

Stabat Mater dolorosa - English translation

1. Stabat Mater dolorosa iuxta crucem lacrimosa dum pendebat Filius

The Mother stood sorrowing by the cross weeping while her Son hung there

2. Cuius animam gementem contristatam et dolentem pertransivit gladius

Whose soul, lamenting, sorrowing and grieving, was pierced by the sword

3. O quam tristis et afflicta fuit illa benedicta Mater Unigeniti

O how sad and afflicted was that blessed Mother of her Only-begotten Son

4. Quae moerebat et dolebat Pia Mater dum videbat nati poenas incliti

For she grieved and sorrowed, the pious Mother, as she witnessed the pains of her great Son.

5. Quis est homo qui non fleret Matri Christi si videret in tanto supplicio?

What man would not weep if he saw the Mother of Christ in such torment?

6. Quis non posset contristari Matrem Christi contemplari dolentem cum filio?

Who could not be sorrowful to behold the pious Mother grieving with her Son?

7. Pro peccatis suae gentis vidit Iesum in tormentis et flagellis subditum

For the sins of His people she saw Jesus in torment and subdued with whips

8. Vidit suum dulcem natum moriendo desolatum dum emisit spiritum

She saw her sweet Son dying desolate as He gave up the spirit

9. Eia Mater, fons amoris, me sentire vim doloris fac ut tecum lugeam

O Mother, fountain of love, make me feel the power of sorrow, that I may grieve with you

10. Fac ut ardeat cor meum in amando Christum Deum ut sibi complaceam

Make my heart burn with the love of Christ-God, and find grace in his eyes

11. Sancta Mater, istud agas, crucifixi fige plagas cordi meo valide

Holy Mother, may you do this: of the Crucified one fix the wounds in my heart securely

12. Tui nati vulnerati tam dignati pro me pati poenas mecum divide

Of your wounded Son who submits to suffer for my sake, let me share the pains

13. Fac me vere tecum flere crucifixo condolere donec ego vixero

Make me truly weep with you, grieving with Him who is crucified, so that I may live

14. Iuxta crucem tecum stare et me tibi sociare in planctu desidero

To stand with you beside the Cross and share your grief is my desire

15. Virgo virginum praeclara mihi iam non sis amara fac me tecum plangere

Virgin of virgins, resplendent, do not now be harsh to me, let me weep with you

16. Fac ut portem Christi mortem passionis fac consortem et plagas recolere

Let me bear Christ's death, let me share his Passion, enduring his wounds.

17. Fac me plagis vulnerari fac me cruce inebriari et cruore filii

Let me be wounded with his wounds, let that cross inspire me with love for your Son

18. Flammis ne urar succensus, per te, Virgo, sim defensus in die iudicii

Burning in the flames, O Virgin, may I be defended by you, on the day of judgement

19. Christe cum sit hinc exire da per matrem me venire ad palmam victoriae

Christ, when I depart hence, grant that through your mother I may come to the victor's palms

20. Quando corpus morietur fac ut animae donetur paradisi gloria. Amen

When my body dies, let my soul be given the glory of paradise. Amen