Cooking with WINE

wine
Women IN the New Evangelization

"Arise and Eat"
1 Kings 19:5

Pondering Prayer through Difficult Times

When life brings sorrow, uncertainty, or suffering, we can look to Mary, who "kept all these things, pondering them in her heart." (Luke 2:19)

Mary knew what it was like to walk through the unknown while trusting God. Which of Mary's Seven Sorrows speaks most deeply to your heart or brings you comfort in difficult times?

THE SEVEN SORROWS OF THE BLESSED VIRGIN MARY

1. The Prophecy of Simeon — Learning that sorrow would touch her Son (Luke 2:34–35)
2. The Flight into Egypt — Trusting God in uncertainty and exile (Matt. 2:13)
3. The Loss of Jesus in the Temple — The anguish of searching for someone you love (Luke 2:43–45)
4. Mary Meets Jesus on the Way to Calvary — The pain of watching someone you love suffer (John 19:25 - The Carrying of the Cross)
5. Jesus Dies on the Cross — Remaining faithfully beside Him in the deepest sorrow (John 19:25)
6. Mary Receives Jesus' Body in Her Arms — Holding the one she loved after His death (Matt. 27:57–59)
7. Jesus Is Placed in the Tomb — Waiting in faith when all seems lost (John 19:40–42)

🌿 **In our own difficult moments, may Mary remind us that we never suffer alone—and that even sorrow can be held in a heart that trusts God.**