazareth, so that what had been spoken through the prophets might be fulfilled, "He shall be called a Nazorean." (Matthew 2:19-23)

Reflection

Most Holy Mother, no one can understand how much you have suffered in your motherly heart. From giving birth to your Divine Baby in a cave, to Herod the evil king who wanted to kill Jesus. Now that Herod died, God wanted you to take Jesus back to the land of Israel. God was showing us that this world we live in is truly not a resting place, that we should not get too attached to the places or things in it. We are all here with a mission to fulfill by obeying our Heavenly Father in all that He has ordained for us, so we may be worthy of eternal life with Him in Heaven. Help us dear Mother to trust and obey as you and Joseph did.

Sorrowful Mother

We had left our humble little home by night to a foreign country. How many bitter tears did I shed in this long and hard journey...Joseph too suffered greatly thinking of Jesus and me. My heart and eyes kept looking at Jesus, so small and suffering already such great



persecution. How difficult it was for us to begin a new life there, with no family or friends and a new language. But we were doing God's will and He was there with us in our afflictions. We were strangers in a strange land. But with love and respect, we managed to live in peace with our neighbors. While we were living there, little Jesus started to walk and talk like any other toddler. He was the delight of all those who looked at Him. How beautiful He was! There was an aura about Him which made Joseph and I adore Him, and love Him with all the powers of our being. He was the Son of the Living God, and we were seeing Him grow up in His human incarnation!!! What an awesome mystery this was! Then there came another dream and the angel told Joseph to take us back to our native land. Once again, without hesitation we obeyed, and right away we took this long journey back. Every time I looked at my beautiful little Boy, my heart would feel joy, sadness and sorrow. For now, I knew that in the future it would not be Herod who would make My Son suffer, but His own people, and in His own land in order to fulfill the Scriptures.

My dear ones, put all your heart and trust in our merciful Father. Obey His commandments, for in them alone you can find the safe way of life.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Boy Jesus in the Temple



Fifteenth Meditation



The Boy Jesus in the Temple

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the Temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father



and I have been looking for you with great anxiety.” And he said to them, “Why were you looking for me? Did you not know that I must be in my Father’s house?” But they did not understand what he said to them. He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced [in] wisdom and age and favor before God and man.” (Luke 2:41-52)

Reflection

Most Holy Mother, how great the suffering and affliction you and Joseph went through when Jesus did not show up at the end of the day in the caravan. Who can imagine the suffering in your two loving hearts, looking for Him everywhere and not finding Him. O most loving of all mothers, what happened to your sweet and obedient young Boy to act in such a strange way? This thought must have been pounding in your heart, trying to comprehend the mystery. How could Jesus have done such a thing to you and His father Joseph, the most loving and perfect parents in this world? Finally, after three days of intense anxiety and bitter grief, you found Him in the Temple. You rejoiced seeing Him, but your Immaculate Heart, still sorrowing asked, “Son, why have you done this to us?” And Jesus’ answer reveals that He truly is the Son of God. He revealed to us, that the best place to find Him and His teachings is in the Church, the Catholic Church the only one founded by Him. There, He is always waiting for us.

Sorrowful Mother

No one can comprehend the agony I suffered in my heart. The love of my life, the reason for my living had disappeared, nowhere to be found. What a test to my faith and trust in God! I could not eat or sleep. Joseph



and I kept searching everywhere and every place we went was another sorrow added to my suffering. 'O Jesus, my most loving son! Where did you go? Or did anyone take you by force? Is this what God intended for your life and mine?' All kinds of questions kept arising in my mind and heart. This was such a mystery, and it did not make any sense to me. How great was my affliction! I felt I could die at any moment of sorrow. Was this the suffering Simeon prophesied for me? How could the Son of God have done this to us? Did He go back to heaven, to His Father? "Why were you looking for me? Did you not know that I must be in my Father's house?" These were Jesus' words to us when finally, after three days, we found Him in the Temple, His Father's house. We did not understand his words to us, but our hearts greatly rejoiced having Him back with us again. Now I understand the great lesson this was for us and for all peoples. It is in the Church founded by Him, that you will find Him in a more truthful way.

My dear ones, who are still looking for Jesus in all the wrong places, look for Him where he resides, in the Tabernacles of the Catholic Church. There, He stays day and night, waiting for you. "I will be with you till the end of the world." He said. Come, He's waiting for you.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.

Jesus' Life in Nazareth



with Mary and Joseph



Sixteenth Meditation



Jesus' Life in Nazareth with Mary and Joseph

He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced [in] wisdom and age and favor before God and man.” (Luke 2:51-52)



Reflection

Most Holy Mother, it must have been heaven on earth to have Jesus back with you! The very Son of God being obedient to you and Joseph, living with you and learning from His parents. What a great mystery and most amazing love God has for us! You can truly say that your life was a total union with God. How you must have treasured every conversation, every decision, every prayer, every recitation of the psalms that you prayed together! What a perfect example for us to live a true Christian life, for we too are called to live in union with God, for He is always with us.

Sorrowful Mother

How I marveled seeing my Divine Son learning the humble work of man! How obedient He was to His foster father Joseph and to his teaching; what perfect humility! The great and powerful God, creator of the Universe and all that exists, lowered Himself for the sake of His creatures. For our sake, the children He has created with so much love, receiving back from most, disobedience and ingratitude. His mercy and love for us is too amazing, beyond our comprehension. As I looked at my Son's beautiful hands so diligent at work, I could not stop the sorrow growing in my heart, knowing that He, as the Suffering Servant, would one day let His powerful hands be nailed to the wood of the cross, for the salvation of precious souls, for the salvation of the whole world. Knowing the feelings in my heart, my gentle Jesus, would then look at me with great love giving me peace and courage. My heart, filled with love and admiration, would then ask, "Who can comprehend the awesome mystery of God's love for His creatures?"



My dear ones, imitate the humility of your Creator and Savior, who has shown you an amazing humility. Be always humble knowing that without God's grace, you are nothing and can do nothing that is good. Strive to love Him and obey Him, thank Him, serve Him, and adore Him, so as to deserve that place in Heaven that He has prepared for you.

Prayer

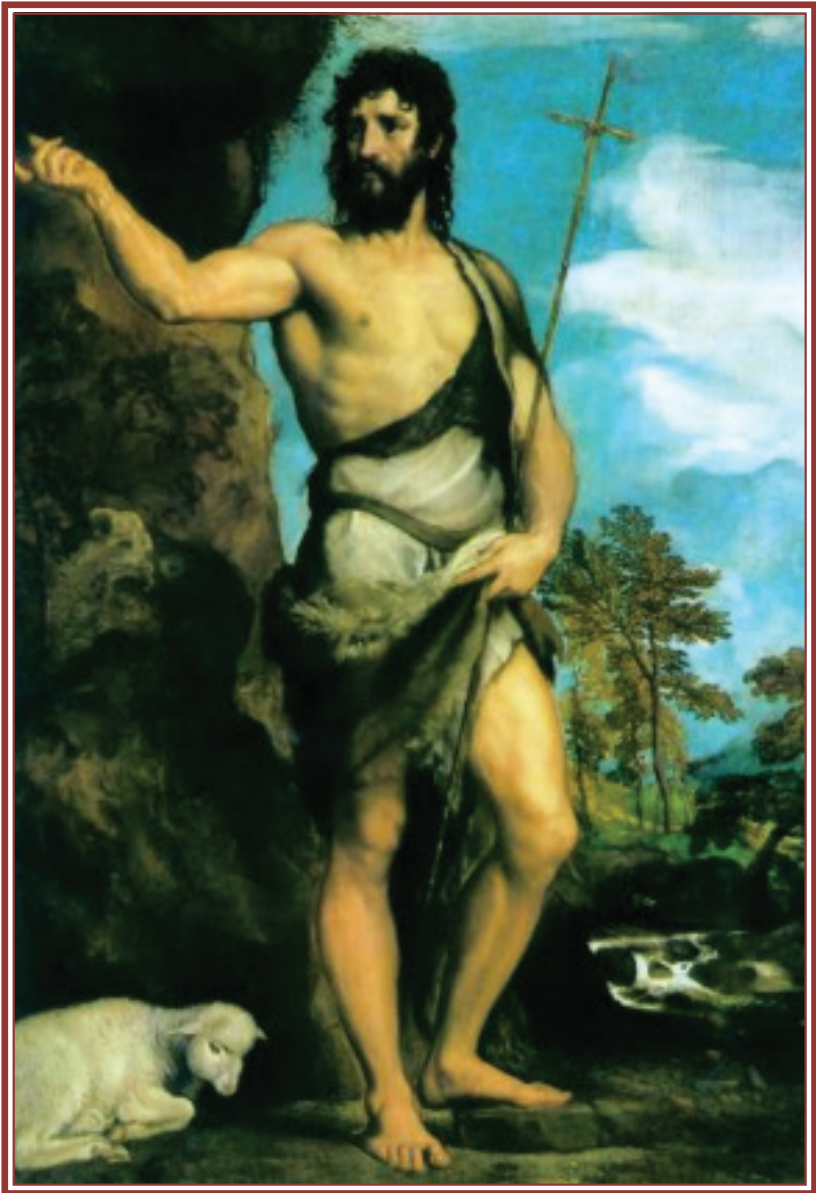
O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Preaching of John the Baptist



Seventeenth Meditation



The Preaching of John the Baptist



In those days John the Baptist appeared, preaching in the desert of Judea saying, “Repent, for the kingdom of heaven is at hand!” It was of him that the prophet Isaiah had spoken when he said, “A voice of one crying out in the desert, ‘Prepare the way of the Lord, make straight his paths.’” ...At that time Jerusalem, all Judea, and the whole region around the Jordan were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins... “I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I. I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire.” (Matthew 3:1-11)

Reflection

Most Holy Mother, John has now begun his ministry, which means that soon, Jesus’ own ministry will begin. John’s mission was to prepare the way for Him. Now you have to prepare your heart for what would come soon. You knew that great suffering was coming your way. The prophecies were becoming more and more alive, and your heart though grieving and suffering always accepted God’s will. Teach us sweet Mother, to always say yes to God like you did and accept His will for us.

Sorrowful Mother

By now Joseph, my chaste and holy spouse, has passed away into eternal life and I was left alone with my adorable Divine Son. How precious this life together was! Even though our hearts were still grieving for Joseph, for we missed him with a most tender love, we knew that this great man was now enjoying his eternal reward. Thus, Jesus was preparing my heart for the days



that were rapidly approaching, and my motherly heart knew, that when John started to preach and baptize, it would be the sign for Jesus' appointed time to begin His work of salvation. Jesus, was now becoming more serious. I could see that His union with His Heavenly Father was constant as with His every breath. He would talk to me about the prophecies concerning Himself, so I may understand that the time for His departure was already here. My afflicted heart would look at Him with so much love, wishing to be one with Him in all the suffering He would endure. But this great work of redeeming the sin of Adam and Eve, could only be accomplished by Him alone. I would be part of it by my interior silent sufferings and tears.

My dear ones, you too also have a place in the work of redemption by your sufferings and sorrows, by your sacrifices and good works, and by your prayers. Be faithful and steadfast in your trust and love. Great will be your recompense in the eternal life.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Baptism of Jesus



Eighteenth Meditation



The Baptism of Jesus



Then Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, "I need to be baptized by you, and yet you are coming to me?" Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfill all righteousness." Then he allowed him. After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased." (Matthew 3:13-17)

Reflection

Most Holy Mother, great indeed was Jesus' humility! He, the perfect Man, subjected Himself to be like any sinner in need of redemption, when He Himself was the Redeemer. This is such a great mystery! Who can understand it? This shows us how great and needed is the gift of Baptism for our salvation, and how much Jesus loves us. O sweet Mother, help us to understand how blessed we are because of the awesome gift of Baptism.

Sorrowful Mother

Jesus, my beloved Divine Son, God, perfect in every way, without beginning or end, came down from Heaven to show humankind the way of salvation. Making Himself like one of us, giving us the example of how to live this new life in the Spirit. As the sin of Adam and Eve had upset the whole creation, Jesus going into the water restored it to its original purity. "You are My Beloved Son; with you I am well pleased." Just as in the creation of the world, the Blessed Trinity was present here, in



the Voice of the Father, in the person of Jesus, and the Holy Spirit in the form of a dove. This was the beginning of the redemption. Jesus began by purifying the life-giving water. But even here, I saw Jesus' Heart suffering, for He knew how many of His children, which He came to save, would reject and despise the awesome gift of the Sacrament of Baptism. And so, I too in the silence of my heart, also suffered with Him. My children, you are loved beyond your capacity of understanding. Be not afraid to give yourselves completely to Him who gave Himself completely to you.

My dear ones, do you realize that each person who is baptized is made into a new creation, and very pleasing to the Father? Treasure the awesome gift of your Baptism, in which the original sin is removed from your souls. Thank God for such an amazing gift.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Temptation of Jesus



Nineteenth Meditation



The Temptation of Jesus



Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over, he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” Jesus answered him, “It is written, ‘One does not live by bread alone... You shall worship the Lord, your God, and him alone you shall serve.’ “ (Luke 4:1-8)

Reflection

Most Holy Mother, you knew that Jesus was going into the desert for forty days. He had just done something wonderful, purifying and blessing the waters. But now He’s showing us how to control the desires of the flesh, and the temptations of the devil, by fasting and sacrificing. Great must have been your suffering, sweet Mother, thinking of Him alone in the wilderness, without food or a place to rest. Your motherly heart was also alone grieving for Him, missing Him, the love of your life. You remembered how much you and Joseph had suffered, when you lost Him for three days in Jerusalem. But now, it was a different kind of suffering, because your Divine Son was beginning His mission as the ‘Suffering Servant’. In your silent suffering, you knew that this was God’s will for Jesus and for you. O Most Holy Mother, help us to learn from you how to always say yes to God.

Sorrowful Mother

For forty days and forty nights I barely ate or slept. My heart could not stop thinking of my Divine Son. My trust in Him was complete. He had to do this, for this is why He came, to do His Father’s will. However, that did not



prevent me from suffering and crying for Him, whom my heart loved with such profound and pure affection. For thirty years He lived with me, praying, eating and sleeping under the same roof. Like any other mother, my heart was broken seeing Him leave. However, He was the Suffering Servant and I was the handmaid of the Lord. God, in His wisdom, has chosen me to be part of this great work of redemption. Therefore, even in my pain I never doubted God's wisdom, and continually I renewed my "Yes." Lord, your holy will be done in me as it is in Jesus. Each person comes into this world with a specific mission, chosen for them by the Creator. What would happen to the history of salvation had I said "No" to God's unique mission for me to be the Mother of the Redeemer? Your mission is not like mine. Nevertheless, it is an important one, chosen just for you, and it always upsets the order of creation in one way or another, when it is not accomplished.

My dear ones, in suffering and sorrow, remember that the most important thing in this life, is to always say "Yes" to the perfect will of the Lord for you. Nothing lasts forever in this life, and suffering will cease, but the eternal joys of Heaven are forever.

Prayer

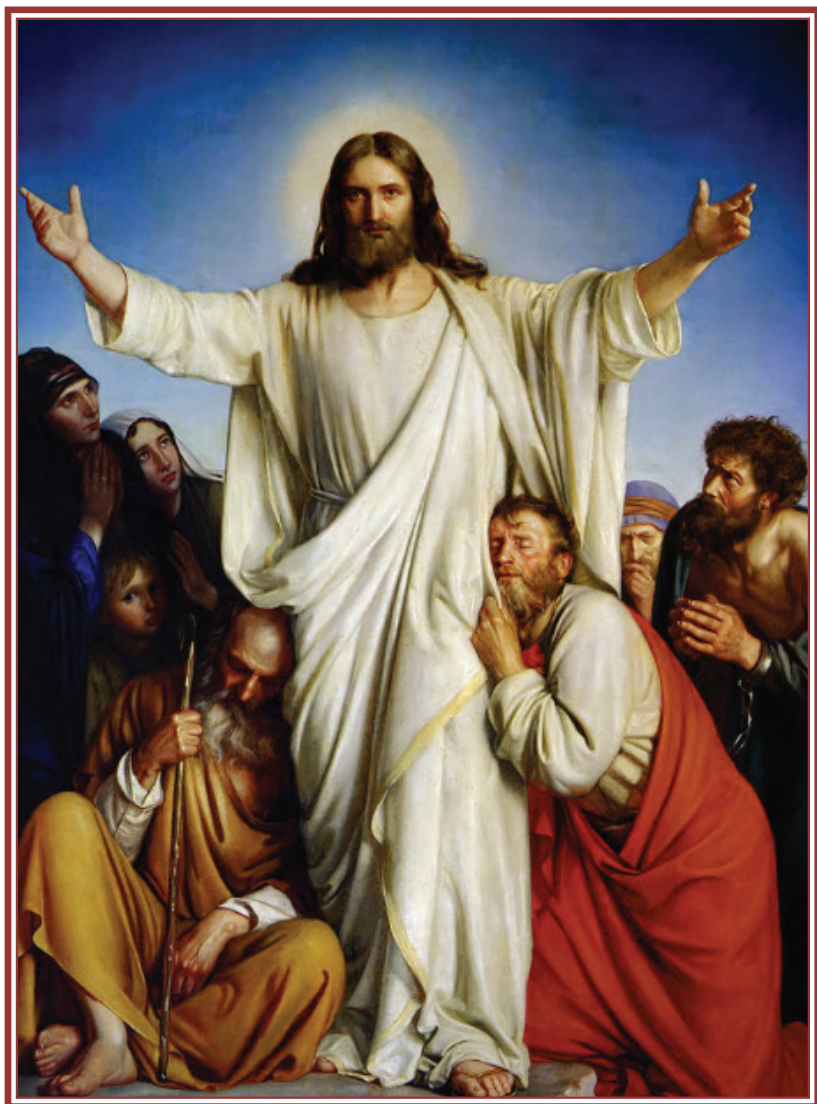
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*The Beginning
of the Galilean Ministry*



Twentieth Meditation



*The Beginning of the Galilean
Ministry*



When he heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through Isaiah the prophet might be fulfilled: “Land of Zebulun and land of Naphtali, the way to the sea, beyond the Jordan, Galilee of the Gentiles, the people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen.” From that time on, Jesus began to preach and say, “Repent, for the kingdom of heaven is at hand.” (Matthew 4:12-17)

Reflection

Most Holy Mother, the time has come for Jesus to start His great and unique mission as the Messiah. He began by preaching, showing those who lived in spiritual darkness, the unmeasurable mercy of God, and the light of truth of our Creator. His most amiable voice resounded throughout these Gentile regions, inviting people to turn to God and to know His salvation. Your Immaculate Heart followed Him with great maternal love, knowing that not all who listened to Him would believe His words. Your Immaculate Heart suffered for them, and for Jesus. His heart suffered for even though He was God, He could not force His graces on closed human hearts.

Sorrowful Mother

As a mother knows her children, I knew Jesus like no one else in this world would be able to. Our relationship was pure and perfect in every way; He knew my heart and I knew His. Yet He was Divine and I was His creation. For this reason, as soon as He started to speak to the people who have now gathered around Him, I was amazed and



could not take my eyes off of Him. His voice was gentle and firm at same time, filled with love and compassion for His children. This is the voice of God, inviting His children to come back to Him, teaching them the way of love and salvation. He was showing them that their lives had great meaning, and its purpose is eternal life in the kingdom of Heaven. I kept praying in my heart for this people to be given the grace to open their hearts to His love and mercy. These were the Gentiles who did not know their Creator, and having lived in darkness for thousands of years, were now given the grace of salvation. The Light of the world was talking to them, imparting to them the light of truth. There were many who believed in the words of Jesus, but there were also those who did not. And my heart grieved for these dear souls, for they were missing the immense grace God was offering to them; the gift of eternal life.

My dear ones, open your hearts to the graces God showers upon you every day. Just look at the tremendous treasure of graces Jesus has given to the whole world through His Church, the Catholic Church. There you can find all that you need for salvation. Above all, you will encounter your Savior waiting for you in the Sacrament of His love.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Beatitudes



Twenty-First Meditation



The Beatitudes

When he saw the crowd, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they shall be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they shall be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when

they insult and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven. Thus, they persecuted the prophets who were before you.” (Matthew 5:1-12)

Reflection

Most Holy Mother, how beautiful Jesus mapped out for us the golden rule to live a life worth living! It seems so easy dear mother, and yet so difficult...The world full of temptations, our weak flesh, and the devil, all raging a battle against us, lead us to the easy way which is so contrary to God’s way. How easily we can fall, forgetting that we have a heavenly Father who alone can fulfill our dreams and satisfy our needs. O sweet Mother, help us in our weakness, to conquer sin and temptation.

Sorrowful Mother

As Jesus began speaking, I could see His Divine Heart overflowing with love and compassion for His beloved people. It was unspeakably wonderful to see My Divine Son, the Savior of the world, speaking such words of wisdom, filled with the Holy Spirit. If only they would believe, and live by it! I could see in the faces of the people those who believed, opening their hearts to the truth, becoming children of God. But how sad it was for me to see those who were doubting, and could not believe. So many hardened hearts living only for the pleasures of this passing world...My adorable Son, has given me the great grace to always have a close union with Him, consequently, our hearts in perfect union, were like one. Therefore, I knew and felt His disappointments and sorrows. How painful it was for my heart...for I suffered for these people, but also for my good and gentle Jesus, who knew those who would



not benefit from His words and sacrifice because of their unbelief and hardened hearts. He suffered greatly because of their rejection, for He loved each person as if there was no other one in this world.

My dear ones, Jesus loves you with a singular love. Do you strive to love Him, truly from your hearts? Do you believe in His love for you? The only thing He asks of you, is that you love Him, by following His commandments. That is the way of Divine love.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Rejection at Nazareth



Twenty-Second Meditation



Rejection at Nazareth

He came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the sabbath day. He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written: “The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.”...He said to them: “Today this scripture passage is fulfilled in your hearing...Again, there were many lepers in Israel during the time of Elisha the prophet; yet not one of them was cleansed,



but only Naaman the Syrian.” When the people in the synagogue heard this, they were all filled with fury. They rose up, drove him out of the town, and led him to the brow of the hill on which the town had been built to hurl him down headlong. But he passed through the midst of them and went away. (Luke 4:16-30)

Reflection

Most Holy Mother, having Jesus back in His native place must have filled your Immaculate Heart with joy. However, after Jesus’ prophetic words in the synagogue, everything went wrong, and those men who at first spoke highly of Him, turned very hostile to the point of wanting to kill Him. O sweet Mother, what terrible things sin has done to the human heart...a phrase, a word, and our emotions and feelings turn around like the wind, forgetting love or compassion for our neighbor, filling us with hate and evil. How sad and painful this must have been for you to see those who knew Jesus, treat Him as if He were a criminal. Dear Mother, teach us how to control our emotions and never let evil replace charity and understanding towards our brothers and sisters.

Sorrowful Mother

Oh, how my heart suffered seeing the ugly sin of self-righteousness in the hearts of our neighbors. How great indeed was their blindness! But greater still was my Divine Son’s humility; for thirty years He humbly hid His divine origin in such a way that no one outside of our home suspected His divinity. It was the Father’s will for us never to mention it to anyone. Therefore, after hearing His gracious words, these men who knew Jesus as a humble and just man, could not believe that the Son



of Joseph and Mary, would be the one chosen by God to bring the good news of salvation. They were shocked, but could not believe because their hearts were filled with pride. Then, suddenly their admiration changed, and they looked down upon Him, not believing in His prophetic words any longer. How I longed for these familiar people to believe in my Divine Son, the long awaited Messiah! Instead, they wanted to kill Him. My heart was broken with pain and sorrow, and I cried bitter tears, uniting them to the suffering of My Son's Divine Heart.

My dear ones, now that you know the truth, that Jesus is the Messiah, the Savior of the world, believe in Him, believe in the treasure of His written Word that is proclaimed by the Church day after day in the holy sacrifice of the Mass. Pray for your shepherds that they be faithful to their sacred vocation.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



*The Healings and
Compassion of Jesus*



Twenty-Third Meditation



The Healings and Compassion of Jesus

As they were going out, a demoniac who could not speak was brought to him, and when the demon was driven out the mute person spoke. The crowds were amazed and said, "Nothing like this has ever been seen in Israel." But the Pharisees said, "He drives out demons by the prince of demons." Jesus went around to all the towns and villages, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness. At the sight of the crowds, his heart was



moved with pity for them because they were troubled and abandoned, like sheep without a shepherd. Then he said to his disciples, “The harvest is abundant but the labors are few; so ask the master of harvest to send out labors for his harvest.” (Matthew 9:32-38)

Reflection

Most Holy Mother, your loving heart filled with such love for your Divine Son, could not understand the blindness of those who should have been the first ones to recognize the holiness of Jesus, but instead, accused Him of working with the prince of darkness. How painful for you to see such blindness and ingratitude. O Mother most pure, open your heart to us, and show us the sorrows you have suffered because of our sins. We, your children, want to console your sorrowful heart. Your sorrows have not stopped, dear Mother, for today, after two thousand years the world is even worse than then. Many are those who are blinded by pride, greed, power, impurity, drugs, all kinds of sin, have turned their backs on God, and want to take the place of our Creator, boasting great blasphemies, serving satan and his allies. Pray for us sweet Mother and for our shepherds, for many of them are leading the flock astray. Fill their hearts with love for Jesus, your Divine Son, our Good Shepherd.

Sorrowful Mother

I loved Jesus with a most pure and perfect love; no human being could ever love Him like me. Therefore, no saint or angel would ever be able to understand my love as well as my sorrow. Jesus, was my joy, my delight, my life, my everything; I lived for Him and by Him. For this reason, all of His sufferings were my sufferings, and



every time I saw Him being rejected, my heart would silently suffer His pain and disappointment. Knowing that He is the Son of God, perfect in every way, my sorrowful heart also desired for these chosen men to know Him, and the infinite love He had for them. If they only knew who was talking to them! But their hardened hearts were closed, and could not see the Light and the Truth that was there, right in front of them. The good and simple people who believed, were like sheep without a shepherd, longing for the truth of God, longing for the promised Messiah. And Jesus, showed them the mercy and compassion of God; He showed them the way to eternal life. Those blessed people who believed, received the immeasurable blessing of eternal salvation. How great was Jesus' desire to have many laborers to work in the harvest of souls!

My dear ones, pray earnestly for your Priests, your Shepherds. They are fragile vessels, living in a world that is going through a terrible spiritual battle. The Church, has been invaded and being tossed to every side by spirits that are not from God. Great indeed, is its need for strong and faithful shepherds. Pray, pray much for your priests!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Man with a Withered Hand



Twenty-Fourth Meditation



The Man with a Withered Hand

Moving on from there, he went into their synagogue. And behold, there was a man there who had a withered hand. They questioned him, “Is it lawful to cure on the sabbath?” so that they might accuse him. He said to them, “Which of you who has a sheep that falls into a pit on the sabbath will not take hold of it and lift it out? How much more valuable a person is than a sheep. So it is lawful to do good on the sabbath.” Then he said to the man, “Stretch out your hand.” He stretched it out, and it was restored as sound as the other. But the Pharisees went out and took counsel against him to put



him to death.” (Matthew 12:9-14)

Reflection

Most Holy Mother, what sorrow must have entered your heart, hearing about the terrible evil the Pharisees were planning for Jesus! Seeing the chosen people, who drew no profit from the teachings and goodness of Jesus, caused your heart great sadness. They were Jews, like you and Jesus, and He came into their midst to fulfill the promise made by God to them. He was their Messiah, waited for so many centuries, who performed before their eyes many miracles accompanied with words of knowledge, and filled with wisdom and love. Yet, nothing touched their closed hearts. Help us dear Mother to open wide our hearts to the teachings of Jesus, and follow Him wherever He leads.

Sorrowful Mother

In the silence of my heart, my sorrow was increasing, seeing the days of great suffering slowly approaching. Nothing that Jesus did in word or deed, especially at times directed to the Pharisees, would change the hatred that filled their prideful and self-righteous hearts. These poor Pharisees were full of jealousy because of the signs and wonders Jesus was performing. And no miracle would touch or change their blinded minds and hardened hearts. My gentle Jesus, however, never stopped doing good, curing and healing all those who came to Him with faith. He showed them the simple plan to salvation. Great was the suffering in His Sacred Heart, for He wished everyone to be saved, though He knew many would perish. And though He was God Himself, in His humanity, He needed the strength to



accomplish His mission. Therefore, He would retire to deserted places to be alone with His Heavenly Father. There, He would find consolation and strength. What a great lesson this is for all of you, still living in this world! It is only in God that you can conquer all vices and gain the knowledge, the wisdom, and the strength needed to do good and to be holy.

My dear ones, Jesus did everything to show humankind the way to the Father, the way of salvation. Following Him you follow the Way, the Truth, and the Life. Strive eagerly to follow Him who loved you to His death.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Parable of the Lost Sheep



Twenty-Fifth Meditation



The Parable of the Lost Sheep



“See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father. What is your opinion? If a man has a hundred sheep and one of them goes astray, will he not leave the ninety-nine in the hills and go in search of the stray? And if he finds it, amen, I say to you, he rejoices more over it than over the ninety-nine that did not stray. In just the same way, it is not the will of your heavenly Father that one of these little ones be lost.” (Matthew 18:10-14)

Reflection

Most Holy Mother, this is one of the most beautiful parables of Jesus. How awesome is God’s love for us! He would do everything to save our souls! And He did! He gave His own life and not only that, He also gave His own Mother to be the mother of every soul. What else could He have done that He didn’t do? Nothing else! Yet, how few of us truly appreciate such an amazing love? Have compassion on us, dear Mother, and teach us to love and serve God like you do.

Sorrowful Mother

My Immaculate Heart knows how great God’s love is for His children and I suffer much sorrow seeing how many little ones are being led astray. My beloved Son loves each soul with infinite love. So much so that He chose to become man to suffer and die for their salvation. With divine love and merciful compassion, Jesus was teaching through this parable to the chosen people and all generations to come. His words flowed from His Divine Heart filled with wisdom and merciful love. But again, many of this multitude of people hearing Him,



were just amazed at His words, but did not care to take them to heart, to believe, and to live by them. My poor heart grieved so painfully for them...they were missing the priceless gift of having in their midst, the Messiah, God Incarnate, teaching them the truth and the way to eternal life. Through His Church, Jesus continues to call and teach until the end of time. He is always looking for the lost, the forsaken, and for the ones who have gone astray. He is calling each one of you by name. Listen to His Divine Voice.

My dear ones, open your hearts to the teachings of Jesus, your Savior, and live by them. Console His most loving Heart, and by your way of life, bring many lost sheep to the fold of the Church. You are now His voice, His hands and His feet.

Prayer

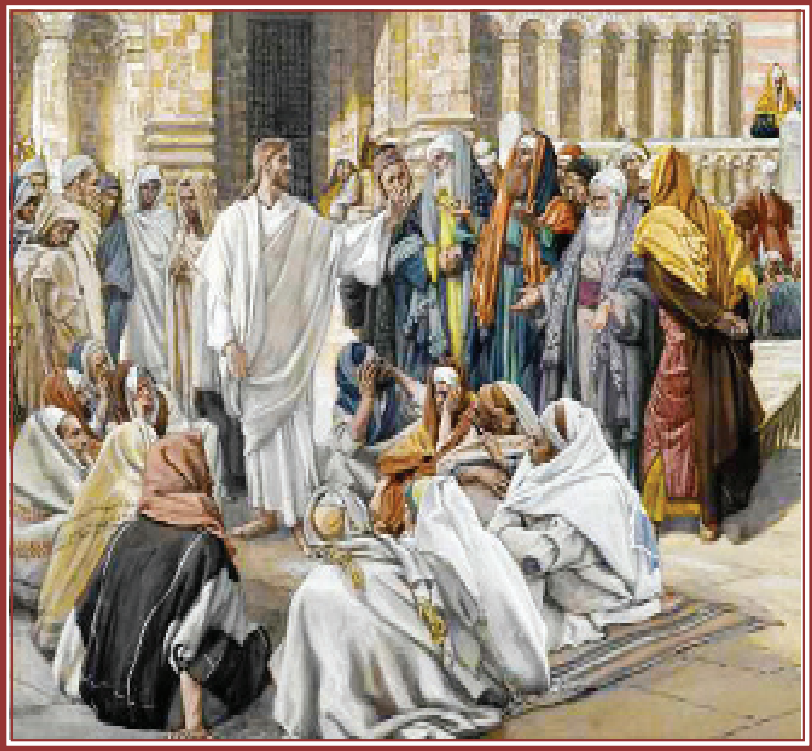
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Feast of the Dedication



Twenty-Sixth Meditation



Feast of the Dedication

The feast of the Dedication was then taking place in Jerusalem. It was winter. And Jesus walked about in the temple area on the Portico of Solomon. So, the Jews gathered around him and said to him, “How long are you going to keep us in suspense? If you are the Messiah, tell us plainly.” Jesus answered them, “I told you and you do not believe. The works I do in my Father’s name testify to me. But you do not believe, because you are not among my sheep. My sheep hear my voice; I know them, and they follow me. I give them eternal life, and



they shall never perish. No one can take them out of my hand. My Father who has given them to me, is greater than all, and no one can take them out from the Father's hand. The Father and I are one." The Jews again picked up rocks to stone him. (John 10:22-31)

Reflection

Most Holy Mother, your Immaculate Heart was filled with such pain, seeing Jesus being rejected so many times. They even wanted to stone Him! What else could Jesus do to make them understand that He is the Messiah, the one the prophets had spoken of? Each new day brought more rejections and sufferings for you and your beloved Son. Sadly, today the rejection and unbelief continue in the hearts of countless people who want to live without laws and without God. O Sorrowful Mother, intercede for us and for this godless world.

Sorrowful Mother

My Immaculate Heart was in constant sorrow, seeing my Divine Son being despised by those who should be the first ones to believe. He came to give salvation to the whole world. He began with His own chosen people, but they rejected Him. Over and over again the prophets of old had spoken about the coming of the Messiah and all the signs He would perform. So, the Jews, who knew the prophecies, should have recognized the signs, that Jesus was the awaited Messiah. Sadly, their hearts were not with God or His commandments. Their minds and hearts were clouded and filled with concern for things of this world. Their love for God was lukewarm. My Immaculate Heart was moved with great sorrow for



them. Once again, they wanted to stone and kill my Son, the love of my life. Painfully today, the world is filled with lukewarm hearts that live for this world only. They have forgotten their Creator.

My dear ones, understand that this time on this earth is just a preparation for eternal life. Therefore, free your hearts from earthly things, using them, but not clinging to them, as though you would be living here forever. Choose to live for God and God alone.

Prayer

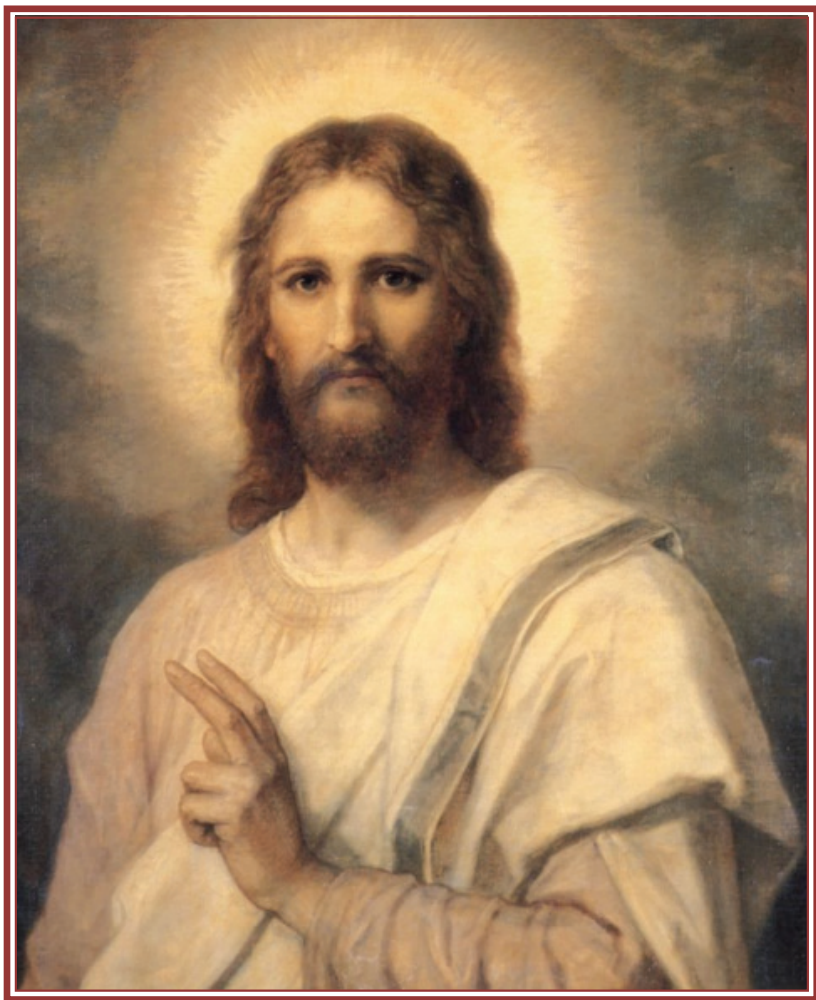
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Courage Under Persecution



Twenty-Seventh Meditation



Courage Under Persecution



“There is nothing concealed that will not be revealed, no secret that will not be known. Therefore, whatever you have said in the darkness will be heard in the light, and what you have whispered behind closed doors will be proclaimed on the house tops. I tell you my friends, do not be afraid of those who kill the body but after that can do no more. I shall show you whom to fear. Be afraid of the one who after killing has the power to cast into Gehenna; yes, I tell you, be afraid of that one. Are not five sparrows sold for two small coins? Yet not one of them has escaped the notice of God. Even the hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows. I tell you, everyone who acknowledges me before others the Son of Man will acknowledge before the angels of God. But whoever denies me before others will be denied before the angels of God.” (Luke 12:2-9)

Reflection

Most Holy Mother, help us to reflect more often on the reality that we are never alone. There is no place to hide ourselves, not even our thoughts, from our Heavenly Father. He created us; He knows us totally, inside and out. There are no secrets that we can possibly hide from Him. But dear Mother, He created you to be the glory of the human race. Through His grace, you lived a perfect life for Him in obedience, humility, and suffering. Help us to live in such a way as to proclaim Jesus to the world, so we may be worthy to be acknowledged by Him before the angels of God.

Sorrowful Mother

Dear ones, this Psalm is worthy of careful meditation.



Read it slowly in a reflective way: “Lord, you have probed me, you know me: you know when I sit and when I stand; you understand my thoughts from afar... Lord, you know it all...Such knowledge is beyond me, far too lofty for me to reach.” In this most beautiful Psalm, you can see how immeasurably great and awesome is our Creator! He is God, our Father, and our Savior! Consider: His merciful love is boundless for each one of us, His children. How important it is for the faithful to be witnesses of Him to the world, to talk about Him, to acknowledge Him without the fear of being ridiculed, rejected, persecuted or even killed. He created us to reflect His beauty and love for each other, and in the process, sanctify ourselves. Within my heart, I silently suffered due to the hardened hearts of these chosen people, who did not care to acknowledge Jesus as the awaited Messiah. How deep was my sadness...so many signs, miracles, and words of wisdom given with such infinite love, only to be ignored. What a great loss!

My dear ones, try to love and serve God with all your hearts; nothing is more important in this life. This world has gone mad in sin and all kind of evils. Flee from it by running into my arms so that you may find yourselves in the open arms of your Savior.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The True Family of Jesus



Twenty-Eighth Meditation



The True Family of Jesus



While he was still speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with him. Someone told him, “Your mother and your brothers are standing outside, asking to speak with you.” But he said in reply to the one who told him, “Who is my mother? Who are my brothers?” And stretching out his hand toward his disciples, he said, “Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother.” (Matthew 12:46-50)

Reflection

Most Holy Mother, when you wished to speak with your Divine Son Jesus, you sent someone to let Him know that you were outside with relatives. Were you surprised by His answer to those whom you sent or did you know exactly what He meant? What was Jesus teaching us with these words? More than two thousand years later, many people still question if you had other children besides Jesus. But we believe that you, as the chosen Virgin, immaculately conceived, had one Son only, Jesus, the Son of God, the Messiah, the Savior of the world, and God Himself. Your pure womb was made for Him alone as is each tabernacle in the Catholic Church.

Sorrowful Mother

I know my adorable, Divine Son very well; He's the gentlest and most loving son any mother wishes to have, perfect in everything, filled with wisdom and love. He was God Incarnate. He would never say anything offensive about me or to me. I was the Tabernacle where He took flesh and dwelt for nine months. The meaning



of His words was always very clear to me. Jesus wanted to impart on the hearts of every person who listened to Him, then and now, how precious and important is their dignity as sons and daughters of God, their Heavenly Father. Jesus was inviting them to live for God, to live by His law, and by doing His holy will as I have done. Through His Incarnation, Jesus became your brother, the Divine and perfect Brother who came down from Heaven to redeem us from the sin of Adam and Eve. It is in doing the will of the Father that we become the family of God that He intended for us from the beginning. Yes, we are all brothers and sisters of Jesus. Never forget that He also is the Omnipotent God, Creator and Father of us all. I suffered because of the ingratitude and lack of understanding of those who did not care to learn about the mystery of the Incarnation, and the awesome and merciful love of our Heavenly Father.

My dear ones, ponder in the silence of your hearts the infinite love of our Maker, who deigned to take human flesh in order to save us. Thank Him constantly. Treat each person with respect and love, that you may be part of the holy family of God, and enjoy Him forever in eternal life.

Prayer

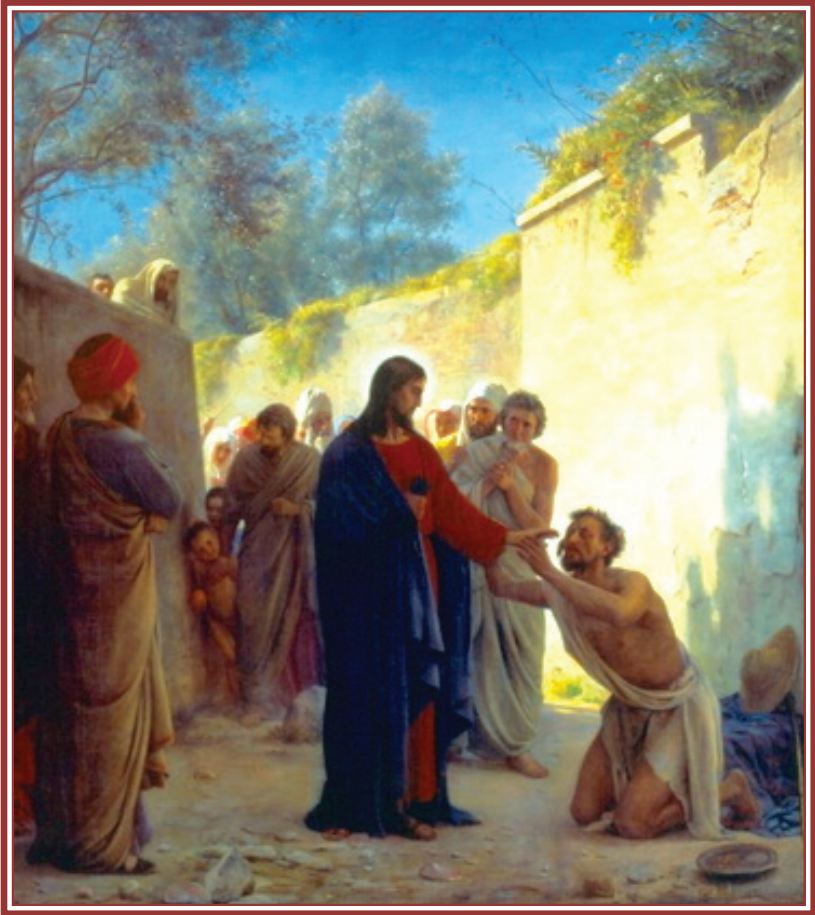
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The Blind Bartimaeus



Twenty-Ninth Meditation



The Blind Bartimaeus

They came to Jericho. And as he was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say, “Jesus, son of David, have pity on me.”



And many rebuked him, telling him to be silent. But he kept calling out all the more, "Son of David, have pity on me. Jesus stopped and said, "Call him." So, they called the blind man, saying to him, "Take courage; get up, he is calling you." He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, "What do you want me to do for you?" The blind man replied to him, "Master, I want to see." Jesus told him, "Go your way; your faith has saved you." Immediately he received his sight and follow him on the way." (Mark 10:46-52)

Reflection

Most Holy Mother, how blessed was this blind man! His faith in Jesus was so beautiful and strong. He is a great model for all of us, even for those who have physical sight but yet, are blind to the truths of God. Many are those who have eyes to see only what is sinful and evil, never looking for what is good and holy, who never sought the courage to call Jesus, to help them see. Yet, Jesus is always calling, waiting with great compassion and love. Dear Mother, most people don't know that they also have you, ready to lead them to Jesus. This must sadden your Immaculate Heart and fill it with grief.

Sorrowful Mother

My Heart rejoiced at the admirable faith of this man, who after hearing that Jesus was passing by, did not lose the unique opportunity that was offered to him. Therefore, he called upon Jesus, whom he believed could heal him. And Jesus whose delight is to take care of His children, lovingly asked him, "What do you want me to do for you?" He knew what he needed but He wanted him to ask, and Jesus healed him. This is a great



lesson for all of you, dear children, to learn how to ask God with great faith. God gives many opportunities to each person to find Him through prayer and petition. Bartimaeus was physically blind, but spiritually he had great vision through faith. And so, my heart grieved for the many blinded souls whose hearts are closed to the Holy Spirit. I desire with great longing, that these souls have the grace to open up their hearts to God to His grace and begin to see. Jesus is always longing to hear from those blinded by sin, “Master, I want to see.”

My dear ones, be like Bartimaeus. Ask Jesus to heal the blindness of your hearts, minds and souls, those of your dear ones, neighbors and friends, and of every soul. Many are those who live in total darkness of the spirit, blinded by the snares of the world, the flesh and the devil. Pray for the conversion of sinners.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Bread of Life Discourse
Words of Eternal Life



Thirtieth Meditation



The Bread of Life Discourse *Words of Eternal Life*

“...Rabbi, when did you get here?” Jesus answered them and said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal...Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” So they said to him, “Sir, give us this bread always.” Jesus said to them, “I am I am the bread of life; whoever comes to me will never hunger, and whoever believes in



me will never thirst. But I told you that although you have seen [me], you do not believe... The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day."...Many of his disciples who were listening said, "This saying is hard; who can accept it?"..."The words I have spoken to you are spirit and life. But there are some of you who do not believe." Jesus knew from the beginning the ones who would not believe and the one who would betray him...As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. (John 6:25-27, 32-40, 52-55, 60-66)

Reflection

Most Holy Mother, how painful that must have been for you and Jesus to see His disciples leave after He promised them eternal life! Why couldn't they just trust Jesus' words? They had seen so many signs and wonders performed by Jesus! We know the whole truth and there are still so many who do not believe. Help us, Sorrowful Mother of our Eucharistic Lord, to be always grateful and appreciate this Gift of all gifts, the Holy Eucharist. Teach us to adore Him with pure and faithful love.

Sorrowful Mother

Yes, my Divine Son suffered deeply in His Sacred Heart, seeing these beloved disciples leaving Him, because they had no trust or love for Him in their hearts. They



had been following Him, but did not know Him. They could not put aside their doubts and just trust in Jesus' words. After all the great and awesome deeds they had seen done by Jesus! If they only knew the amazing gift, they were leaving behind! They just went away with cold and empty hearts, and my eyes filled with tears, cried for them. How great was my sadness! I saw the Heart of Jesus filled with sorrow, because in these disciples He saw a multitude of others disciples, who in the future would do the same. All knowing, He foresaw the centuries of ingratitude and disbelief He would endure in the Sacred Host, including many consecrated souls who would betray and leave His Holy Bride, the Church. Yet, in His great love for His beloved souls, and for the sake of those who would believe, He continued His mission of love. With sadness in His voice Jesus turned to the Twelve and asked: "Do you also want to leave?" Peter answered, "Master, to whom shall we go? You have the words of eternal life."

My dear ones, be like Peter who though weak and full of faults, believed with all his heart and stayed with Jesus. Never let your weakness and sins keep you away from Jesus; instead run to His arms to receive His merciful love.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Coming of Jesus' Hour



Thirty-First Meditation



The Coming of Jesus' Hour

They came to Philip, who was from Bethsaida in Galilee, and asked him, “Sir, we would like to see Jesus.”... Jesus answered them, “The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me. I am troubled now. Yet what



should I say? ‘Father, save me from this hour’? But it was for this purpose that I came to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it and will glorify it again.” The crowd there heard it and said it was thunder; but others said, “An angel has spoken to him.” Jesus answered and said, “This voice did not come for my sake but for yours.” (John 12:21-30)

Reflection

Most Holy Mother, Jesus confessed that He was troubled for the hour of great suffering was quickly approaching. He came to do the Father’s will and He would never turn back. You also knew of this most dreadful hour, and your sorrowful heart like His, was also troubled and suffering. Yet we, God’s children, don’t think enough about the amazing love our Father in Heaven has for us. Therefore, we can’t grasp the magnitude of Jesus’ sufferings and yours due to the sins of all mankind. Most sorrowful Mother, teach us to meditate more often on the reality of the Cross, the immense suffering of the Passion and death of Jesus. Show us how to suffer by your most admirable silent suffering along with that of your Divine Son, our Savior.

Sorrowful Mother

I knew all along that the sorrowful day was near. My heart was filled with trepidation and I continually meditated and prayed to the Heavenly Father for strength, for Jesus and for myself. I prayed for the chosen people to finally realize that Jesus was the chosen One, the Redeemer of Israel, and of the whole world. I knew that His Divine Will would be perfectly accomplished.



Therefore, my heart was also sorrowful for those who had heard these very serious promises of Jesus, and would not believe and live accordingly. Very few took Jesus' words seriously. Now, two thousand years later it is still the same. And when the hearts of man are empty of God's words and love, they will turn to the world, the flesh, and the devil, leading many souls to destruction. Therefore, the consequences are always great suffering for the whole human race. Will my Divine Son find many believers, when He comes to judge the world? Oh! What a fearful day that will be for those who did not believe.

My dear ones, take very seriously the loving words of Jesus, who promises you an eternal life of perfect peace and joy. Be the faithful ones, eagerly waiting for His coming, like a bride waiting for her beloved on their wedding day. He can come at any time; be ready, my children.

Prayer

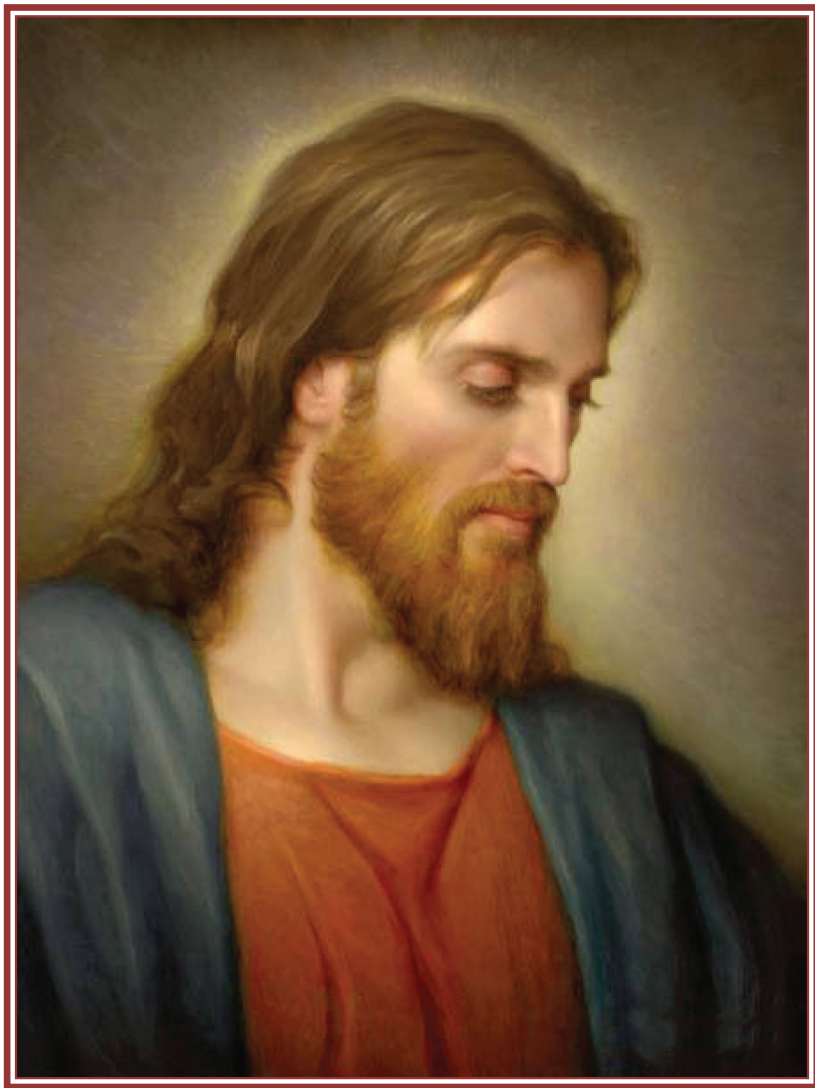
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The Third Prediction of the Passion



Thirty-Second Meditation



The Third Prediction of the Passion



He took the Twelve aside and said to them, “Behold, we are going up to Jerusalem and everything written by the prophets about the Son of Man will be fulfilled. He will be handed over to the Gentiles and he will be mocked and insulted and spat upon; and after they have scourged him, they will kill him, but on the third day he will rise.” But they understood nothing of this; the word remained hidden from them and they failed to comprehend what he said. (Luke 18:31-34)

Reflection

Most Holy Mother, these words of Jesus must have caused you immense sorrow. You knew that the time of great sorrow and pain was rapidly approaching; only by the grace of God could you go on living. But you also knew that this was the will of the Father, and that your Divine Son came into the world for this reason. And humbly and silently, you submitted without a question. Your will was to do His will. Help us sweet Mother, when suffering knocks at our door to accept without questions or complaints.

Sorrowful Mother

Every prophecy was being fulfilled, and Jesus, lovingly warned the apostles of the coming day when the Suffering Servant would accomplish what He had come to do. His poor apostles, what would they have done if had they understood what was being said to them? That is why it was hidden from them until the time had come when they would understand. As for me, I knew that this warning of Jesus was the beginning of His passion, mine as well. From that time on, my heart’s suffering would increase every day. Only God’s love



could give me the strength to keep living. I wished I could suffer all the pains that my adorable Divine Son would soon be suffering, but my immense suffering was not to be physical. It would be that kind of suffering for which there is no remedy, for the heart in pain, breaks without breaking. Every time I looked at my Divine Son, I wanted to cry; I wanted to embrace Him and be with Him forever, but I also knew the Father's will. Therefore, in the silence of my heart I would say, "Yes, Father, Your will be done now and forever."

My dear ones, all this suffering was because of love; the unimaginable love God has for His children of the world. Meditate much about this, and pray, pray to the Holy Spirit to open your hearts to this Divine Love that you may begin to truly love and understand!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Agony in the Garden



Thirty-Third Meditation



The Agony in the Garden

Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him. When he arrived at the place, he said to them, “Pray that you may not undergo the test.” After withdrawing about a stone’s throw from them and kneeling, he prayed, saying, “Father, if you are willing, take this cup away from me; still, not my will but yours be done.” And to strengthen him an angel from heaven appeared to him. He was in such agony and prayed so fervently that his sweat became like drops of blood falling on the ground. When he rose from prayer and returned to his disciples,



he found them sleeping from grief. He said to them, “Why are you sleeping? Get up and pray that you may not undergo the test.” (Luke 22:39-46)

Reflection

Most Holy Mother, how great must have been the suffering in Your Heart knowing that Jesus went to pray in the Mount of Olives. You knew that His hour had now come; Jesus had told you so. He took with Him Peter, James and John, asking them to watch and pray so they may have the strength to endure the suffering of the days ahead. They fell asleep and could not watch not even for one hour. O, dear Mother, how many of us claim to love Jesus, yet, never take the time to go to church to visit Your Divine Son, and watch with Him for an hour. Like in the Garden, he is alone in the Tabernacle, waiting with great love for someone to come and spend time with Him. No wonder we fall so easily into sin. Without praying and spending time with Jesus, we lack the strength to avoid falling into sin.

Sorrowful Mother

Oh, how I wished to be there, in the Garden, with my suffering Son! I wanted to be there by His side, to dry His tears and gently wipe off His sweat of blood. I wanted to suffer His great sorrow; for He saw all the sins in the world from Adam and Eve to the end of the world. My arms longed to embrace Him, to press Him to my heart, to give Him comfort and the certainty of my love. But that was not the will of the Father. I, like my Divine Son, silently and humbly, submitted to the Father’s will. The agony of Jesus was the worst of all His sufferings, because, in His all-knowing wisdom, He



saw all the sufferings that were coming to Him. Even more than that, He suffered for He saw all the souls that would reject Him, His love, His suffering, His death, and by their own choice would be lost. He suffered for Judas who betrayed Him; how he wished he would repent and ask forgiveness. He agonized seeing all the abuses and scandals caused by human weakness and sin that would shake up and divide the Church, His Bride. He envisioned many, like Judas, who would enter the Church to try to destroy it. So many false prophets taking with them so many precious souls! How great was His agony that caused Him to sweat blood. My heart was suffering deeply a different agony, the agony of love, knowing how great was the suffering of my beloved Son.

My dear ones, ponder deep in your hearts the unfathomable love Jesus has for you. Pray that you come to know Him and love Him as He loves you. Patiently suffer for love of Him, all that the Lord deigns to send you for your sanctification. And pray much for the Catholic Church, His beautiful spouse.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



Jesus is Arrested



Thirty-Fourth Meditation



Jesus is Arrested

...So Judas got a band of soldiers and guards from the chief priests and the Pharisees and went there with lanterns, torches, and weapons. Jesus knowing



everything that was going to happen to him, went out and said to them, “Whom are you looking for? They answered him, “Jesus the Nazorean.” He said to them, “I AM.” Judas his betrayer was also with them. When he said to them, “I AM,” they turned away and fell to the ground. So he again asked them, “Whom are you looking for?” They said, “Jesus the Nazorean.” Jesus answered, “I told you that I AM. So if you are looking for me, let these men go.” ...So the band of soldiers, the tribune, and the Jewish guards seized Jesus, bound him, and brought him to Annas first. He was the father-in-law of Caiaphas who had counseled the Jews that it was better that one man should die rather than the people. (John 18:1-14)

Reflection

Most Holy Mother, the dreaded day was now here, and your mothers’ heart was filled with great anguish. Not one of us could possibly imagine your suffering. In your great sorrow your heart was one with the Suffering Servant, your Divine Son. Help us poor sinners, to console you by our faithfulness to Jesus. Help us to love Him, to thank Him, to serve Him, to suffer for Him in union with you and in thanksgiving for your suffering.

Sorrowful Mother

No words can describe the profound sorrow that entered my heart, when I heard about Jesus being arrested. How immense was my suffering, for I could do nothing to stop this evil. This was the hour of darkness that Jesus had spoken of. It was a dark, dark night, like no other. Those merciless men tied, without pity, the sacred hands of my Divine Son! What an unbearable pain! They tied



Him like the greatest of all criminals! They put a rope around His neck calling Him all kinds of names and yelling profanities. They kicked Him and forced Him to walk at their pace. Consider how immense is God's love for you, dear children! Jesus, through Whom all things were created, let Himself suffer this shame, this great humiliation to redeem human souls from the scourge of sin, to escape the fires of hell. He did this out of infinite love, to show humanity the power of His Divine Love.

My dear ones, see how immense is Jesus' love for you. When sufferings knock at your door, do not try to run away from it. Even in pain and sorrow, embrace it with love, remembering Jesus and His Passion, Death and Resurrection. Yes, His Resurrection, to give you strength and courage, knowing that in this life nothing lasts forever and your suffering will end one day.

Prayer

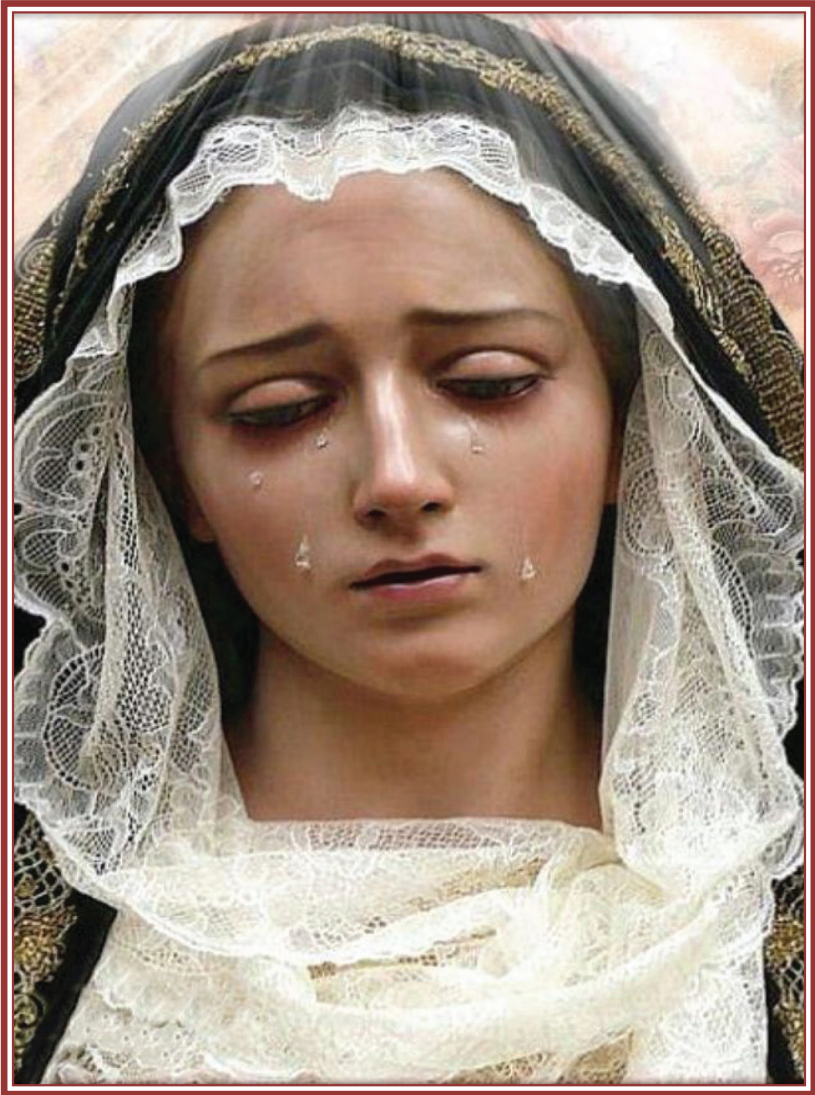
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The Sentence of Death



Thirty-Fifth Meditation



The Sentence of Death

But all together they shouted out, “Away with this man! Release Barabbas to us.” ...Again, Pilate addressed them, still wishing to release Jesus, but they continued their



shouting, “Crucify him! Crucify him!” Pilate addressed them a third time, “What evil has this man done? I found him guilty of no capital crime. Therefore, I shall have him flogged and then release him.” With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. The verdict of Pilate was that their demand should be granted. So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. (Luke 23:18-25)

Reflection

Most Holy Mother, no one can ever begin to imagine what you suffered when Jesus was sentenced to death. You knew well that this was the Father’s will for the redemption of our sinful souls. However, that would not mitigate the great sorrow of your motherly heart, for in your heart you were united with the heart of Jesus. His sufferings were your sufferings. Son and Mother, united in love and sorrow. The voices of the crowd shouting, “Crucify him! Crucify him!” must have pierced your own soul over and over again like swords sinking deeply in your heart.

Sorrowful Mother

My great suffering was not only for my suffering Son. I also suffered for the merciless people, for the spiritually blinded ones, who cried out, “Crucify him! Crucify him!” Condemning my beloved Son, their Savior. The rejection of these people, who a few days ago, welcomed Him singing Hosanna, caused the greatest suffering in Jesus’ Heart and in my heart. They were so spiritually blind that no one could make them see. My heart ached and



grieved in sorrow for poor Judas who succumbed so deeply into satan's lies. He had a tender love for me, and I loved him as a son. If he had just turned back in his sorrow, and asked Jesus for forgiveness... So, my heart truly suffered for him. I was in constant sorrow, I could not eat or sleep; I wanted to be with my agonizing Son, and could not. The Suffering Servant had to drink the chalice of bitter suffering alone, to the last drop. I was not sentenced to death, but I was dying of sorrow. Yet in a mysterious way, though I was suffering tremendously, the Heavenly Father protected my heart from despairing, and in the midst of my sorrow I had peace, the peace of knowing that this was the Father's will for the salvation of His beloved souls. I was His handmaid, and like His Son, I could only humbly submit to His Holy Will.

My dear ones, when suffering and sorrow knocks at your door, remember that nothing happens without God's permission and He always permits it for a good reason. Remember also that all things here are transitory, they don't last forever. Therefore, imitate us and tell the heavenly Father, "Your will Lord, not mine."

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Crucifixion



Thirty-Six Meditation



The Crucifixion

And when they came to a place called Golgotha (which means Place of the Skull), they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there. And they placed over his head the written charge against him: This is Jesus, the King of the Jews. Two revolutionaries were crucified with him, one on his right and the other on his left. Those passing by reviled him, shaking their heads and saying, “You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, and come down from the cross!” Likewise, the chief priests with the scribes and elders mocked him and said, “He



saved others; he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him. He trusted in God; let him deliver him now if he wants him. For he said, 'I am the Son of God.'" The revolutionaries who were crucified with him also kept abusing him in the same way. (Matthew 27:33-44)

Reflection

Most Holy Mother, you had climbed Calvary with Jesus. You saw Him being nailed to the wood of the cross. Your own cup of suffering was running over. You barely could stand any longer. Only a special grace from God could give you the strength to continue to live. You were surrounded by an ocean of pain. Your beloved Son, the Suffering Servant had given His last proof of His immense love and obedience to the Father. You could not take your eyes off of Him. How could it be possible for a human being to suffer so much? Only the great Divine Love could go this far to save the sinful human race. Who can understand such an amazing love? Oh, dear Mother, only you can understand because you suffered along with Jesus. Truly your heart and soul suffered in a mystical way the pains of Jesus.

Sorrowful Mother

I invite all of you, my children, to climb Calvary with me. There, you can see the wonder of Divine Love. No human being has suffered or will be able to suffer this most terrible torment, this horrific death on the cross. Jesus' suffering was not only physical, but also deep within His Most Sacred Heart, for He knew the multitude of souls who would not believe in His love



and thus make His sacrifice in vain for them. Looking at My Divine Son, my Savior and God, my Immaculate Heart was broken in a million pieces. I have no more tears to cry. I just wanted to be there, on that cross, with my hands nailed together with His hands, and my feet nailed together with His feet. I wanted to have the crown of thorns on my head and feel the pain He was suffering. With hardened hearts and no compassion, some of the people kept insulting Him, the One who was dying for their sins. I heard all the insults and blasphemies; each one piercing my sorrowful heart like swords. Oh, the great evil of sin, that twists and blinds the human heart and soul. How terrible sin truly is!

My dear ones, never run from the cross; instead every day meditate on the unmeasurable love of God. Jesus suffered and died for each one of you, as if you were the only one on this earth. Kiss your crucifix with respect, love and gratitude. Accept your own crosses as coming from the merciful hands of God. And pray for the salvation of souls, especially of those who die every day, many unprepared to face God, the Divine Judge.

Prayer

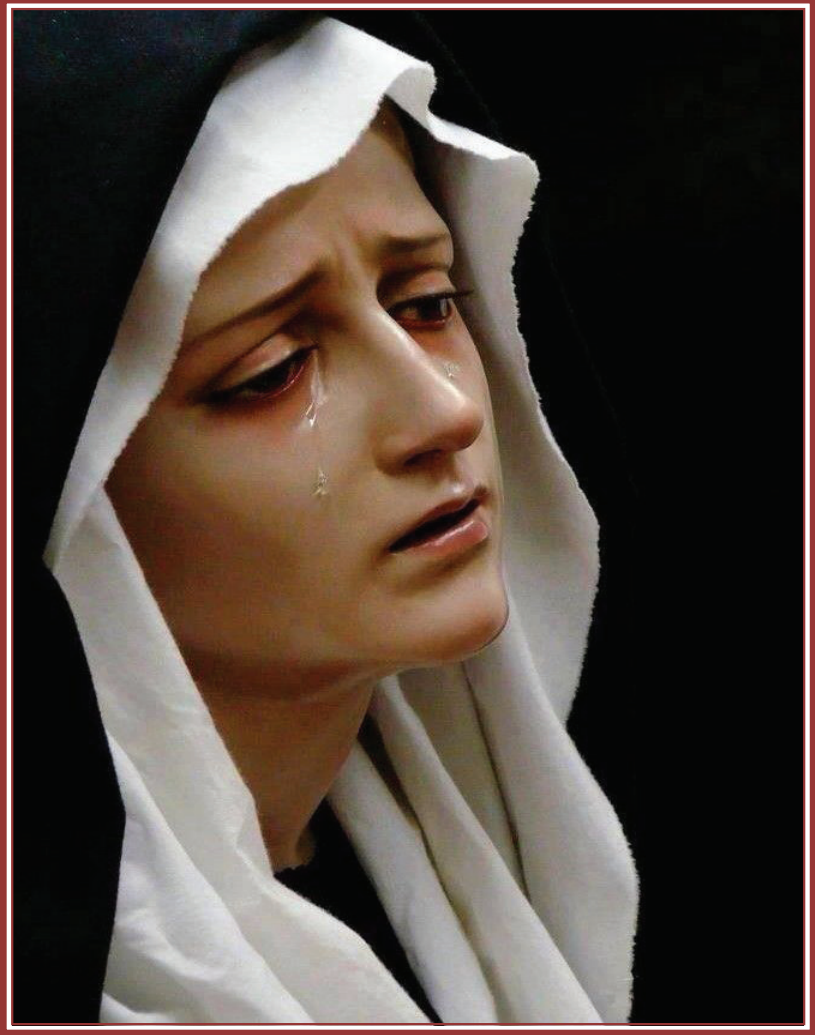
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The Death of Jesus



Thirty- Seventh Meditation



The Death of Jesus

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud



voice, “Father, into your hands I commend my spirit”, and when he had said this, he breathed his last. The centurion who witnessed what had happened glorified God and said, “This man was innocent beyond doubt.” (Luke 23:44-47)

Reflection

Most Holy Mother, what can we say? At that most important moment since the creation of the world, the earth shook, darkness covered the whole land, the rocks split, all nature trembled. But you, O Mother Most Sorrowful, in silent agony, stood there by the Cross with tremendous courage and admirable love. How could you bear such a sight? Your beloved Son, covered with His precious Blood, lifeless hanging on the cross! There is no sorrow like yours, dear Mother! This is the great mystery of the wondrous love God has for each of us. With what words can we thank our Savior, and you, sorrowful Mother? Jesus had finished the work He came to do and you were there all along with Him. Queen of Martyrs, Most Sorrowful Mother, pray for us!

Sorrowful Mother

My heart in deep anguish, was one with the Heart of my crucified Son. When He expired, my sorrow was so intense that it made my heart stop for a moment; I suffered the agony of death without dying. Oh! how I wished I could die with my Son! But that was not His will. My mission was not completed. Jesus, before He expired, and after forgiving His enemies and promising Paradise to the repentant thief, gave me a new mission. His beautiful eyes, swollen, bruised and filled with blood, filled with love, looked at me, there, standing by



the cross with the beloved disciple, the only one who stayed with me. Barely able to speak, He said, “Woman, behold your son!” Then to the disciple, “Behold your mother!” In the very depths of my heart I understood His will for me; I submitted, and silently, I said, “Yes my Son! Your will, be done.” Jesus, gave all He could give, to the last drop of His Precious Blood. He wanted to give it all, even the last precious treasure He possessed in this life: His beloved Mother. That’s how much He loves you dear children! Now, He has nothing more to give. And by His holy will, I became your mother, the mother of mankind. After this He said, “I thirst.” His thirst was for love, love that He wishes to receive from His creatures for whom He was dying. “Father, into Your hands I commend My spirit.” And with His last breath, the salvation of the world was accomplished.

My dear children, please listen to your sorrowful Mother, who wants all her children to be saved. Jesus gave you not only a new life, but also a new spiritual mother; His own Mother. The very Mother of God is now your powerful mother, interceding for you before the Majestic throne of God. Therefore, pray my children; pray much. I am always interceding for you.

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Burial of Jesus



Thirty-Eighth Meditation



The Burial of Jesus

After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds. They took the body of Jesus and bound it with burial cloths along with spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of



the Jewish preparation day; for the tomb was close by.
(John 19:38-42)

Reflection

Most Holy Mother, now Jesus was not suffering anymore but your immense pain no one could diminish. The disfigured body of your Son lay there lifeless before you. You saw the soldiers taking this most precious body down from the cross, and with love beyond telling you received him in your arms. How many swords of sorrow penetrate your Immaculate Heart dear Mother! Looking at your Divine Son in such a pitiful state; He did not look like a man anymore. How horrible sin truly is! Forgive us dear Mother, for it was our weakness and sins that did this to Jesus. Mother Most Sorrowful pray for us.

Sorrowful Mother

My dear children, holding the dead Body of Jesus, in my arms was so painful...so painful! My adorable Son! What did sin and evil do to you, my love? You don't look like a man anymore, so disfigured! With great tenderness I pressed Him to my bosom and cried. Silently I cried; I cried tears of sorrow and of love. My tears falling upon His dead Body, I cried for the salvation of all sinners. I kissed Him, I wiped His bloody Face. From the depths of my grieving heart I uttered the most loving words of love. Love was what I was holding in my arms! Love had died for the beloved. Who can measure God's love for us dear children? Joseph of Arimathea and the other men, gently took that precious body from my arms to perform the usual ritual for burial. After all was done and the stone rolled over the tomb entrance, we left. My grieving heart stayed there. My Son, the light of



the world, was lifeless inside in this dark tomb! I could not stop thinking of how much He had suffered. All the prophecies concerning the Suffering Servant were fulfilled. In my sorrowful heart I could hear His Divine Voice, “Mother, I made everything new; I will rise on the third day.” Then a great peace came over me for I knew that soon I would see Him again.

My dear ones, when suffering is your daily bread, remember what Jesus suffered for love of you. This will give you the courage to suffer for love of Him. Unite your sufferings with His for the salvation of souls, especially the dying, they are the ones in most need. And, thank Jesus for what He did for you!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Resurrection of Jesus



Thirty-Ninth Meditation



The Resurrection of Jesus

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to



the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.” Then they went away quickly from the tomb, fearful yet overjoyed...And behold Jesus met them on their way and greeted them...Then Jesus said to them, “Be not afraid. Go tell my brothers to go to Galilee, and there they will see Me.” (Matthew 28:1-10)

Reflection

Most Holy Mother, *Queen of heaven, rejoice, for the Son you bore in your womb and Whose death caused you so much grief, has risen as He promised*, (from the Liturgy). What joy must have filled your Immaculate Heart sweet Mother, seeing Jesus again, so beautiful and full of life. His bruised and bloody body is no more. Jesus restored the temple of His body as He has said. He showed to the world that indeed He is the Messiah. He has conquered death. He has completed His Divine mission of redeeming the fallen human race.

Sorrowful Mother

No words can tell the joy of my heart on that glorious morning when my Son, the Savior of the world came to me in His Risen Body! How beautifully majestic He was, resplendent with light and love! He embraced me and I adored Him. My Lord! My Savior! My God! How blessed we all are indeed! Now, my very dear children, you have shared my journey and the pain in my sorrowful Heart. I desire you to know, that though I did suffer tremendously to the point of thinking that



I would die, in the depths of my soul, I had peace. The peace of knowing that all that happened was God's will. I lived to do His will. It pleased Him to make me your heavenly mother, therefore, listen to me; follow my example of humility and obedience to the heavenly Father. Remember the wondrous love He has for you. Meditate often on the sufferings of your Savior, that you may have the strength to carry your own crosses with patience and humility. Look at the crucifix with respect and love. Kiss it tenderly with gratitude for Him who suffered and died for you. Before the fall, God walked with Adam and Eve in the Garden of Eden. In the fullness of time, out of His merciful love, He came down from Heaven to walk with the poor sinners, the banished children of Eve, to teach them love and forgiveness: to die, to save, to redeem. Pray for the desire to follow Him, for He alone is the Way the Truth and the Life.

My dear children, Love Him! Serve Him! Adore Him. Jesus is the supreme good; hope in the infinite mercy of your Redeemer. I never stop interceding for you. Come to me with the confidence of a loving child for I truly am your powerful Mother, the Mother of the Son of God, Jesus Christ the Savior. All Praise, Honor, and Glory to Him now and forever!

Prayer

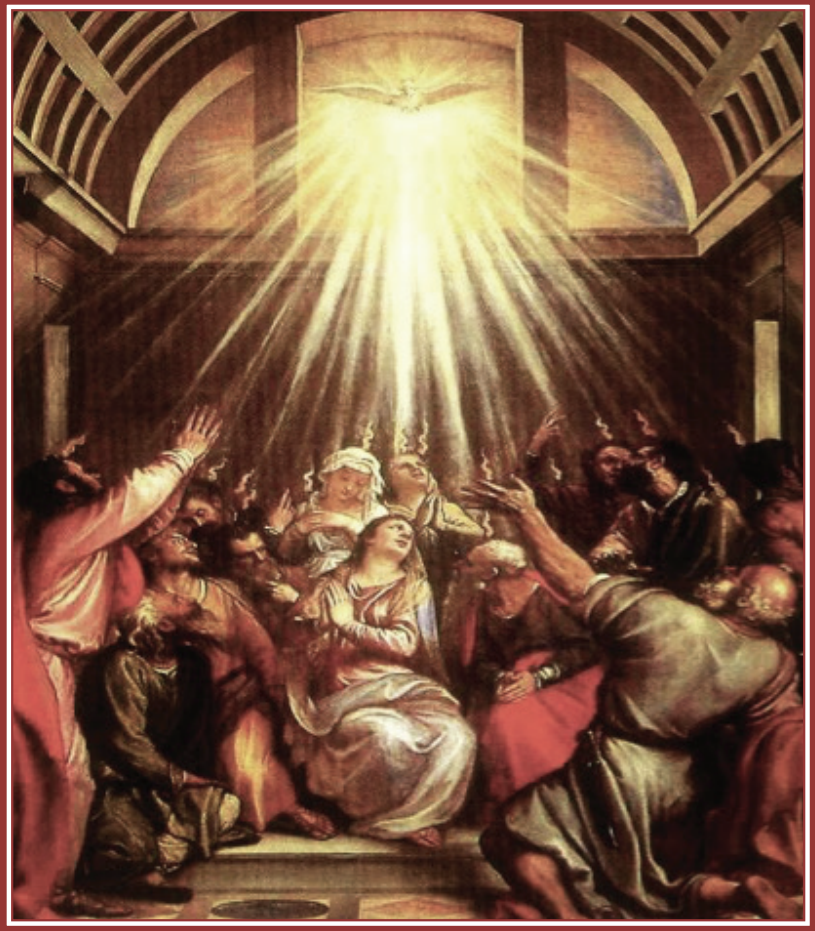
O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.



The Coming of the Holy Spirit



Fortieth Meditation



The Coming of the Holy Spirit

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with



the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. (Acts 2:1-4)

Reflection

Most Holy Mother, after Jesus ascended into Heaven, you took to heart your new motherhood mission. With Jesus, you had the most perfect Child, but how different it is now, for you have become the mother of the children of the disobedient Adam and Eve. Yet, it was with great love, that you, our New Eve, accepted this new role; Jesus knew that we needed a mother like you, most obedient, humble and pure. How beautiful to see you as our Mother, in the middle of your new children on the Pentecost day! Holy Mother, teach us to be your obedient, humble, and pure children, loving and serving our Heavenly Father like you. Pray that the Holy Spirit may descend upon us making our hearts humble and pure like yours.

Sorrowful Mother

How glorious was this Pentecost day!!! We were all there together in the upper room, praying and singing hymns to God, when suddenly, the Holy Spirit descended upon us filling our hearts with love, wisdom and understanding. The Church, the Bride of my Divine Son, was born on that day, and I became Her mother. This was what Jesus had promised before ascending into Heaven. How grateful all people should be for this most powerful and wonderful gift. Salvation has been accomplished and humankind redeemed. It is now up to you, dear children, to continue this work of salvation by living a life of holiness, filled with the power of the Holy Spirit. Open your hearts wide to this most wondrous love, the Fire of Divine Love.



My dear ones, my faithful ones, be my joy, and the joy of your Lord and God. Unite your prayers to mine for the conversion of sinners. Together we can bring many souls back to the fold of the Good Shepherd! I am your Mother, always with you and interceding for you before my Divine Son! Pray, my children, and do not be afraid. I have you in the fold of my arms, in the love of my Immaculate Heart! May the Holy Spirit descend anew in your hearts, and remain with you throughout eternity!

Prayer

O Most Holy Trinity, Father, Son and Holy Spirit, we thank You for the precious gift of the Virgin Mary, our Mother of Sorrows. By the silent sufferings of her Immaculate Heart, in union with the Precious Blood of Jesus, we beg pardon for our sins and salvation for all those who are dying.

Closing Prayer

O Most blessed and sorrowful Mother, we thank you for the immense and silent sufferings of your Immaculate Heart. A heart that was pierced with a sword of great anguish and sorrow because of our sins. Forgive us dear Mother, and intercede for us in our sorrows and sufferings of this life. Teach us to follow your example of humility and obedience to God's will. Protect our family life and our children from the temptations of the world, the flesh, and the devil. Pray for the Church, priesthood and religious life. Pray and protect those who govern nations and people. Queen of Peace, Mediatrix of all graces, have compassion on us, poor sinners. Be with us now, and at the hour of our death. Amen

One Last Meditation

Our Lord Jesus Christ has given us Mary, Our heavenly Mother. She is truly a messenger from God to help bring us to Jesus. In her many apparitions, she brings to the world a message of hope, peace and consolation.

Mary is eternally happy in the glory of Heaven. The Blessed Trinity has crowned her as Queen of heaven and earth. Yet, in a mysterious way, she is still suffering. She suffers because of her children living in this valley of tears. Time and time again for centuries, she has come calling and pleading for her sinful children to repent and come back to God! She also brings a message of warning for those who stray from God. She tells us how displeased God is with the way the state of the world is and where it is headed. She cries for us. She suffers for us. She wants to bring all those who have strayed back to the fold. That has been her primary mission, conveyed through her apparitions. Yet, it seems most of the world is ignoring her and keeps going in the wrong direction, which leads to eternal damnation.

When she appeared to three little shepherds at Fatima in 1917 in Portugal, she gave them messages meant for mankind. So serious were these messages, that she did not hesitate to show the little ones hell where the poor unrepentant sinners go!

Here are just a few of her messages from Fatima:

“Men must amend their lives and ask pardon for their sins...They must no longer offend Our Lord, who is already so much offended.”

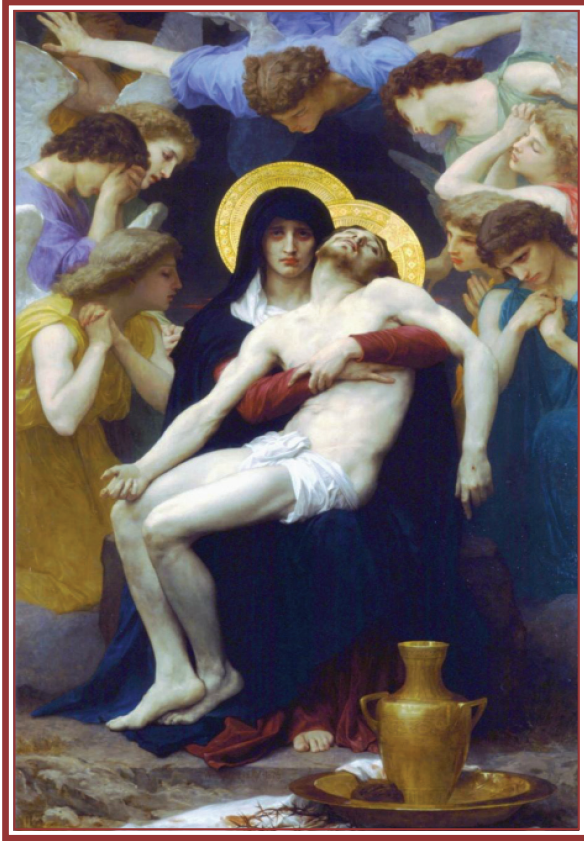
“Many souls go to hell because they have no one to pray or make sacrifices for them.”

“Jesus wishes to establish throughout the world devotion to my Immaculate Heart.”

“Pray the Rosary every day for the conversion of sinners, and to obtain peace for the world.”

All of us Christians are called to participate in the salvation of souls. By doing this, we console the Immaculate Heart of Mary, our Sorrowful Mother.

*Prayers to the Seven Sorrows of
Mary for the Dying*



***The church encourages us to prepare for death,
to ask the Mother of God to intercede for us.
Offering these prayers for the souls of those
who are going before us, is a beautiful way
to pray for ourselves while helping others!***

**Let us meditate and pray
(Make the sign of the Cross)**

1st Sorrow: The Prophecy of Simeon

Simeon said to Mary: "This child is destined for the fall and rise of many ... (and you yourself a sword will pierce)." (Luke 2:34-35)

Oh Sorrowful Mother, as you ponder Simeon's words, look with compassion on the poor sinners who this day are dying in fear, in despair and without hope, obtain for them trust in God's mercy.

Hail Mary...

Mother of Sorrows, pray for the dying.

2nd Sorrow: The Flight into Egypt

The Angel said to Joseph: "Rise, take the child and his mother, flee to Egypt." (Matthew 2:13)

Oh Sorrowful Mother, by the suffering you endured in order to save Jesus from Herod's evil hands, have mercy on the dying especially those under satan's power, and obtain salvation for them.

Hail Mary...

Mother of Sorrows, pray for the dying.

3rd Sorrow: The Loss of the Child Jesus

"Son, why have you done this to us? Your father and I have been looking for you with great anxiety." (Luke 2:48)

Oh Sorrowful Mother, for three days you looked for Jesus in great sorrow. We beseech you to look upon the poor sinners who, lost in sin, are about to die.

Hail Mary...

Mother of Sorrows, pray for the dying.

4th Sorrow: Mary Meets Jesus Carrying the Cross

They took Jesus, and carrying the cross himself he went out to what is called the place of the Skull... (John 19:16-17)

Oh Sorrowful Mother, great was the pain and anguish of your Immaculate Heart seeing Jesus so weak and exhausted from carrying the heavy cross. By the sorrows of your two loving hearts, obtain salvation for those who are carrying the terrible cross of mortal sin and are about to die.

Hail Mary...

Mother of Sorrows, pray for the dying.

5th Sorrow: The Crucifixion and Death of Jesus

"My God, my God, Why have you forsaken me?" (Mark 15:34) "It is finished." And bowing his head, he handed over the spirit. (John 19:30)

Oh Sorrowful Mother, the sword of sorrow prophesied by Simeon was fulfilled and our salvation won. We offer you at this sacred moment, the sinners of the whole world who are dying. Bathe them in the precious blood and water which gushed forth from the heart of Jesus as a fount of mercy for us.

Hail Mary...

Mother of Sorrows, pray for the dying.

6th Sorrow: Mary Receives the Body of Jesus

*“They will look upon him whom they have pierced.”
(John 19:37) “Truly this man was the Son of God!”
(Mark 15:39)*

Oh Sorrowful Mother, by the immense sorrow of your Immaculate Heart, obtain eternal salvation for those who will die this day completely unprepared to face God.

Hail Mary...

Mother of Sorrows, pray for the dying.

7th Sorrow: The Burial of Jesus

After he had been taken down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried. (Luke 23:53)

Oh Sorrowful Mother, Mother of Mercy, Mediatrix of all graces, by your faithfulness and trust, obtain for the dying all the graces necessary for salvation.

Hail Mary...

Mother of Sorrows, pray for the dying.



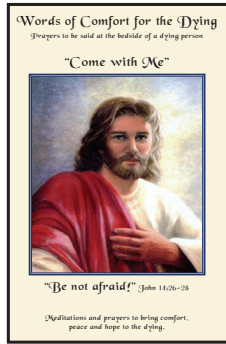
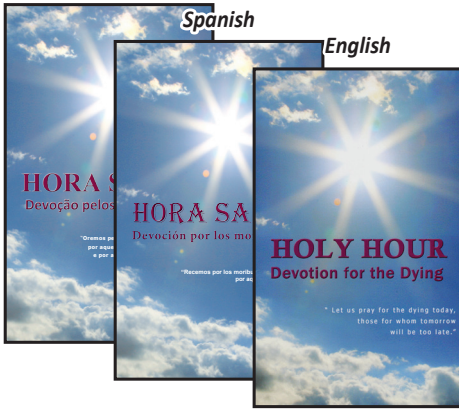
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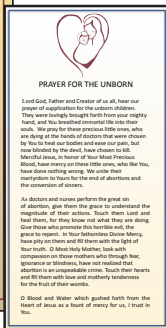
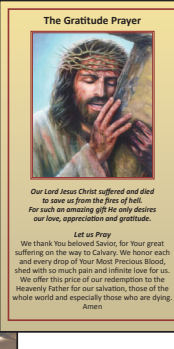
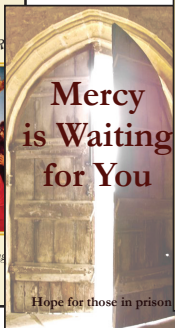
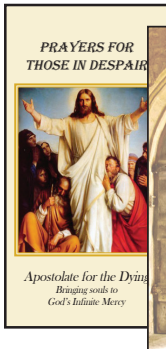
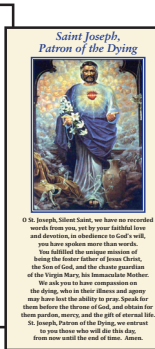
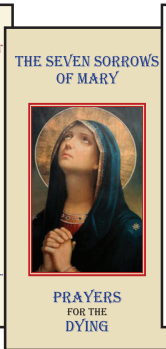
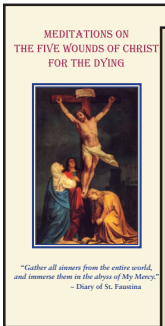
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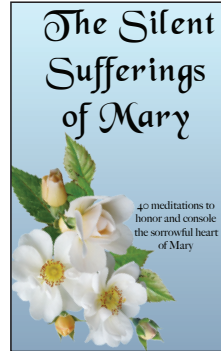
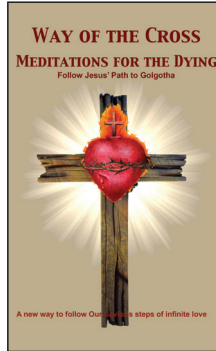
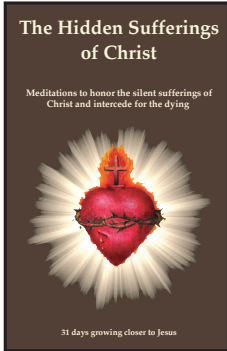
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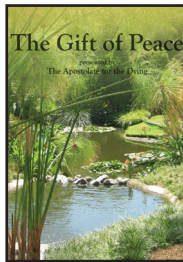
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