



Chaplet of Rachel's Tears

A Prayer of Consolation and Healing
for Those Grieving the Loss of a Child

A VOICE IS HEARD IN RAMAH LAMENTING AND WEeping BITTERLY. IT IS RACHEL WEEPING FOR HER CHILDREN BECAUSE THEY ARE NO MORE
JEREMIAH 31:15

Pray the Chaplet

Crucifix

Pray: In the Name of the Father, and the Son and the Holy Spirit. Amen

Make a sign of the cross and kiss the crucifix as an external symbol of uniting our suffering to Christ's.

3 Beads

Prayer to the Holy Family

Pray 3 times: Jesus, Mary, and Joseph, I place all my trust in you. I commend (my child or the given name) into your care until we are reunited once again in heaven.

Miraculous Medal

Bereaved Mother of Jesus.

Pray: O Mary conceived without sin, pray for us who have recourse to thee.

First Set: 9 Beads

Honoring Some of Christ's Sufferings from birth up to the passion.

On each of bead, reflect on the meditation and then

Pray: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

THE NUMBER NINE IN HOLY WRIT IS INDICATIVE OF SUFFERING AND GRIEF
-ST. JEROME

1. Martyrdom of the Holy Innocents

"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." Matthew 2:16

Glory be...

2. Fatigue of Jesus

"So he came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon." John 4:5-6

Glory be...

3. Feeling Pity for the Lost Sheep

"When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things." Mark 6:34

Glory be...

4. Jesus Anticipates His Passion

"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."

John 12:27

Glory be...

5. The Children being Kept from Jesus

"Then children were brought to him...The disciples rebuked them, but Jesus said, 'Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these.'" Matthew 19:13-14

Glory be...

6. Peter's Doubt

"But when [Peter] saw how strong the wind was he became frightened; and, beginning to sink he cried out, 'Lord, save me!' Immediately Jesus stretched out his hand and caught him, and said to him, 'O you of little faith, why did you doubt?'" Matthew 14:30-31

Glory be...

7. Sorrow for the Death of Lazarus

"When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, 'Where have you laid him?' They said to him, 'Sir, come and see.' And Jesus wept. So the Jews said, "See how he loved him.'" John 11:33-36

Glory be...

8. Betrayal by Judas Iscariot

"When he had said this, Jesus was deeply troubled and testified, 'Amen, amen, I say to you, one of you will betray me.'" John 13:21

Glory be...

9. Agony in the Garden

"Then Jesus came with them to a place called Gethsemane...and began to feel sorrow and distress. Then he said to them, 'My soul is sorrowful even to death...' He advanced a little and fell prostrate in prayer, saying, 'My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.'" Matthew 26:36-39

Glory be...

Second Set: 7 Beads

Honoring The 7 Sorrows of Mary

On each bead, reflect on the meditation and then

Pray: **Hail Mary**, full of grace, the Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

1. Prophecy of Simeon

"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 2:34-35

Hail Mary...

2. Escape and Flight into 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.'" Matthew 2:13

Hail Mary...

3. Loss of Child Jesus in the Temple

"... as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was with them 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...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.'" Luke 2:43-45, 48

Hail Mary...

4. Jesus meets His Mother

Mary and Jesus meet as Jesus carries his cross. This is based on the Sacred Tradition and is remembered in the 4th Station of the Cross.

Hail Mary...

5. The Crucifixion

"Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala." John 19:25

Hail Mary...

6. The Piercing of Jesus' Side

"But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out." John 19:33-34

Hail Mary...

7. The Burial of Jesus

"They took the body of Jesus and bound it with burial cloths along with the 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: 40-42

Hail Mary...

Third Set: 5 Beads

Honoring the 5 wounds of Christ

On each bead, reflect on the meditation and then

*Pray: **Our Father**, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.*

DO NOT FORGET THIS: LOOK AT THE CRUCIFIX, AND LOOK WITHIN IT. THERE IS A BEAUTIFUL DEVOTION TO PRAY AN *OUR FATHER* FOR EACH ONE OF THE FIVE WOUNDS: WHEN WE PRAY THAT *OUR FATHER*, WE SEEK TO ENTER THROUGH JESUS' WOUNDS. INSIDE. INSIDE, RIGHT TO HIS HEART. AND THERE WE WILL LEARN THE GREAT WISDOM OF CHRIST'S MYSTERY, THE GREAT WISDOM OF THE CROSS.
-POPE FRANCIS, ANGELUS ADDRESS

1. Into Your Hands I Commend my Spirit

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. Luke 23:46

Our Father...

2. Thomas Touches Jesus' Wounds

Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" John 20:27-28

Our Father...

3. Take Courage in Christ

I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world."

John 16:33

Our Father...

4. Share Christ's Suffering and Glory

Beloved, do not be surprised that a trial by fire is occurring among you, as if something strange were happening to you. But rejoice to the extent that you share in the sufferings of Christ, so that when his glory is revealed you may also rejoice exultantly. 1 Peter 4:12-13

Our Father...

5. In the Dying and Life of Jesus

We are afflicted in every way, but not constrained; perplexed, but not driven to despair; persecuted, but not abandoned; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus may also be manifested in our body. 2 Corinthians 4:8-10

Our Father...

Miraculous Medal

Memorare

Pray: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen

Crucifix

Pray: In the Name of the Father, and the Son and the Holy Spirit. Amen

Close with a sign of the cross and kiss the crucifix as an external symbol of uniting our suffering to Christ's.

Contact the Diocese of Rapid City for Permission to Reprint

All Scripture quoted from the New American Bible, Revised Edition

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