



A man, Sam Michael Nardone, stands in the center of the frame, holding a rosary in his right hand. He is wearing a dark blue long-sleeved shirt, dark trousers, and a belt. He has a small pendant on a chain around his neck. The background is a grid of posters, each featuring a religious figure (likely the Virgin Mary) and text. The posters are arranged in a way that creates a sense of depth and repetition. The overall color scheme is dominated by blue and white.

**“PRAY THE  
ROSARY  
EVERYDAY”**

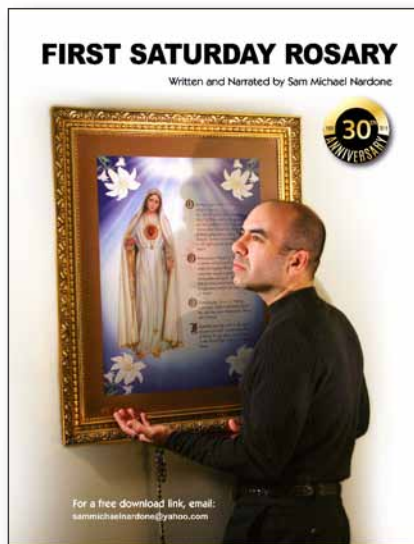
**SAM MICHAEL NARDONE**

*“the man you pray the Rosary with”*

***Nihil Obstat.***      **Reverend Thomas J. Petro**  
*Censor Deputatus*

***Imprimatur.***      **Most Reverend James C. Timlin, D.D.**  
*Bishop of Scranton*  
Scranton, Pennsylvania, October 25, 2002

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Rosary meditations (edited)  
taken from the book,  
**“First Saturday Rosary”**  
by Sam Michael Nardone.



Free copy at:  
**[www.thegoldenprayer.org](http://www.thegoldenprayer.org)**  
(click onto the *First Saturday Rosary* link)

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**Statue of the Immaculate Heart of Mary**, sculpted by Jose Thedim under the direction of Sister Lucia of Fatima.  
Used by kind permission of the Carmel at Coimbra, Portugal.

**Pictures of the Most Holy Rosary illustrated by:**

Pietro Favaro (Joyful, Sorrowful, and Glorious); Ariel Agemian (Luminous).

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and the Confraternity of the Precious Blood, Brooklyn, New York, (Luminous).

# HOW TO PRAY THE HOLY ROSARY

1. Pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray the Glory Be.
5. Announce the First Mystery and pray the Our Father.
6. Pray ten Hail Marys while meditating on the mystery.
7. Pray the Glory Be.
8. Pray the Fatima Decade Prayer.
9. Announce the Second Mystery then pray the Our Father.
10. Repeat numbers 6 – 8 and continue with the 3rd, 4th and 5th mystery.
11. Conclude with the Hail Holy Queen.



## PRAYERS OF THE ROSARY

To be found on pages 6 and 24.

## FATIMA DECADE PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell,  
lead all souls to heaven, especially those most in need of Thy mercy.

**When you pray the Holy Rosary,  
meditate on or think about  
each mystery by using this booklet.**



# **“PRAY THE ROSARY EVERYDAY in order to obtain peace for the world...”**

## **– WORDS OF OUR LADY OF FATIMA**

### **OPENING PRAYERS**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, and sits at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

***For the conversion of sinners.*** 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.

***For the virtue of faith.*** 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.

***For the virtue of hope.*** 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.

***For the virtue of love.*** 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.

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 JOYFUL MYSTERIES

*(Monday & Saturday)*

The Annunciation of the Lord  
The Visitation of Mary to Elizabeth  
The Birth of Jesus in Bethlehem  
The Presentation of Jesus in the Temple  
The Finding of Jesus in the Temple



### First Joyful Mystery **The Annunciation of the Lord**

O Immaculate Heart of Mary, God prepared you to become the Mother of His Divine Son by making you full of grace. God sent His messenger from heaven to ask you to consent to be the Mother of our Savior. You called yourself the handmaiden of the Lord, and the plan of redemption began.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







## Second Joyful Mystery **The Visitation of Mary to Elizabeth**

O Immaculate Heart of Mary, in charity you traveled to assist your cousin Elizabeth, who was six months with child. You were the first one to bring the Good News of Jesus to others.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***





### Third Joyful Mystery **The Birth of Jesus in Bethlehem**

O Immaculate Heart of Mary, in complete detachment you traveled to Bethlehem to fulfill the prophecy that the Messiah would be born in King David's city. In poor surroundings you bore your only Son with joy and peace and became the Mother of God.

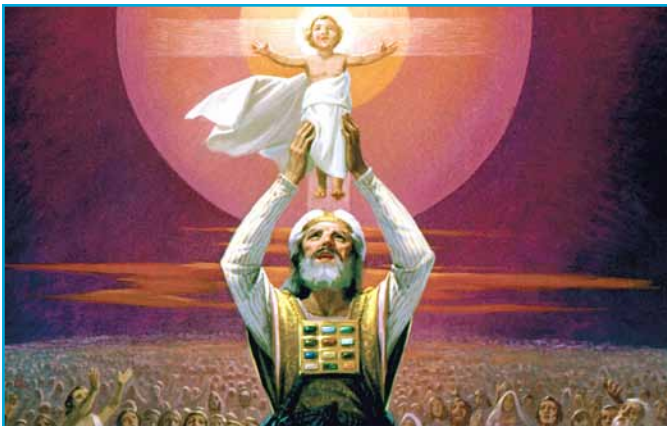
*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







#### Fourth Joyful Mystery **The Presentation of Jesus in the Temple**

O Immaculate Heart of Mary, forty days after the birth of Jesus, in obedience to the law of Moses, you went to the Temple with St. Joseph to present Jesus to God. This law didn't apply to you or Jesus, but you submitted yourself to it to show us how obedient you want us to be.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***





### Fifth Joyful Mystery **The Finding of Jesus in the Temple**

O Immaculate Heart of Mary, after three long days, you and St. Joseph found Jesus in the Temple in the midst of the teachers of the Jewish Law. Out of obedience, Jesus returned to Nazareth with you and St. Joseph and grew in strength and grace before God and man.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







# **THE LUMINOUS MYSTERIES**

*(Thursday)*

The Baptism of Jesus in the Jordan River  
The Wedding Feast at Cana  
The Announcement of the Kingdom of God  
The Transfiguration of Jesus  
The Institution of the Holy Eucharist



First Luminous Mystery  
**The Baptism of Jesus  
 in the Jordan River**

O Immaculate Heart of Mary, when Jesus was baptized by St. John the Baptist, the voice of our heavenly Father said: 'You are My beloved Son. On You My favor rests.' Then the Holy Spirit descended on Jesus in the form of a dove.

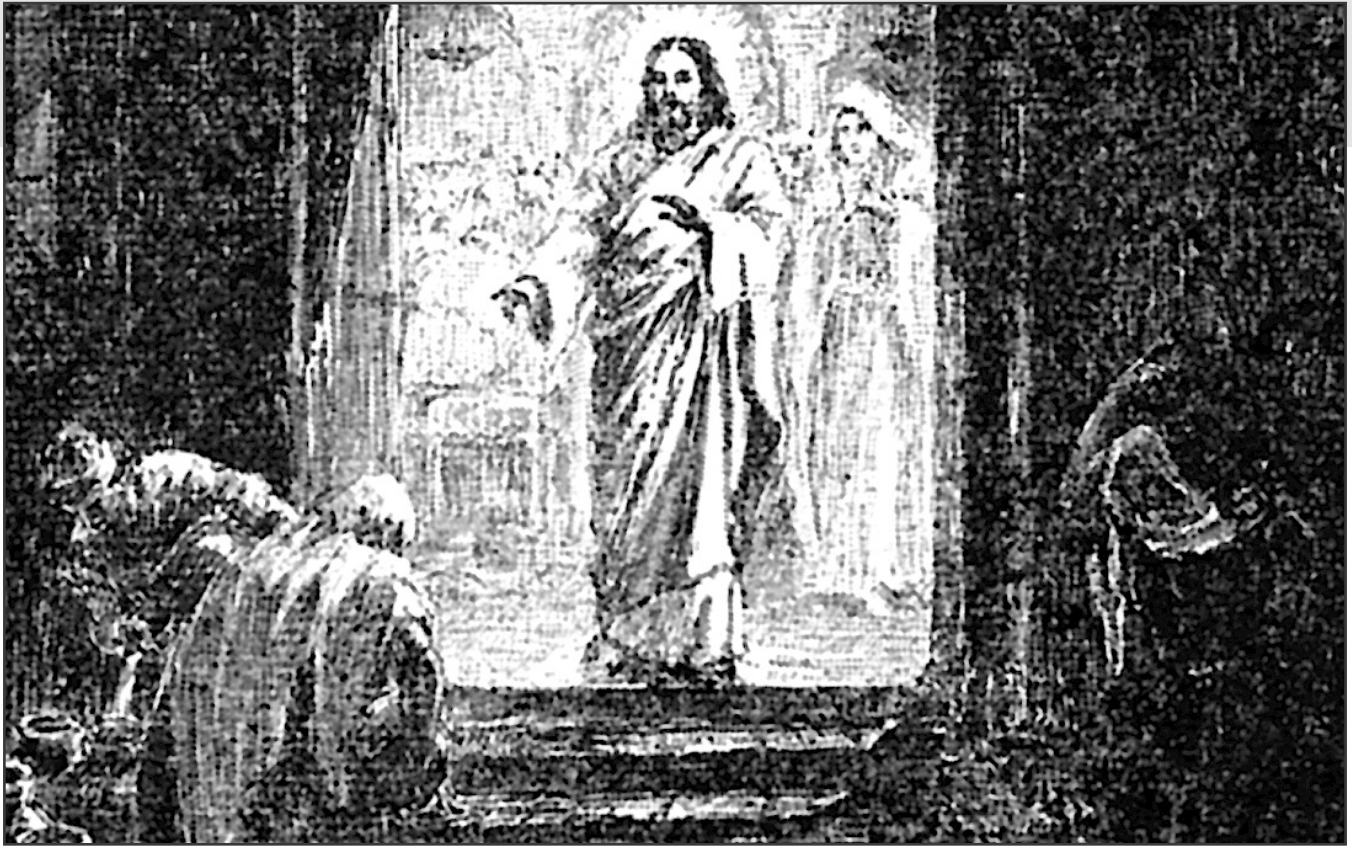
*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







## Second Luminous Mystery **The Wedding Feast at Cana**

O Immaculate Heart of Mary, at Cana you noticed the wedding party needed help and you asked your Son for His grace. You told the attendants at the banquet, 'Do whatever He tells you,' which shows us how powerful your intercession is with your Divine Son.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Third Luminous Mystery **The Announcement of the Kingdom of God**

O Immaculate Heart of Mary, Jesus proclaimed the Kingdom of God by calling us to reform our lives. Make us proclaim the Kingdom of God by always praying your Holy Rosary and by actively spreading this prayer throughout the world.

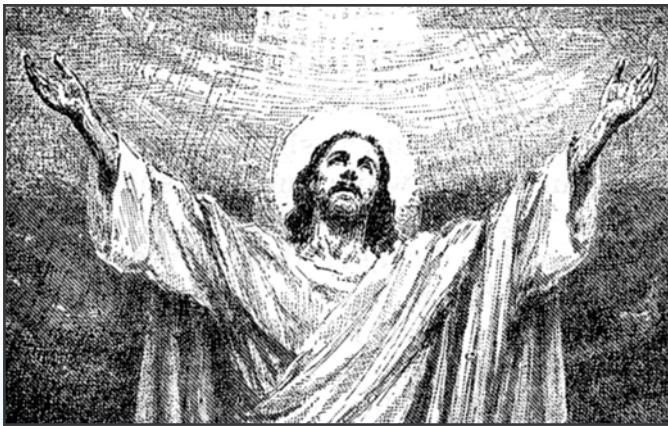
*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







#### Fourth Luminous Mystery **The Transfiguration of Jesus**

○ Immaculate Heart of Mary, Jesus with Moses and Elijah, appeared transfigured to Peter, John and James. The disciples were lost in the contemplation of Jesus radiant in glory. From a cloud, the heavenly Father said: *This is My beloved Son... listen to Him.*

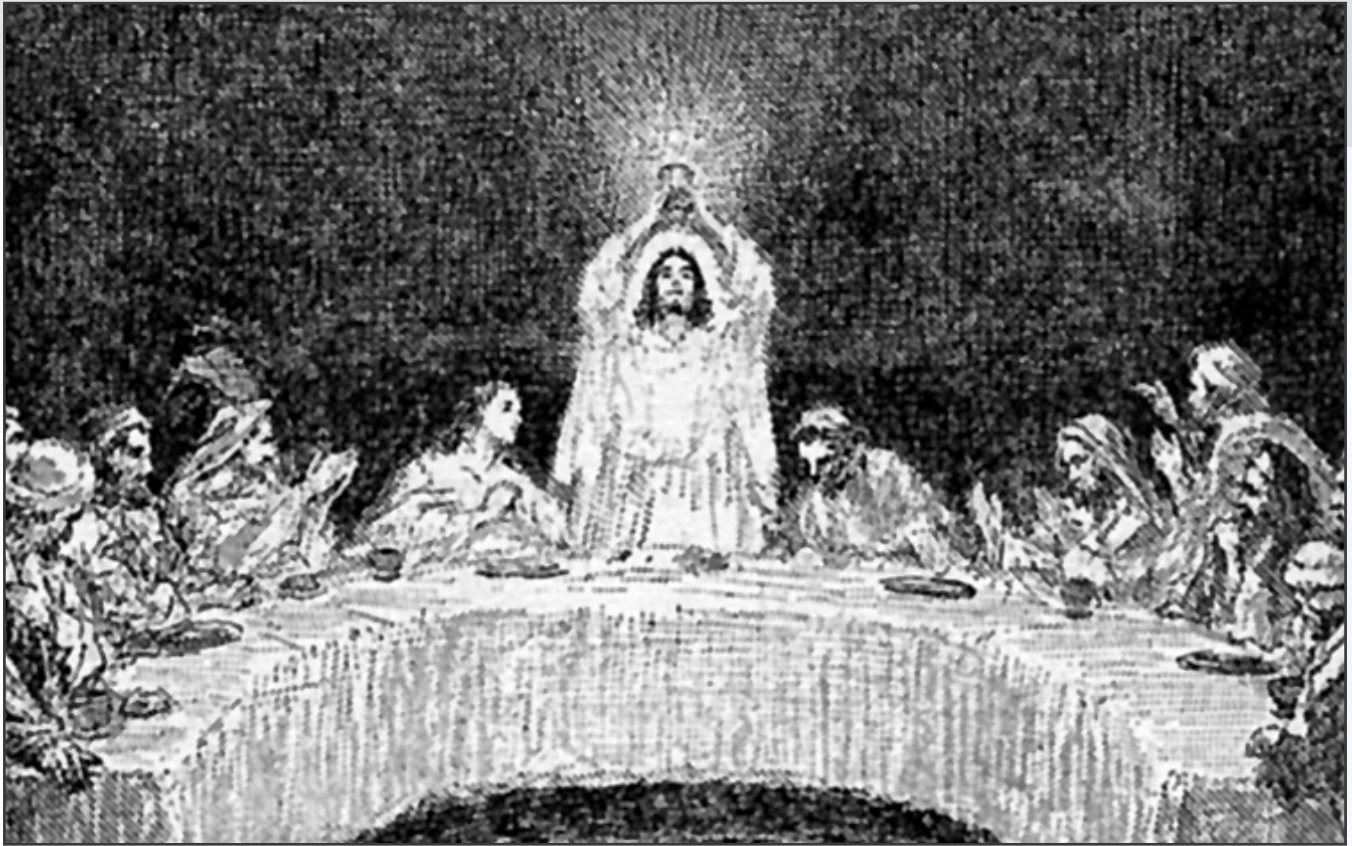
*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Fifth Luminous Mystery **The Institution of the Holy Eucharist**

O Immaculate Heart of Mary, Jesus gave Himself to us in the Holy Eucharist and promised to be with us always in this great Sacrament of His love. Make us desire to receive Jesus in Holy Communion as often as we can so as to be closely united with Him.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







# **THE SORROWFUL MYSTERIES**

*(Tuesday & Friday)*

The Agony of Jesus in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
Jesus Carries His Cross to Calvary  
The Crucifixion of Jesus



## First Sorrowful Mystery The Agony of Jesus in the Garden

O Sorrowful and Immaculate Heart of Mary, your Divine Son, in the Garden of Olives, began to suffer His sorrowful passion. He accepted the will of God and embraced His passion for the redemption of the world.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



*Immaculate Heart of Mary, be my refuge!*







## Second Sorrowful Mystery **The Scourging at the Pillar**

O Sorrowful and Immaculate Heart of Mary, your Heart was nearly broken when you heard the order to have Jesus scourged at the pillar. You saw Jesus humiliated when the soldiers scourged Him till His body dripped with blood.

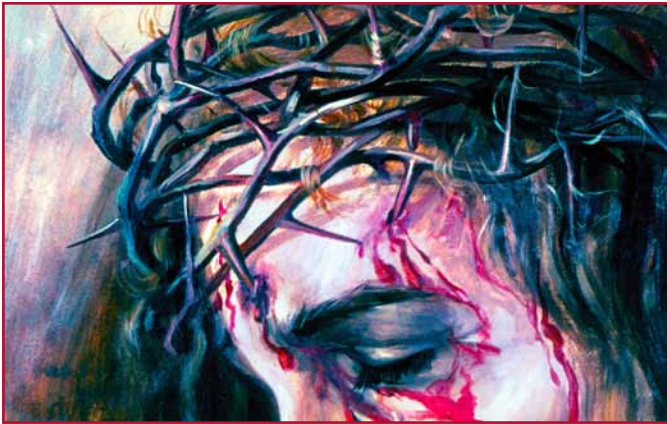
*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Third Sorrowful Mystery **The Crowning with Thorns**

○ Sorrowful and Immaculate Heart of Mary, after scourging Jesus the soldiers wanted to humiliate Him even more by mocking Him as a king. Jesus stood in silence offering this bitter mystery to the Father for the redemption of mankind.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







#### Fourth Sorrowful Mystery **Jesus Carries His Cross to Calvary**

O Sorrowful and Immaculate Heart of Mary, a sword of sorrow pierced your Heart as you saw your Son weighed down with the wood of the Cross and suffering terribly with each painful step.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Fifth Sorrowful Mystery **The Crucifixion of Jesus**

O Sorrowful and Immaculate Heart of Mary, your Heart was pierced as you saw Jesus brutally nailed to the Cross. Jesus gave you to us to be our spiritual Mother and you are always close to the children who call out your holy name in joy and in sorrow.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







# **THE GLORIOUS MYSTERIES**

*(Wednesday & Sunday)*

The Resurrection of Jesus  
The Ascension of Jesus Into Heaven  
The Descent of the Holy Spirit  
The Assumption of Mary into Heaven  
The Coronation of Mary, Queen of Heaven



### First Glorious Mystery **The Resurrection of Jesus**

O Immaculate Heart of Mary, three days after His death, Jesus rose from the dead all radiant with power and glory. What joy filled your Immaculate Heart when Jesus appeared to you in the silence of your home.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







## Second Glorious Mystery **The Ascension of Jesus Into Heaven**

O Immaculate Heart of Mary, Jesus ascended into heaven in the presence of you and His apostles. You then returned to Jerusalem and began to pray for the Christian Church, offering your prayers and sacrifices for its spiritual growth.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Third Glorious Mystery **The Descent of the Holy Spirit**

O Immaculate Heart of Mary, ten days after the ascension of Jesus you were gathered in the upper room with the apostles when the Holy Spirit descended in the form of parted tongues, filling the hearts of the faithful with the truths of the Christian faith.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







#### Fourth Glorious Mystery **The Assumption of Mary into Heaven**

O Immaculate Heart of Mary, when your life on earth was completed, Jesus took you, body and soul, into the eternal kingdom of heaven. What joy filled your Immaculate Heart when you were re-united with your Divine Son.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***







### Fifth Glorious Mystery **The Coronation of Mary, Queen of Heaven**

O Immaculate Heart of Mary, in the eternal splendor of heaven Jesus crowned you with living light and gave you to us as our heavenly Queen and intercessor. You are our Queen and Mother forever, and your Immaculate Heart is our refuge that leads us to God.

*(Pray one Our Father, ten Hail Marys, one Glory Be and the Fatima Decade Prayer)*



***Immaculate Heart of Mary, be my refuge!***





## **CONCLUDING PRAYERS**

### **HAIL HOLY QUEEN –**

Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement! O loving! O sweet Virgin Mary! Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ.

### **LET US PRAY,**

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that, meditating upon these mysteries of the Most Holy Rosary, of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



### **THE GOLDEN PRAYER, THE ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY –**

**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.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

# The Golden Prayer

THE ACT OF CONSECRATION  
TO THE IMMACULATE HEART OF MARY



The **Three Lilies** in each corner signify purity. The largest lily represents the purity of the Virgin Mary. The two smaller lilies signify her children devoted to her Immaculate Heart.



The **Streaming Rays of Light** signify the triumph of the Virgin Mary's Immaculate Heart in the world and at the hour of a consecrated soul's death.



The **Golden Initial** of the prayer, signifies that when a soul practices its personal consecration, the prayer becomes as precious as gold in the eyes of the Virgin Mary.



The **Golden Border** surrounding the image and prayer signifies the protection the Virgin Mary grants to her children devoted to her Immaculate Heart. The **Gold Line** surrounds spiritually all consecrated souls, making it impossible for the desires of worldly things and the forces of evil to lead them astray.

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## For Those Who Recite This Prayer Daily

The entire image and prayer reflect the Virgin Mary's purity, a virtue she wants all her children to practice. Since our Mother is the Queen of Purity, every offense committed against this virtue hurts her Heart in a cruel and painful way. Souls devoted to her Immaculate Heart should openly state that ***only the pure of heart shall be close to God.***

Consecrated souls, in union with all their brothers and sisters throughout the world, will endeavor to see Jesus present in everyone they meet. Their daily life will thus become a continuous act of love for God and neighbor.

All consecrated souls must practice the following virtues so dear to our Mother's Immaculate Heart;

**Purity – Chastity – Humility – Patience – Charity – Obedience**

(With Ecclesiastical Approval)

**[www.thegoldenprayer.org](http://www.thegoldenprayer.org)**







**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.

With Ecclesiastical Approval – [www.thegoldenprayer.org](http://www.thegoldenprayer.org)

“If you pray the Holy Rosary devoutly everyday, in six months to a year, you will witness how your life will change for the better. Persevere in praying the Holy Rosary everyday and spread this devotion, which is a weapon of holiness and peace, to all you can. And consecrate yourself to the Immaculate Heart of Mary everyday.”

— Sam Michael Nardone

CONTAINS  
“THE GOLDEN  
PRAYER”



COMPACT  
disc  
DIGITAL AUDIO

**“PRAY THE ROSARY EVERYDAY”**  
is available as a CD recording  
and DVD video.

**Sam Michael Nardone**

is the author and narrator of several Rosary programs among many others, and thousands of Catholics pray the Rosary with him by using his booklets, CDs and DVDs.

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