

How to Pray THE ROSARY



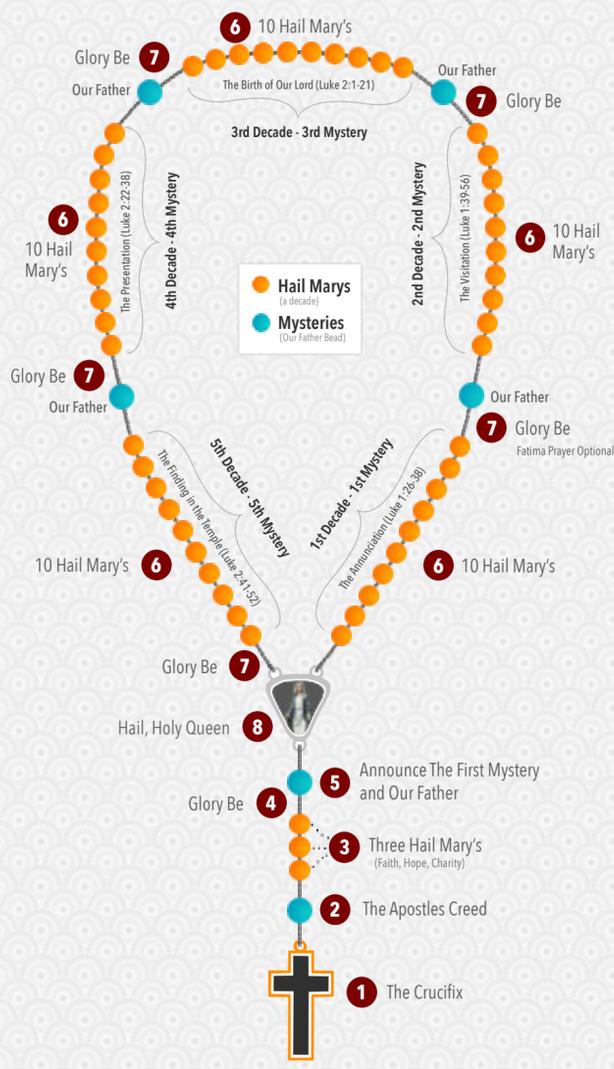
Overview

The Rosary is separated into five decades (a set of 10 beads). Each decade represents an event in Christ's life.

There are four sets of "Mysteries of the Rosary" (Joyful, Luminous, Sorrowful and Glorious). We're using the Joyful Mysteries for this guide.

The Mystery sets are prayed on a specific day of the week.

Each mystery set contains five mystery events. We are to meditate on the event and its meaning.



1 The Crucifix

Hold the crucifix of the Rosary with your right hand

Make the sign of the Cross

Kiss the Crucifix

Offer up your intention

Ask the Lord for what you need or for the needs of others. Many people pray to find a job, to heal the sick, for peace, for love.

On the crucifix, pray the Apostles' Creed.

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;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will 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.

2 First Our Father Bead

The bead above the crucifix is called the Our Father bead.

Hold the bead and pray an Our Father Prayer.

Our Father Prayer

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 Three Hail Mary's

After the Our Father bead there are three beads, hold the first of these beads and say a Hail Mary

Move up one more bead and say another Hail Mary.

Move up one more bead and say a third Hail Mary.

Hail Mary

Hail Mary, full of grace, the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.
Amen.

4 Glory Be

Hold the links after the third Hail Mary bead and pray a Glory Be.

Glory Be

Glory be to the Father, the Son, and the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end.
Amen.

5 First Mystery and Our Father

Hold the Our Father Bead and announce the first mystery. Think about the first mystery, let it sink in and then pray an Our Father. For Example:

"The First Joyful Mystery, the Annunciation. Our Father, Who art..."

6 10 Hail Mary's

On each of the ten beads that follow (the first decade), pray a Hail Mary while reflecting upon the mystery assigned to this decade (for the Joyful Mysteries, the first decade is a reflection on the Annunciation).

Some people find that looking at a picture depicting each mystery helps them meditate on the mystery. That is where a rosary pamphlet may help as you see this pamphlet provides not only each of the mysteries, but an explanation and an image.

7 Glory Be

Hold the links after the third Hail Mary bead and pray a Glory Be.

Then say the Fatima Prayer

For each of the remaining 4 decades you are going to repeat the steps for announcing the Mystery, the Hail Mary, and the Glory Be, and the Fatima as you work your way to the end of the rosary.

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.

8 10 Hail Holy Queen

Completing the 5th decade, hold the medal (or centerpiece) and pray the Hail, Holy Queen.

The Hail Holy Queen (The Salve Regina)

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you we cry, poor banished children of Eve;
to you we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

The Mysteries of the Rosary

The Joyful Mysteries (The events in the birth of Christ)

- 1st Mystery: The Annunciation (Luke 1:26-38)
- 2nd Mystery: The Visitation (Luke 1:39-56)
- 3rd Mystery: The Birth of Our Lord (Luke 2:1-21)
- 4th Mystery: The Presentation (Luke 2:22-38)
- 5th Mystery: The Finding in the Temple (Luke 2:41-52)

The Sorrowful Mysteries (The events surrounding Christ's Death)

- 1st Mystery: The Agony in the Garden (Matt. 26:36-56)
- 2nd Mystery: The Scourging at the Pillar (Matt. 27:26)
- 3rd Mystery: The Crowning with Thorns (Matt. 27:27-31)
- 4th Mystery: The Carrying of the Cross (Matt. 27:32)
- 5th Mystery: The Crucifixion (Matt. 27:33-56)

The Luminous Mysteries (The major events in the life of Christ)

- 1st Mystery: The Baptism in the Jordan (Matt. 3:17)
- 2nd Mystery: The Wedding at Cana (John 2:1-12)
- 3rd Mystery: The Proclamation of the Kingdom of God (Mark 1:15)
- 4th Mystery: The Transfiguration (Luke 9:29)
- 5th Mystery: The Institution of the Eucharist (John 13:1)

The Glorious Mysteries (The events surrounding Christ's resurrection)

- 1st Mystery: The Resurrection (John 20:1-29)
- 2nd Mystery: The Ascension (Luke 24:36-53)
- 3rd Mystery: The Descent of the Holy Ghost (Acts 2:1-41)
- 4th Mystery: The Assumption of Our Lady
- 5th Mystery: The Coronation of Our Lady



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