

# How to Pray the Rosary



*The Rosary is divided into five groups of ten beads called decades. As we pray the rosary we meditate on the events of Our Lord's life and Passion, which are called Mysteries. The repetition of the prayers assists in this prayerful meditation. The rosary, in essence, is a compendium of the Gospel and leads us, through the intercession of Our Lady, to contemplate Jesus Christ.*

Begin by praying the Sign of the Cross.

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

## 1. On the crucifix pray the Apostles Creed.

*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 rose again from the dead. He ascended into Heaven, and sits at the right*

hand of God, the Father almighty. He shall come again 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.

**2. Begin the rosary with 1 Our Father.**

*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.*

**3. Pray three (3) Hail Mary's for an increase in the virtues of faith, hope, and love, and follow with a Glory Be.**

*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.*

**4. Next, you will begin to pray the Mysteries, or decades, of the Rosary.**

It is suggested you focus on the mysteries according to the day of the week you are praying.

**Joyful – Monday and Saturday**

**Glorious – Wednesday and Sunday**

**Sorrowful – Tuesday and Friday**

**Luminous – Thursday**

**See below for Details of each Mysteries**

**4a. Announce the first mystery (Ex: “The first Joyful Mystery is the Annunciation.”)**

**4b. Pray one Our Father**

**5. Follow with ten (10) Hail Mary's for each of the 10 beads in the decade**

**5a. After, pray one (1) Glory Be**

**5b. Conclude the decade with the Fatima Prayer**

*O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.*

**6. Repeat all of step 4 to begin the second decade.**

**7. Repeat all of step 5 to finish the second decade.**

**8-13. Repeat steps 4 and 5 for the remaining three decades.**

**14. Lastly, pray the Hail Holy Queen and the concluding prayer.**

*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 vale 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. Amen. V. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.*

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*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 by 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.*

## Joyful Mysteries

on Monday and Saturday

### 1st – The Annunciation of the Angel to Mary

**In the sixth month the angel Gabriel was sent from God unto a city of Galilee, named Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel came in unto her, and said: "Hail, thou that art highly favored, the Lord is with thee: blessed art thou among women". And when she saw Him, she was troubled at His saying, and cast in her mind what manner of salutation this should be. And the angel said unto her:" Fear not, Mary: for thou hast found favor with God. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call His name Jesus. He shall be great, and shall be called the Son of the Highest" ... And Mary said:" Behold the handmaid of the Lord; be it unto me according to thy word". And the angel departed from her. (Luke 1,26-38)**

*Oh, Mary with Your "yes" You have opened heaven's ways, You have achieved the will of the Father. You will be blessed forever: Your intercession is heard in Heaven, because You have accepted God's plan. Let us pray that we can say "yes" to the Father in every instance He ask it of us. Mary helps us to be humble and obedient to God's will.*

### 2nd – The visitation of Mary to Saint Elizabeth

**In the sixth month the angel Gabriel was sent from God unto a city of Galilee, named Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel came in unto her, and said: "Hail, thou that art highly favored, the Lord is with thee: blessed art thou among women". And when she saw Him, she was troubled at His saying, and cast in her mind what manner of salutation this should be. And the angel said unto her:" Fear not, Mary: for thou hast found favor with God. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call His name Jesus. He shall be great, and shall be called the Son of the Highest" ... And Mary said:" Behold the handmaid of the Lord; be it unto me according to thy word". And the angel departed from her. (Luke 1,26-38)**

*Mary goes to visit Elisabeth: She carries God to Her cousin, for the love of Her brothers and neighbors. Lord help us to carry Christ to others, like Mary did. Let us ask Mary the gift of burning charity.*

### 3rd – The nativity of Jesus in Bethlehem

**And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped Him in swaddling clothes, and laid Him in a manger; because there was no room for them in the inn. And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them: "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger". (Luke 2,6-12)**

*Infant Jesus in the manger. Mary, Joseph and the shepherds adore Him. Let us also adore Christ, the Son of God, in the silence of our soul and from the depth of our heart. Let us ask Mary to make us love Jesus more, and also the gift of poverty of spirit.*

#### **4th – The presentation of Jesus to the Temple**

**And when the days of her purification according to the law of Moses were accomplished, they brought Him to Jerusalem, to present Him to the Lord; And to offer a sacrifice according to that which is said in the law of the Lord, A pair of turtledoves, or two young pigeons. And, behold, there was a man in Jerusalem, whose name was Simeon; and the same man was just and devout, waiting for the consolation of Israel: and the Holy Ghost was upon Him. ...When the parents brought in the child Jesus, to do for Him after the custom of the law, Then took he Him up in His arms, and blessed God, and said: “Lord, now lettest thou thy servant depart in peace, according to thy word: For mine eyes have seen thy salvation... A light to lighten the Gentiles, and the glory of thy people Israel.” And Joseph and His mother marveled at those things which were spoken of Him. And Simeon blessed them, and said unto Mary His mother: “Behold, this child is set for the fall and rising again of many in Israel; and for a sign which shall be spoken against; (Yea, a sword shall pierce through thy own soul also,) that the thoughts of many hearts may be revealed.” *(Luke 2,22-35)***

*We need to pay attention to the voice of God, to discern His call and accept the mission He gave us. After the Simeon prophecy, Mary takes into Her Heart the wound of sorrow, but in the silence, She accepts the will of Her Father.*

#### **5th – The finding of Jesus in the Temple**

**Now His parents went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up to Jerusalem after the custom of the feast. And when they had fulfilled the days, as they returned, the child Jesus tarried behind in Jerusalem; and Joseph and His mother knew not of it. But they, supposing Him to have been in the company, went a day's journey; and they sought Him among their kinsfolk and acquaintance. And when they found Him not, they turned back again to Jerusalem, seeking Him And it came to pass, that after three days they found Him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions. And all that heard Him were astonished at His understanding and answers. And when they saw Him, they were amazed: and His mother said unto Him: “Son, why hast thou thus dealt with us? behold, thy father and I have sought thee sorrowing”. And he said unto them: “How is it that ye sought me? wist ye not that I must be about my Father's business?” And they understood not the saying which he spoke unto them. And he went down with them, and came to Nazareth, and was subject unto them: but His mother kept all these sayings in her heart. *(Luke 2,41-51)***

*Let us think of how many times we have been far from Jesus; from that Jesus, who with so much love has died for us. Let us meditate that in the difficulties of life the only safety is finding Jesus and never again leaving His great love.*

#### **Glorious mysteries**

**on Wednesday and Sunday**

#### **1st – The Resurrection of Jesus Christ**

**In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulcher. And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it. And the angel answered and said unto the women: “Fear not ye! For I know that ye seek Jesus, which was crucified. He is not here. For he is risen, as he said”. *(Matthew 28,1-6)***

*The risen Jesus has proved that man, together with Him, can have power over sin and therefore death. Jesus, help raise us, deliver us from sin, from evil, give us Your light, give us Your joy. Rekindle inside us the love, the faith, the hopefulness, and the gift of prayer. Let us ask Mary for the gift of an unshakeable faith.*

## **2nd – The Ascension of Jesus to Heaven**

**And as they are speaking these things, Jesus Himself stood in the midst of them, and saith to them, “Peace to you”; being amazed, and becoming affrighted, they were thinking themselves to see a spirit. And he said to them, “Why are ye troubled? and wherefore do reasonings come up in your hearts? see my hands and my feet, that I am he; handle me and see, because a spirit hath not flesh and bones, as ye see me having.” And having said this, he shewed to them the hands and the feet. ... “And, lo, I do send the promise of my Father upon you, but ye — abide ye in the city of Jerusalem till ye be clothed with power from on high.” And he led them forth without — unto Bethany, and having lifted up His hands he did bless them, and it came to pass, in His blessing them, he was parted from them, and was borne up to the heaven. (Luke 24,36-51)**

*Jesus, You have not deserted Your apostles in anguish, but have given them the joy of knowing Jesus “glorified” over 40 days. After Your Ascension, You granted to all those who seek You the gift of receiving You in the Eucharist. Through Mary we trust in you. Mary, give us the gift of hope.*

## **3rd – The Descent of the Holy Ghost**

**And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance. (Acts of the Apostles 2,1-4)**

*Jesus, infuse us with the Comforter, the Holy Ghost, enlighten us with the light of Your Spirit, with His strength enter in the deepest parts of our hearts and heal us. Deliver us, fill up our hearts with Your love. Make us apostles of Yours, dear Lord. Let us ask Mary the gift of true love, the gift of prayer from the heart. “Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved Spouse.”*

## **4th – The Assumption of the Blessed Virgin Mary into Heaven**

**Blessed art thou of the most high God above all the women upon the earth; and blessed be the Lord God, which hath created the heavens and the earth, which hath directed thee to the cutting off of the head of the chief of our enemies. ... Thou hast done all these things by thine hand: thou hast done much good to Israel, and God is pleased therewith: blessed be thou of the Almighty Lord for evermore. And all the people said, So be it. (Jdt 13,18-20; 15,10)**

*Now that Mary is raised into heaven, She prays for Her sons and daughters, those sons and daughters Jesus left Her when He was on the cross. Mary, pray for us, You know our fears, take us into Your Heart, the Heart of a Mother. Help us now and in the time of our death to be with You in Heaven. We ask of you a devotion to Your Immaculate Heart, where we may take refuge in times of trouble.*

## **5th – The Coronation of the Blessed Virgin Mary, Queen of Heaven and Earth**

**There appeared a great sign in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. (Revelation 12,1)**

*Let us trust in Mary, Let us call to Her, let us love Her, let us confide in Her, because She gives Her all to us. We have a Mother in Heaven who is also a Queen; thus, we need to turn to Her with full faith and hopefulness. If we ask for something while praying the Holy Rosary, it will be granted to us. Ask Her for the*

*gift of prayer, a prayer of the heart, said only for love, a love for Her and Jesus. Let us also ask for a consistency of prayer, to always be joined to Her Heart, and therefore to the Heart of Jesus.*

## **The Sorrowful mysteries**

**are said on Tuesday and Friday**

### **1st sorrowful mystery – The Agony of Jesus in the garden**

**Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. And he took with Him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them: “My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me”. And he went a little farther, and fell on His face, and prayed, saying: “O my Father, if it be possible, let this cup pass from me: never the less not as I will, but as thou wilt”. (Mat 26,36-39). And being in an agony he prayed more earnestly: and His sweat was as it were great drops of blood falling down to the ground. (Luke 22,44)**

*In the forsaking prayer to the Father, Jesus found strength, trust, and an angel was sent to comfort Him. So, Jesus will be our comforting angel. It's as He said to us:” Why do you worry in your difficulties? Be strong in me; look to your God in your most troubled hour, and you will be triumphant.” Let us ask to forsake ourselves to God, to always do His will.*

### **2nd sorrowful mystery – The scourging of Jesus at the pillar**

**When the morning was come, all the chief priests and elders of the people took counsel against Jesus to put Him to death. And when they had bound Him, they led Him away, and delivered Him to Pontius Pilate the governor. And Jesus stood before the governor: and the governor asked Him, saying: “Art thou the King of the Jews?” And Jesus said unto Him: “Thou sayest”. And when he was accused of the chief priests and elders, he answered nothing. Then said Pilate unto Him:” Hearest thou not how many things they witness against thee?” And he answered Him to never a word Pilate saith unto them: “What shall I do then with Jesus which is called Christ?” They all say unto Him: “Let Him be crucified!” And the governor said:” Why, what evil hath he done?” But they cried out the more, saying: “Let Him be crucified!” (Mat 27). And so, Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged Him, to be crucified. (Mark 15,15)**

*How many pains, how many torments, and how many wounds on the body of Jesus? How much blood falls to the ground, while His tormenters laugh, insult Him, and gather their strength to hit the innocent body of Jesus again? Let us ask to accept every insult for the love of our Lord, and also a true regret for our sins*

### **3rd sorrowful mystery – The Crowning with Thorns**

**Then the soldiers of the governor took Jesus into the common hall, and gathered unto Him the whole band of soldiers. And they stripped Him, and put on Him a scarlet robe. And when they had platted a crown of thorns, they put it upon His head, and a reed in His right hand: and they bowed the knee before Him, and mocked Him, saying:” Hail, King of the Jews!” And they spit upon Him, and took the reed, and smote Him on the head. And after that they had mocked Him, they took the robe off from Him, and put His own raiment on Him, and led Him away to crucify Him. (Matthew 27,27-31)**

*Think of the indignity, outrage, pain, and humiliation that Jesus suffered. They stripped Him of every dignity, He was treated as the guilt of our worst sins. He seems to say to us:” Why do you despair when you suffer? Is that the way you love me? Meditate about my passions and find in them great riches.” Let us ask the gift of patience to accept all humiliations, thinking of how Jesus suffered for us.*

#### **4th sorrowful mystery – The Carrying of the Cross**

**As they were leading Him away, they seized on a man, Simon from Cyrene, who was coming in from the country, and made Him shoulder the cross and carry it behind Jesus. Large numbers of people followed Him, and women too, who mourned and lamented for Him. But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children. For look, the days are surely coming when people will say, “Blessed are those who are barren, the wombs that have never borne children, the breasts that have never suckled!” Then they will begin to say to the mountains, “Fall on us!”; to the hills, “Cover us!” For if this is what is done to green wood, what will be done when the wood is dry?’ Now they were also leading out two others, criminals, to be executed with Him. (Luke 23,26-)**

*Even if He had suffered just for you, Jesus would have accepted such pains, great is His love for you. Along the road to Calvary Jesus sees Mary, His Mother. Can we imagine the moment when Their eyes met? Oh, how Her Heart must have ached. Let us pray to Mary for the grace to always accept our cross.*

#### **5th sorrowful mystery – The crucifixion and death of Jesus**

**Now there stood by the cross of Jesus His mother, and His mother’s sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple standing by, whom he loved, he saith unto His mother:” Woman, behold thy son!” Then saith he to the disciple: “Behold thy mother!” And from that hour that disciple took her unto His own home. (John 19,25-27)**

*Jesus wishes to see us close to His Mother; He wishes that, like children, we keep our hand in the hand of Mary. That is what He wants. He asks us to look to the heavenly Mother, that is depend on Her. He asks that we accept Our Lady as our true Mother, who will ignite in us a fervent love of Her Son. Mary, we trust in You, take us and put us in the refuge of Your Immaculate Heart, heal with Your humility our pride, that so often takes us far from God.*

### **The Light (LUMINOUS)Mysteries**

#### **on Thursday**

##### **1st – The Baptism of Jesus**

**Then Jesus came from Galilee to the Jordan to be baptized by John. But John tried to deter Him, saying, “I need to be baptized by you, and do you come to me?” Jesus replied, “Let it be so now; it is proper for us to do this to fulfill all righteousness.” Then John consented.**

**As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on Him. And a voice from heaven said, “This is my Son, whom I love; with Him I am well pleased. (Matthew 3,13-17)**

*The Baptism in the Jordan is first of all a mystery of light. Here, as Christ descends into the waters, the innocent one who became “sin” for our sake (cf. 2Cor 5:21), the heavens open wide and the voice of the Father declares Him the beloved Son (cf. Mt 3:17 and parallels), while the Spirit descends on Him to invest Him with the mission which he is to carry out.*

##### **2nd – The wedding of Cana**

**On the third day a wedding took place at Cana in Galilee. Jesus’ mother was there, and Jesus and His disciples had also been invited to the wedding. When the wine was gone, Jesus’ mother said to Him, “They have no more wine.”**

**“Dear woman, why do you involve me?” Jesus replied, “My time has not yet come.”**

**His mother said to the servants, “Do whatever he tells you.” Nearby stood six stone water jars,**

the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water"; so, they filled them to the brim. Then he told them, "Now draw some out and take it to the master of the banquet." They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." This, the first of His miraculous signs, Jesus performed in Cana of Galilee. He thus revealed His glory, and His disciples put their faith in Him. *(John 2,1-12)*

### **3rd – The proclamation of the Kingdom of God**

**"The time has come," he said. "The kingdom of God is near. Repent and believe the good news!" *(Mark 1,15)***

*The preaching by which Jesus proclaims the coming of the Kingdom of God, calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to Him in humble trust (cf. Mk 2:3-13; Lk 7:47-48): the inauguration of that ministry of mercy which he continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation which he has entrusted to His Church (cf. Jn 20:22-23).*

### **4th – The Transfiguration**

About eight days after Jesus said this, he took Peter, John and James with Him and went up onto a mountain to pray. As he was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning. Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. They spoke about His departure, which he was about to bring to fulfillment at Jerusalem. Peter and His companions were very sleepy, but when they became fully awake, they saw His glory and the two men standing with Him. As the men were leaving Jesus, Peter said to Him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.) While he was speaking, a cloud appeared and enveloped them, and they were afraid as they entered the cloud. A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to Him." When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves, and told no one at that time what they had seen. *(Luke 9,28-35)*

*The mystery of light par excellence is the Transfiguration, traditionally believed to have taken place on Mount Tabor. The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to Him" (cf. Lk 9:35 and parallels) and to prepare to experience with Him the agony of the Passion, so as to come with Him to the joy of the Resurrection and a life transfigured by the Holy Spirit.*

### **5th – The institution of the Eucharist**

**While they were eating, Jesus took bread, gave thanks and broke it, and gave it to His disciples, saying, "Take it; this is my body."**

**Then he took the cup, gave thanks and offered it to them, and they all drank from it.**

**"This is my blood of the covenant, which is poured out for many," he said to them. "I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God." *(Mark 14,22-25)***

*A final mystery of light is the institution of the Eucharist, in which Christ offers His body and blood as food under the signs of bread and wine, and testifies "to the end" His love for humanity (Jn 13:1), for whose salvation he will offer Himself in sacrifice.*