

HOW TO PRAY THE ROSARY

The Rosary is a prayer directed to Jesus, through and with his Mother, Mary. The guided, scriptural prayers that we pray on the beads (the Our Father, Hail Mary, and Glory Be) help us pray. They are especially useful when your mind or body are tired or you can't seem to "find the right words" to pray. And remember that we must always keep in mind Jesus' warning not to let our prayers become repetitious babbling or empty phrases (Mt. 6:7).

Sometimes it helps to recite the prayers more slowly, to ensure we are *praying* and not just *saying* the prayers. So, grab your rosary beads and give it a try! Maybe start with just one decade and build from there. And as you begin, ask Mary to kneel beside you and pray with you—you'll be amazed at how much your relationship with Jesus grows through this awesome Catholic prayer.

1. Make the Sign of the Cross

2. Pray the Apostles Creed - Crucifix

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.

3. Pray an Our Father – 1st bead

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.

4. Pray three Hail Marys – 2nd through 4th beads

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.

5. Pray a Glory Be and the (optional) Fatima Prayer – 5th bead

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.

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.

6. Announce the first mystery, then pray the Our Father.

7. Pray ten Hail Marys while meditating on the mystery on the next ten beads (a "decade").

8. When you get to the next single bead, pray the Glory Be and the (optional) Fatima Prayer. Announce the second mystery while on the same bead.

9. Repeat steps 6-8 for each of the three remaining mysteries.

10. After you've finished the fifth mystery and are back to the center piece, finish the Rosary by praying the Hail Holy Queen ...

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.

Leader: *Pray for us, O Holy Mother of God . . .*

All: *That we may be made worthy of the promises of Christ.*

Leader: *Let us pray.*

All: *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.*

Joyful Mysteries (Monday, Saturday)

- The Annunciation: Luke 1:26-33, 38
- The Visitation: Luke 1:39-45
- The Nativity of Jesus: Luke 2:6-12
- The Presentation of Jesus: Luke 2:25-32
- The Finding of Jesus: Luke 2:41-50

Sorrowful Mysteries (Tuesday, Friday)

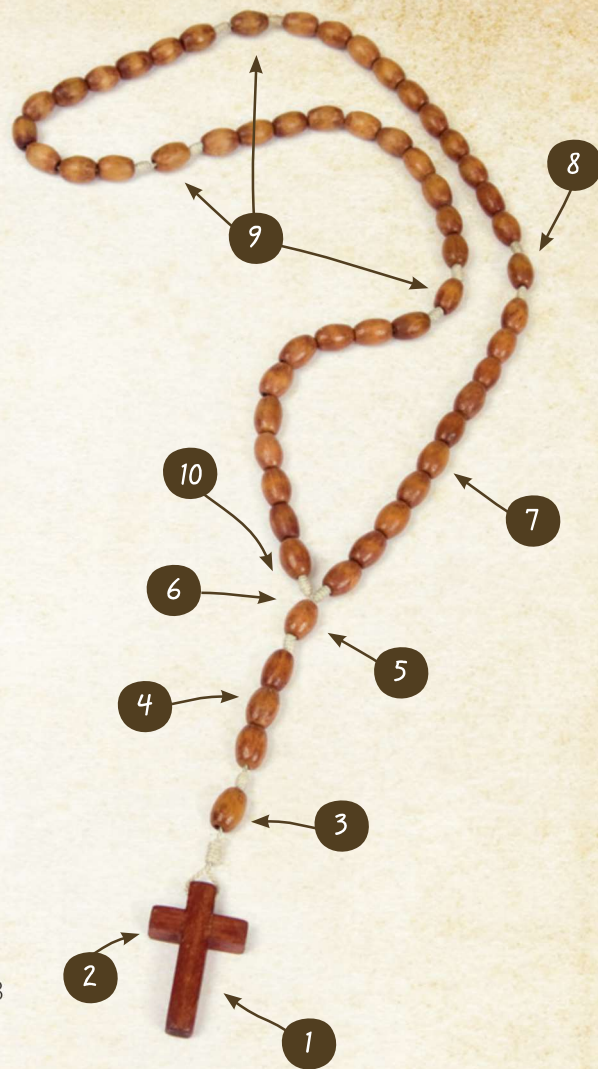
- The Agony in the Garden: Luke 22:39-46
- The Scourging at the Pillar: Mark 15:6-15
- The Crowning with Thorns: John 19:1-8
- The Carrying of the Cross: John 19:16-22
- The Crucifixion: John 19:25-30

Glorious Mysteries (Wednesday, Sunday)

- The Resurrection: Mark 16:1-7
- The Ascension of Jesus: Luke 24:45-53
- The Descent of the Holy Spirit: Acts 2:1-7, 11
- The Assumption of Mary: Luke 1:46-55
- The Coronation of Mary: Revelation 12:1-7

Luminous Mysteries (Thursday)

- The Baptism of Jesus: Matthew 3:13-17
- The Miracle at Cana: John 2:1-11
- The Proclamation of the Kingdom: Mark 1:14-15
- The Transfiguration: Matthew 17:1-8
- The Institution of the Eucharist: Matthew 26:26-28



It might be difficult for you to pray the Rosary at first. I'll be honest with you—even though I pray it daily, it can still be tough because the soothing repetition can almost put you to sleep sometimes. The rhythm can be both a good thing and a bad thing (if you're like me). I have to work very hard to stay focused. Kneeling helps.