

# How To Pray The Rosary

## Introduction

The Rosary is divided into five decades. Each decade represents a mystery or event in the life of Jesus. There are four sets of "Mysteries of the Rosary" (*Joyful, Luminous, Sorrowful, and Glorious*). These four "Mysteries of the Rosary" therefore contain, a total of twenty mysteries. The Joyful, Luminous, Sorrowful, and Glorious Mysteries are then said on specific days of the

The Apostle's Creed is said on the Crucifix; the Our Father is said on each of the Large Beads; the Hail Mary is said on each of the Small Beads; the Glory Be after the three Hail Mary's at the beginning of the Rosary, and after each decade of Small Beads. In June 13, 1917, Our Lady asked that an additional prayer be added after each decade of the Rosary (*see prayers at the end of this document*). It is a prayer of forgiveness to Jesus and is said following the Glory Be after each decade only.

## The Joyful Mysteries

### First Joyful Mystery - The Annunciation of Gabriel to Mary

*I Desire the Love Of Humility*

Think of...

The humility of the Blessed Virgin when the Angel Gabriel greeted her with these words: "Hail full of grace".

*Luke 1:26*

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

*I Desire Charity Toward My Neighbor*

Think of...

Mary's charity in visiting her cousin Elizabeth and remaining with her for three months before the birth of John the Baptist.

*Luke 1:39*

### Third Joyful Mystery - The Birth of Jesus

*I Desire the Love of God*

Think of...

The poverty, so lovingly accepted by Mary when she placed the Infant Jesus, our God and Redeemer, in a manger in the stable of Bethlehem.

*Luke 2:1*

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

*I Desire a Spirit of Sacrifice*

Think of...

Mary's obedience to the law of God in presenting the Child Jesus in the Temple.

*Luke 2:22*

### Fifth Joyful Mystery - Finding Jesus in the Temple

*I desire Zeal For The Glory Of God*

Think of...

The deep sorrow with which Mary sought the Child Jesus for three days, and the joy with which she found Him in the midst of the Teachers of the Temple.

*Luke 2:41*

## **The Luminous Mysteries**

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

And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased."

*Matthew 3:17*

### **The Second Luminous Mystery - The Wedding at Cana, Christ Manifested**

Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

*John 2:11*

### **The Third Luminous Mystery - the Proclamation of the Kingdom of God**

Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

*Mark 1:15*

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

And he was transfigured before them; his face shone like the sun and his clothes became white as light.

*Matthew 17:2*

### **The Fifth Luminous Mystery - The Last Supper, the Holy Eucharist**

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. *Matthew 26:26*

## **The Sorrowful Mysteries**

### **First Sorrowful Mystery - Agony of Jesus in the Garden**

*I Desire True Repentance for My Sins*

Think of...

Our Lord Jesus in the garden of Gethsemani, suffering a bitter agony for our sins.

*Matthew 26:36*

### **Second Sorrowful Mystery - Jesus is Scourged at the Pillar**

*I Desire a Spirit of Mortification*

Think of...

The cruel scourging at the pillar that our Lord suffered; the heavy blows that tore His flesh.

*Matthew 27:26*

### **Third Sorrowful Mystery - Jesus is Crowned With Thorns**

*I Desire Moral Courage.*

Think of...

The crown of sharp thorns that was forced upon our Lord's Head and the patience with which He endured the pain for our sins.

*Matthew 27:27*

### **Fourth Sorrowful Mystery - Jesus Carries His Cross**

*I Desire the Virtue of Patience*

Think of...

The heavy Cross, so willingly carried by our Lord, and ask Him to help you to carry your crosses without complaint.

*Matthew 27:32*

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

*I Desire the Grace of Final Perseverance*

Think of...

The love which filled Christ's Sacred Heart during His three hours' agony on the Cross, and ask Him to be with you at the hour of death.

*Matthew 27:33*

## **The Glorious Mysteries**

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

*I Desire a Strong Faith*

Think of...

Christ's glorious triumph when, on the third day after His death, He arose from the tomb and for forty days appeared to His Blessed Mother and to His disciples.

*John 20:1*

### **Second Glorious Mystery - The Ascension of Jesus**

*I Desire the Virtue of Hope*

Think of...

The Ascension of Jesus Christ, forty days after His glorious Resurrection, in the presence of Mary and His disciples.

*Luke 24:36*

### **Third Glorious Mystery - The Descent of the Holy Spirit at Pentecost**

*I Desire Zeal for the Glory of God*

Think of...

The descent of the Holy Spirit upon Mary and the Apostles, under the form of tongues of fire, in fulfillment of Christ's promise.

*Acts 2:1*

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

*I Desire the Grace of a Holy Death*

Think of...

The glorious Assumption of Mary into Heaven, when she was united with her Divine Son.

### **Fifth Glorious Mystery - The Coronation of Mary as Queen of Heaven and Earth**

*I Desire a Greater Love for the Blessed Virgin Mary*

Think of...

The glorious crowning of Mary as Queen of Heaven by her Divine Son, to the great joy of all the Saints.

## **Prayers of the Rosary**

### **Prayer Before The Rosary**

Queen of the Holy Rosary, you have designed to come to Fatima and Medjugorje, to reveal to the three shepherd children and six visionaries, the treasures of grace hidden in the Rosary. Inspire my heart with a sincere love of this devotion, in order that by meditating on the Mysteries of our Redemption which are recalled in it, I may obtain peace for the world, the conversion of sinners, and the favour which I ask of you in this Rosary (*Mention your request*). I ask it for the greater glory of God, for your own honor, and for the good of souls, especially for my own. Amen

### **The 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.

### **The Hail Mary:**

Hail Mary, full of grace! the Lord is with thee; blessed are 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:**

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.

### **Prayer to Jesus Requested By Our Lady**

O My Jesus, forgive us our sins, save us from the fires of hell, take all souls to Heaven, and help especially those most in need of Your mercy.

### **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 arose again from the dead; He ascended into Heaven, and is seated 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.

### **Hail Holy Queen:**

Hail! Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your 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.

## **Prayer After The Rosary**

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 Family Rosary**

### **The Family That Prays Together... Stays Together.**

The family Rosary is the Rosary recited aloud together, by as many of the family and their friends as can be present. Any family (two or more people) may say the Family Rosary in any suitable place and at any time.

A leader says aloud the first part of each prayer; a second person or group of persons answers aloud the second part of the prayer.

To begin the Family Rosary, all hold the Crucifix of their Rosary in the right hand and make the Sign of the Cross.

The leader begins the Apostles' Creed and proceeds through the rest of the Rosary. The leader announces the Mystery before each decade. Five decades (one complete Mystery: Joyful, Sorrowful, or Glorious) should be recited each day.

