The Seven Swords

ROSARY OF OUR LADY OF SORROWS

By Sam Michael Nardone, "the man you pray the Rosary with"

Imprimatur:
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Bishop of Scranton
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LEADER – **OPENING PRAYER**
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

LEADER – **PROLOGUE: THE ANGEL OF THE SEVEN SWORDS**

"These swords symbolize the sufferings and life-long martyrdom of the Mother of God. It is by your sins that caused these swords to pierce through the Immaculate Heart of Mary. Know that by meditating on these swords you can find grace from God, protection from committing sin, and arrive to the summit of holiness.

Come with me then, along the path of the Mother of Sorrows, so that she can teach you contrition for sin and to live a sacrificial life for her Son in this valley of tears..."

LEADER –
ACT ONE: THE PROPHECY

In the first act of Mary's sorrows, Saint Joseph was by her side to protect and lend her support. God did not leave Mary alone but also gave Saint Joseph a very prominent role in the plan of redemption.

So let us go to Saint Joseph, as Mary did, to help us in all life's burdens and trials.

LEADER – THE FIRST SWORD –

The Prophesy of Simeon

Forty days after the birth of Jesus, in accordance with the Law of Moses, Joseph and Mary went to the Temple in Jerusalem to offer their first and only Son to the eternal Father, as it is written in the Book of Exodus: *every first-born son that comes from the womb shall be consecrated to God*.

Simeon was a devout and inspired man who lived in Jerusalem, and he waited for the coming of the Savior foretold by the prophets. As Joseph and Mary entered the temple, he was inspired by the Holy Spirit to be there also, for it was the Holy Spirit that assured him he would live until he saw the Promised One.

Coming upon the scene, he took the Child in his arms, praised God, and said to Mary: *This Child is destined for the fall and rise of many in Israel, a sign which shall be contradicted. And your own soul a sword shall pierce, so that the thoughts of many hearts will be laid bare.*

These words were like a sharp sword that pierced the Heart of the Mother of God! The source of her love, her beloved Son Jesus, would be the cause of her sorrow: since He would be rejected by men and dragged to the shame of the Cross!

ALL –

O SORROWFUL AND IMMACULATE HEART OF MARY, because of our sins, ingratitude and indifference to your Son we caused this first sword to pierce your grieving Heart. From this moment on you became the Mother of Sorrows and waited patiently for the day when your Son would die a bloody death of redemptive love to save mankind from their sins.

Help us not to be indifferent to Jesus! Help us not to be ungrateful for all you suffered because of your love for us.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, save us from falling into any forms of sin whatsoever.

BY THIS MOST BITTER SWORD OF SORROW, we beg you to deepen our love for all that Jesus suffered for the salvation of our souls.

(Pray one Our Father and seven Hail Marys)

LEADER – THE SECOND SWORD –

The Flight into Egypt

During the middle of the night an angel of the Lord appeared to Joseph in a dream and said; *Joseph, son of David, get up and take the Child and His Mother and flee into Egypt; King Herod is seeking the Child to kill Him. Stay there until I tell you otherwise.*

So the Holy Family, in the darkness of the night, traveled to Egypt on poor roads where their shelter was an open desert for the space of ten days! Their food was scarce, comforts were none, and rest disappeared to be replaced by weariness.

Instead of asking her Divine Son for a miracle that would change the need for them to leave their beloved country to live in Egypt, Mary said nothing but a silent *yes* to the will of God.

ALL –

O SORROWFUL AND IMMACULATE HEART OF MARY, how many times have we caused Jesus and you with Him, to flee from our hearts when we willingly follow the path of sin! How lazy and slow we are to change our bad habits! How little we really make of our union with your Divine Son!

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, help us to love Jesus and strengthen our union with Him.

BY THIS MOST BITTER SWORD OF SORROW, we beg you to open our hearts to receive Jesus in Holy Communion. O Mother, make our hearts a resting place for your Eucharistic Son!

(Pray one Our Father and seven Hail Marys)

JOZEF JANSSENS

LEADER – THE THIRD SWORD –

The Loss of Jesus for Three Days

When Jesus was twelve years old, He journeyed with Mary and Joseph to Jerusalem for the solemn feast of Passover.

When the feast was completed, Jesus stayed on in the Temple without Joseph and Mary's knowledge; each thought Jesus was with the other since men and women traveled separately.

After traveling for a day, Mary realized that Jesus was missing! With great suffering and pain, Mary and Joseph retraced their steps over and over again looking for any clues of their missing Jesus!

What terrible thoughts pierced the Heart of Mary! Was Jesus kidnapped? Was He lost in a strange town? Could someone have hurt Him? For three days and sleepless nights Mary and Joseph described their Son's appearance to everyone they met. But no one could help them.

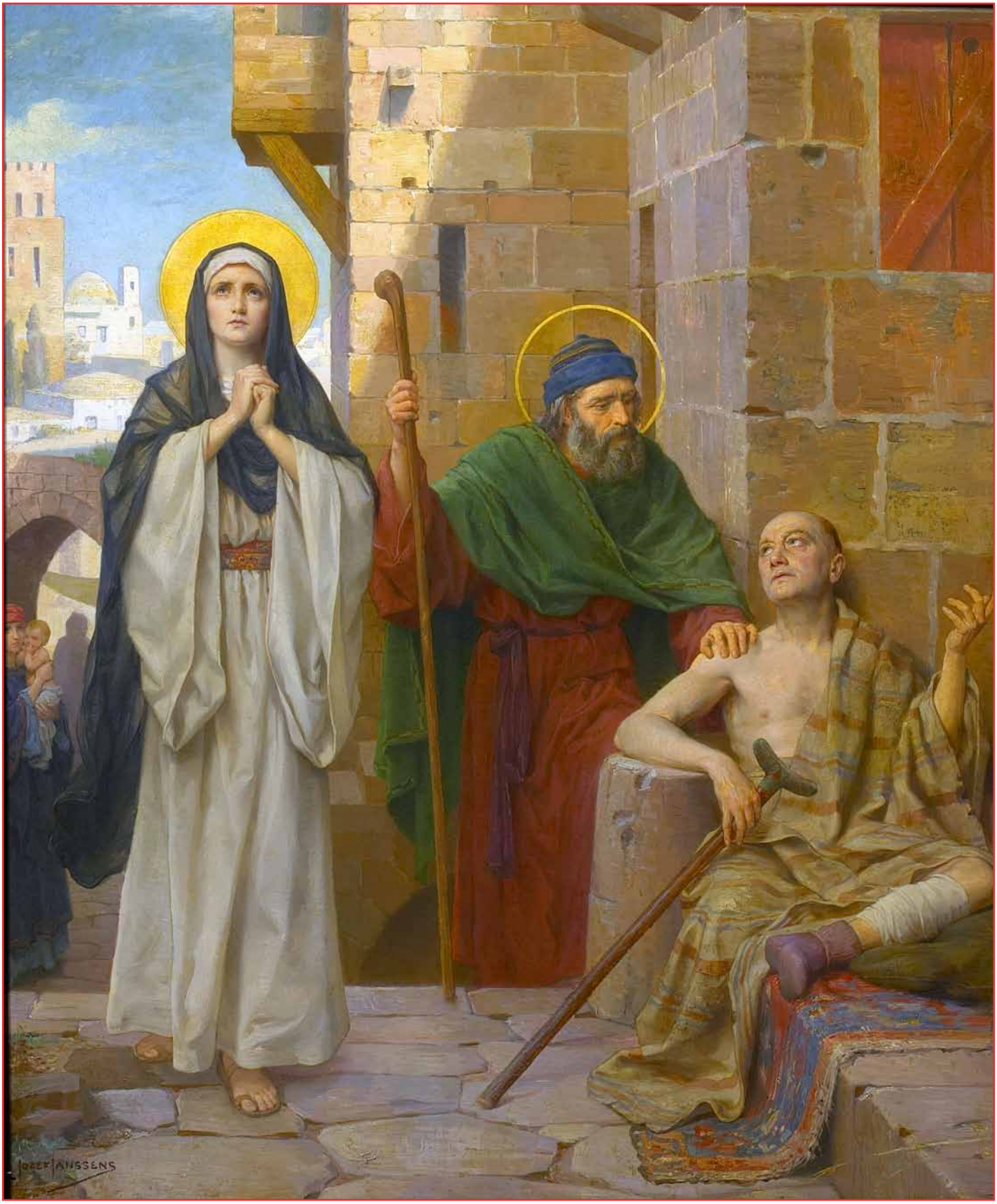
ALL –

O SORROWFUL AND IMMACULATE HEART OF MARY, help us to find Jesus in the temple of our hearts and to prove our love for Him with acts of love. Protect us from running after the passing joys this world can offer. Protect us from losing Jesus by choosing a life of sin.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, make us search for Jesus always, like the deer that longs for running streams.

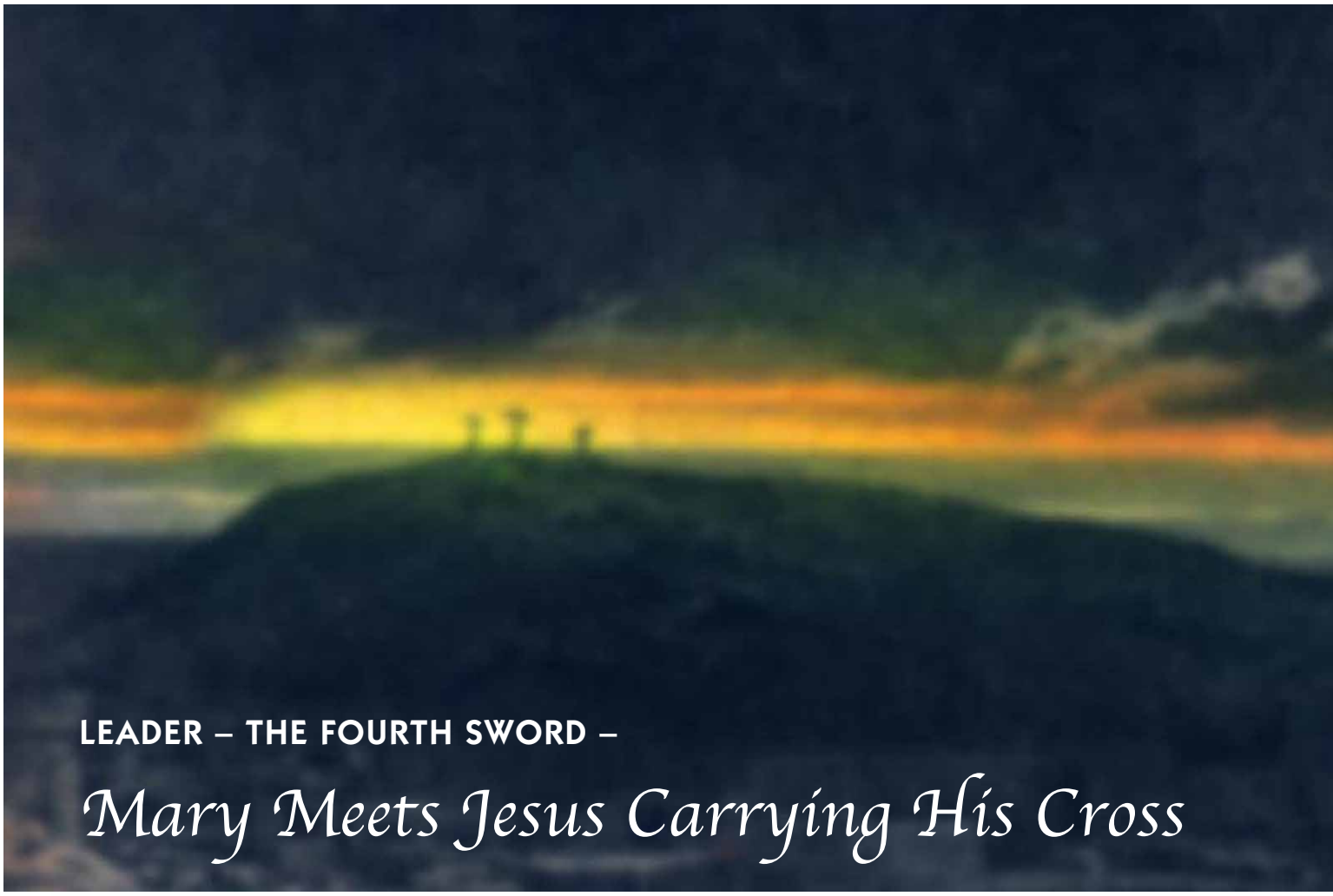
BY THIS MOST BITTER SWORD OF SORROW, we beg you to always guard the sanctuaries of our souls, so that your Son will always abide in us and we in Him forever!

(Pray one Our Father and seven Hail Marys)


JOZEF JANSSENS

LEADER –
ACT TWO: CALVARY

Now the four most bitter swords that pierced the Heart of Mary are underway. Saint Joseph is no longer her companion and sharer in her sorrows. Now Saint John looks after Mary and supports her on her way to Calvary with her suffering Son. Let us, like Saint John, have pity on our Sorrowful Mother, and, offering our love to her, let us console her for all she suffered for us and ask her for the grace to become holy for the glory of her Son.



LEADER – THE FOURTH SWORD –

Mary Meets Jesus Carrying His Cross

After an unjust trial, Pontius Pilate gave Jesus to the people who wanted to see Him crucified. The sign that Holy Simeon had foretold to Mary thirty-three years ago would finally see its fulfillment on that first and bloody Good Friday.

Scourged, crowned with thorns, humiliated and dripping with blood, Jesus was given another burden to carry, the heavy wood of the cross. It was at this point that Mary saw Jesus as He stumbled through the streets of Jerusalem amid the taunts and ridicule of the people. Mary could do nothing to help her suffering Son, since the guards would not permit her to get close to Jesus.

Once again, Mary accepted the will of God in this most bitter sword and offered to the Eternal Father the sufferings of her Son and those of her own for the sanctification of the world.

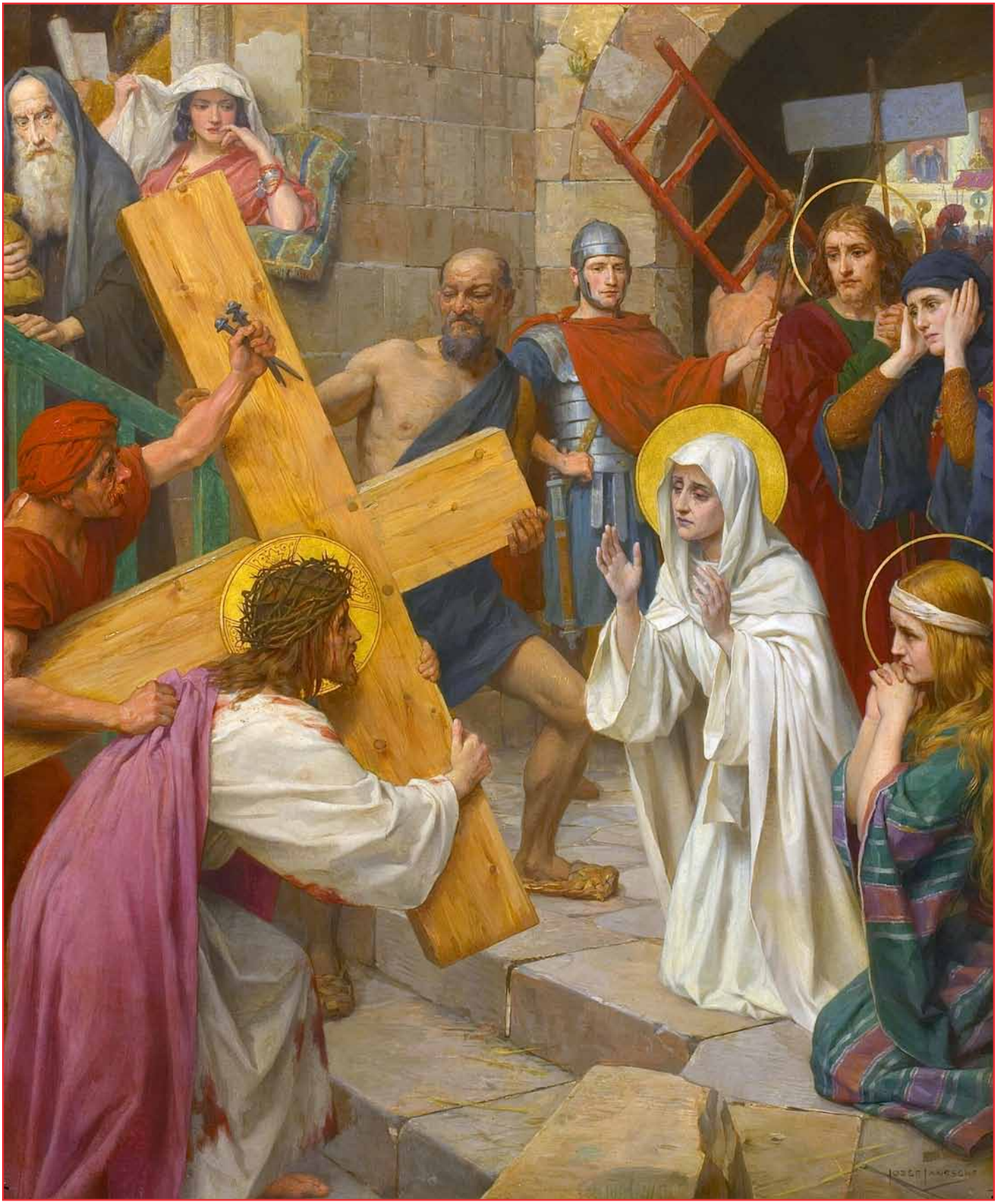
ALL –

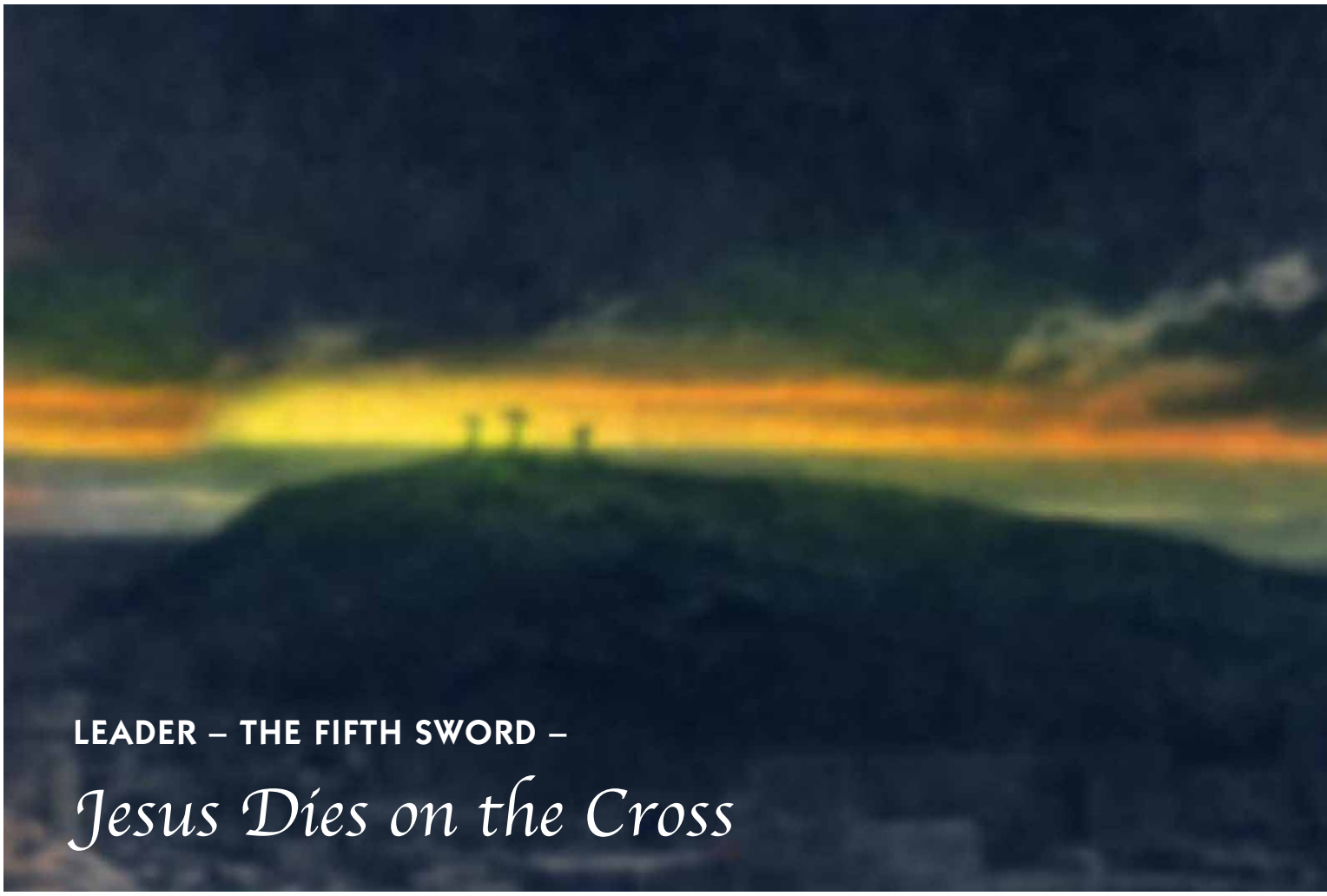
O SORROWFUL AND IMMACULATE HEART OF MARY, help us to accept all crosses in our daily life as an act of love for you and your Son Jesus. Help us to smile at those who irritate us. Help us to cheerfully accept our daily work and duties as a way to do penance for all our grievous sins.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, lead us on our own walk to Calvary, so as to live a sacrificial life of prayer and penance for Jesus.

BY THIS MOST BITTER SWORD OF SORROW, protect us from pride and vanity and grant us true holiness of mind and heart.

(Pray one Our Father and seven Hail Marys)





LEADER – THE FIFTH SWORD –

Jesus Dies on the Cross

After three hours of desolation and pain, Jesus bows His head and dies. His hour is now finished. Mary watched her Son die a shameful death in order to save all men who repent and believe in Him. Standing at the foot of the Cross, Mary was devastated with grief and suffering. Who could comfort her? Who could take away her pain which was more intense than a raging fire?

Mary accepted this sword because it was the will of God and because she knew the death of her Son was part of God's salvific plan. No questioning ever passed through her Heart. In this way, Mary's intense pain was always mixed with a sense of peace; a peace that always comes with accepting all sufferings in a spirit of faith and love.

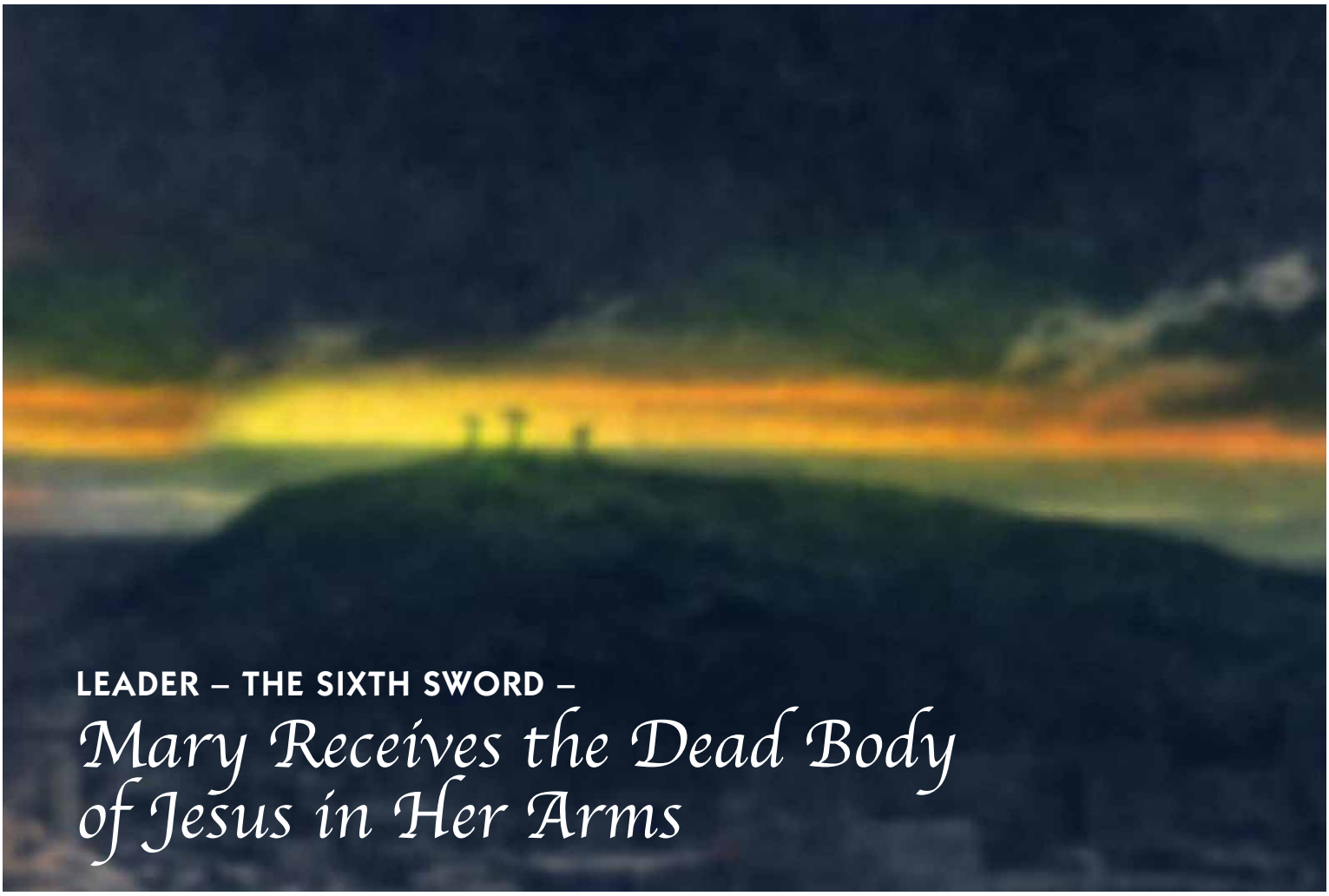
ALL –

O SORROWFUL AND IMMACULATE HEART OF MARY, help us to accept our daily crosses to the end. Help us to imitate your resignation to the will of God with every beat of our hearts. Let us understand that true peace can only come by accepting whatever God asks of us.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, make us truly sorry for all the times we have offended Jesus by not accepting the crosses He sends to us in our daily lives.

BY THIS MOST BITTER SWORD OF SORROW, we beg you to make us courageous in this valley of tears. Make us live holy and repentant lives for the salvation of our souls and the souls of all those we meet.

(Pray one Our Father and seven Hail Marys)



LEADER – THE SIXTH SWORD –

Mary Receives the Dead Body of Jesus in Her Arms

After Pontius Pilate granted permission, the body of Jesus was taken down from the Cross and placed in the arms of the Mother of Sorrows. Just as in the days of Bethlehem, Mary held her Son close to her Heart. But now His flesh was torn to pieces, gaping wounds covered His body, and the blood completely disfigured His adorable countenance! Mary herself was transfixed with such a sword of sorrow that her relatives and friends feared she would die of grief then and there. All who looked at the Mother of God in her sorrow were stricken with ardent love and compassion.

Mary suffered in her Heart all the pain that was inflicted on the body of Jesus and accepted this grief with complete resignation to the will of God. As we see Mary holding the dead body of Jesus we will come to understand that nothing in life can bring us true happiness except a deep union with the Crucified One and His Sorrowful Mother.

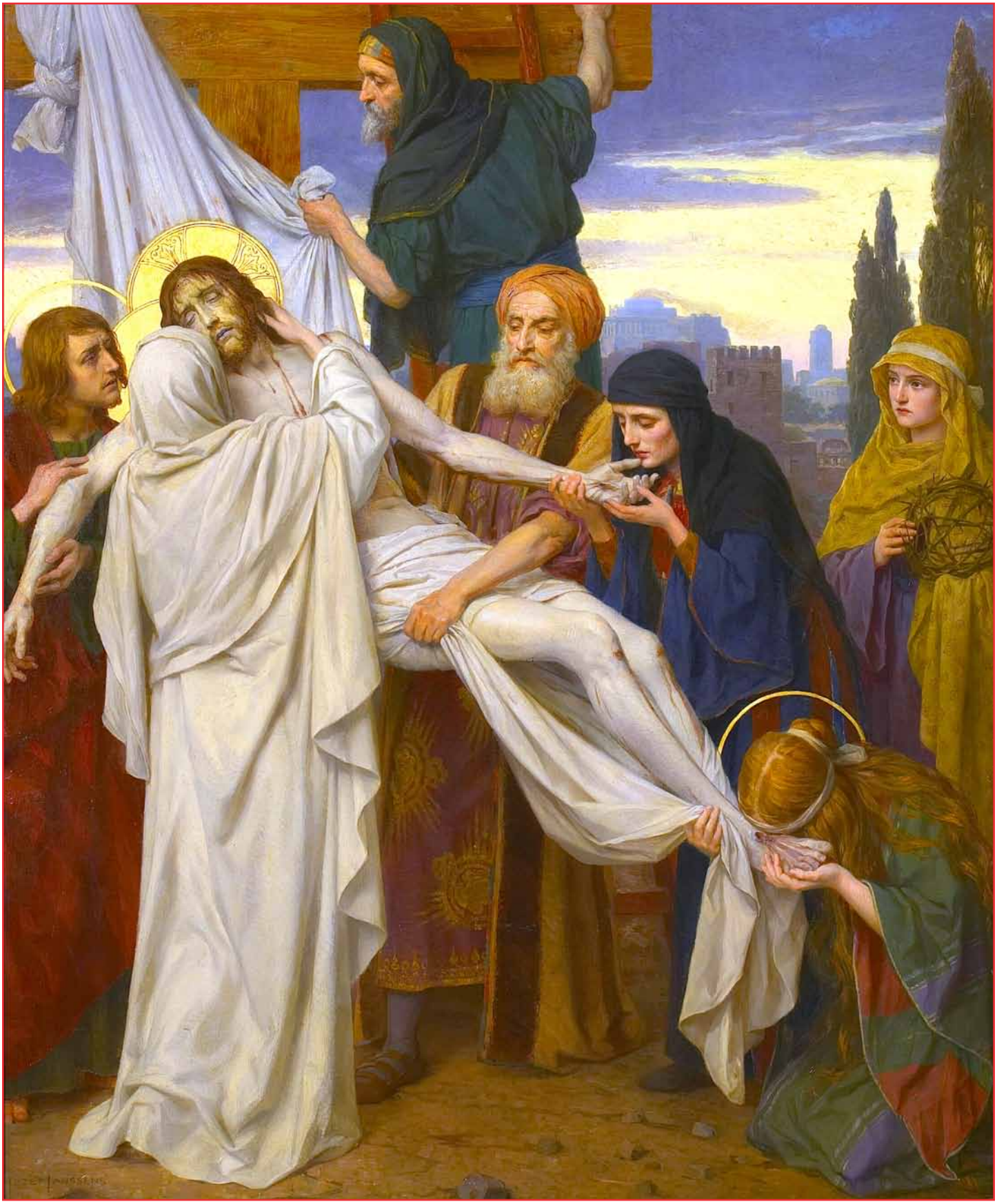
ALL –

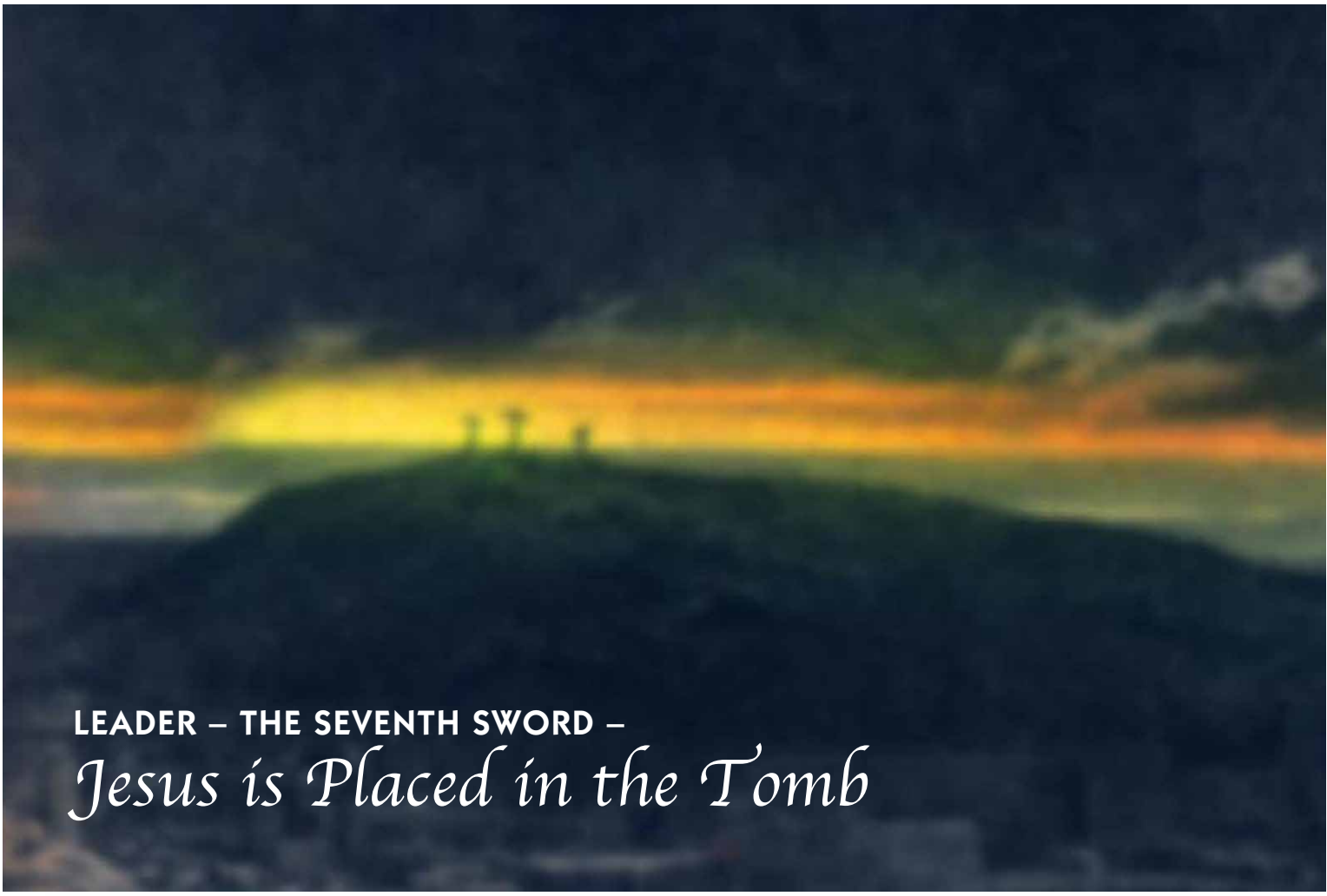
O SORROWFUL AND IMMACULATE HEART OF MARY, we are well aware of our misery and sinfulness as we gaze upon the beaten body of your Son and on your sorrowful countenance. Detach us from all inordinate pleasures. Raise our hearts to sing praises only to our Creator.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, make us lament over how little we love Jesus and you. Make us live a more fervent life of holiness and love.

BY THIS MOST BITTER SWORD OF SORROW, we beg you to hold us near your Sorrowful and Immaculate Heart and protect us from the world, the flesh and the devil.

(Pray one Our Father and seven Hail Marys)





LEADER – THE SEVENTH SWORD –

Jesus is Placed in the Tomb

Now comes the sorrowful journey that processed from Calvary to the darkness of the tomb. Pierced with a sharp sword of sorrow, Mary prepares to bury her crucified Son! Overcome with grief, Mary wrapped the body of Jesus in the Holy Shroud which covered His bloody wounds.

After some time of silent prayer, St. John led Mary out of the tomb with the weeping women and the huge stone was rolled over the entrance. The distress that pierced Mary's Heart gave her the appearance of one who was dead! Devastated with terrible torments, Mary was led back to Jerusalem. All who looked upon her were filled with pity while many friends and relatives cried.

Exhausted, crushed with woe, numb from pain, the Mother of Sorrows buried her crying face in her hands and once again accepted her sufferings, offering them to God as an act of love for the salvation of poor sinners who despised the blood of her Son.

ALL –

O SORROWFUL AND IMMACULATE HEART OF MARY, after this sorrowful journey with you, we are sorry for all the pain we caused Jesus and your maternal Heart! We promise to console you by always meditating on your sorrows. We promise to avoid all occasions of sin which caused your Heart to be pierced with seven swords.

WITH CONTRITION AND HUMBLE REPENTANCE FOR OUR SINS, help us to live a life of holiness with real detachment from the world. Make Jesus the center and goal of our life so that with you, we will love Him forever in the eternal joys of Heaven!

BY THIS MOST BITTER SWORD OF SORROW, help us to stay near your grieving Heart, to learn the virtues of humility, patience, obedience, and to accept the will of God in our daily lives with faith and love.

(Pray one Our Father and seven Hail Marys)

LEADER – **CONCLUDING PRAYER – THE TEARS OF MARY**

Pray three Hail Marys in honor of the Tears of Mary

ALL –
HAIL MARY, full of grace; the Lord is with thee; blessed art 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.

LEADER – **THE ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY**

ALL –
O IMMACULATE HEART OF MARY, refuge of sinners, I beg of you by the infinite merits of the Sacred Heart of Jesus, and by the graces God has granted to you since your Immaculate Conception, the grace of never going astray again. Mother, keep me, a sinner, constantly bathed in the light of your Immaculate Heart.

O IMMACULATE HEART OF MARY, in union with all my brothers and sisters throughout the world, I freely consecrate myself to your Heart, Immaculate and pure. Please accept this personal consecration as an act of reparation and for the conversion of sinners.

O IMMACULATE HEART OF MARY, I love you! And I wait patiently for the day that your Immaculate Heart will triumph.

I HUMBLY LAY MY SOUL IN THE LIGHT OF YOUR PURITY! Immaculate Heart of Mary, be my refuge, and the way to the eternal light of Jesus, our God. Amen.

LEADER – **PRAYER TO SAINT MICHAEL**

ALL – Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou, O Prince of the Heavenly Host, by the Divine power of God, cast into hell Satan and all evil spirits who wander throughout the world seeking the ruin of souls. Amen.

LEADER – In the name of the Father, and of the Son, and of the Holy Spirit.

ALL – Amen.

Via Matris THE WAY OF THE SORROWFUL MOTHER

Lyrics by Sam Michael Nardone. *To be found on the audio CD and DVD video.*

In the morning of the Presentation, behold the Woman, the Mother of Sorrows. She reaches to embrace her Child, Simeon tells her: the Cross is near. **CHORUS: The seven swords pierced, through your grieving Heart. Let us try to comfort, your Sorrowful Heart...**

When the night came Joseph heard an angel. He told the Woman, the Mother of Sorrows. Herod wanted to kill her Jesus. Through the cold night, they took their flight. **CHORUS**

As they look to find their Child Jesus, behold the Woman, the Mother of Sorrows. They search everywhere in deep sorrow, for three long days, she cries and prays. **CHORUS**

In the crowd of jeering, shouting people, stands the Woman, the Mother of Sorrows. She meets Jesus with the Cross in sadness. As she walks near, her pain brings tears. **CHORUS**

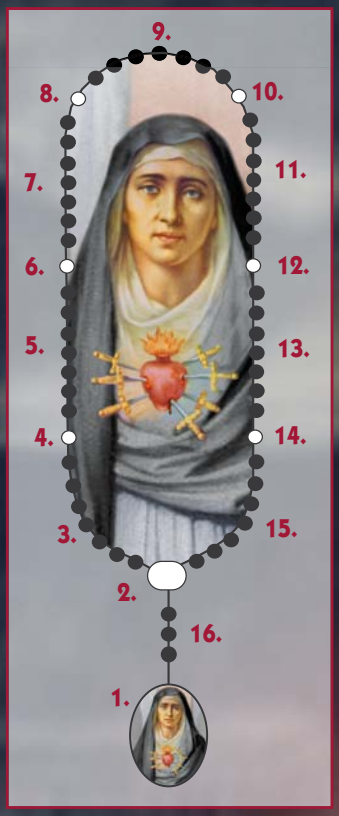
At the foot of the Cross of redemption, stands the Woman, the Mother of Sorrows. She weeps over the death of Jesus. As her tears flow, her suffering shows. **CHORUS**

After the bloody death of Jesus, behold the Woman, the Mother of Sorrows. She opens her arms to hold her Child. Her Heart is pierced; her pain is fierce. **CHORUS**

To the tomb she walks in desolation, behold the Woman, the Mother of Sorrows. Her Heart is plunged in a sea of sadness. Since her Son died, she always cries. **CHORUS**

Painting above, The Return from Calvary by Herbert Gustave Schmalz

How to Pray the Rosary of Our Lady of Sorrows



1. Make the **Sign of the Cross**.
2. On the Center Medal (or bead), pray the **Our Father**.
3. Pray seven **Hail Marys** while meditating on the First Sorrow.
4. On the Second Medal (or bead), pray the **Our Father**.
5. Pray seven **Hail Marys** while meditating on the Second Sorrow.
6. On the Third Medal (or bead), pray the **Our Father**.
7. Pray seven **Hail Marys** while meditating on the Third Sorrow.
8. On the Fourth Medal (or bead), pray the **Our Father**.
9. Pray seven **Hail Marys** while meditating on the Fourth Sorrow.
10. On the Fifth Medal (or bead), pray the **Our Father**.
11. Pray seven **Hail Marys** while meditating on the Fifth Sorrow.
12. On the Sixth Medal (or bead), pray the **Our Father**.
13. Pray seven **Hail Marys** while meditating on the Sixth Sorrow.
14. On the Seventh Medal (or bead), pray the **Our Father**.
15. Pray seven **Hail Marys** while meditating on the Seventh Sorrow.
16. Pray three Hail Marys in honor of the **Tears of Mary**.

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.

HAIL MARY, full of grace; the Lord is with thee; blessed art 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.

Available as a CD audio recording and video.
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Sam Michael Nardone is the author and narrator of:

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- **The Seven Swords (Rosary of Our Lady of Sorrows)**
- **Pray the Rosary Everyday**
- **Into the Halo • Man of the Rainbow**

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