

How To Pray The Rosary

Why pray?

Scripture says: "Pray without ceasing." St. Paul of the Cross wrote: "We enter on the broad road of perdition when we neglect prayer." Dr. Alexis Carrel wrote: "If you make a habit of prayer, your life will be profoundly altered." As a scientist he turned to prayer as man's highest activity; that conversation with God to be an art of all arts. **The Family That Prays Together... Stays Together."** Fr. John Hardon

Introduction to the Rosary

The Rosary is like praying scripture. Every prayer and mystery is based on the Life and Love of Jesus and His Holy Mother. What more could you ask? 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 week (*see each set of mysteries below*). During private recitation of the Rosary, each decade requires devout meditation on a specific mystery. Public recitation of the Rosary (*two or more people*), requires a leader to announce each of the mysteries before the decade, and start each prayer (*see "The Family Rosary" below*).

The Rudiments of the Rosary

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

(Said on Mondays, Saturdays, Sundays of Advent, and Sundays from Epiphany until Lent)

First Joyful Mystery - The Annunciation of Gabriel to Mary

Think of... The humility of the Blessed Virgin when the Angel Gabriel greeted her with these words: "Hail full of grace". *Luke 1:28*

SacraMentor: Meditate on humility. Seek smallness; become a servant.

Second Joyful Mystery - The Visitation of Mary to Elizabeth

Think of... Mary's charity in visiting her cousin Elizabeth and remaining with her for the three months just prior the birth of John the Baptist. *Luke 1:56*

SacraMentor: Meditate on charity. Share the charity of love from your heart, the Love of God.

Third Joyful Mystery - The Birth of Jesus

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 2:7*

SacraMentor: Meditate on the omnipotent power of God. Riches and "things" are of nothing to God.

Fourth Joyful Mystery - The Presentation of Jesus in the Temple

Think of... Mary's obedience to God's Law; She presented the Child Jesus in the Temple. *Luke 2:22*

SacraMentor: Meditate on obedience. Do we present ourselves at Mass and Adoration, as we should?

Fifth Joyful Mystery - Finding Jesus in the Temple

Think of... The deep sorrow and concern with which Mary sought the Child Jesus for three days, and the joy when she found Him safe in the midst of the doctors of the Temple. *Luke 2:46*

SacraMentor: Meditate on being separated from God. Open the door to your heart; walk with Him, always!

The Luminous Mysteries

(Said on Thursdays throughout the year)

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

Ref. - And a voice came from the heavens, saying, "This is my beloved Son, in whom I am well pleased." *Matthew 3:17*

SacraMentor: Meditate on God's pleasure when you were baptized. Is He still "well pleased?"

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

Ref. - Jesus began His public ministry when His Mother said to the servers, "Do whatever he tells you." *John 2:5*.

SacraMentor: Meditate on your response to God's bidding. Do you answer God or your ego?

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

Ref. - "...Jesus came into Galilee preaching the gospel of the kingdom of God, and saying: "The time is accomplished and the kingdom of God is at hand. Repent, and believe the gospel." *Mark 1:14-15*.

SacraMentor: Meditate on the truth God's word. Do you listen with the head or the heart?

The Fourth Luminous Mystery - The Transfiguration of Jesus

Ref. - "And he was transfigured before them. And his face did shine as the sun: and his garments became white as snow." *Matthew 17:2*

SacraMentor: Meditate on the Transfiguration. This is a foretaste of our potential life in Heaven.

The Fifth Luminous Mystery - The Last Supper, the institution of the Holy Eucharist

Ref. - "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 26:26-28*

SacraMentor: Meditate on this life saving gift. With this spiritual food, we will never die. Such Love!

The Sorrowful Mysteries

(Said on Tuesdays, Fridays, and daily from Ash Wednesday until Easter Sunday)

First Sorrowful Mystery - Agony of Jesus in the Garden

Think of... *Our Lord Jesus in the garden of Gethsemani, suffering a bitter agony for our sins. Matthew 26:36*

SacraMentor: Meditate on the weight of all those sins. How much do we add to the weight?

Second Sorrowful Mystery - Jesus is Scourged at the Pillar

Think of... *The cruel scourging at the pillar that our Lord suffered; the heavy blows that tore His flesh. Matthew 27:26*

SacraMentor: Meditate on the flesh being ripped from Jesus' bones. His flesh left Him but not His Love for us nor His patience or persistence. How are we in times of trial?

Third Sorrowful Mystery - Jesus is Crowned With Thorns

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 27:29*

SacraMentor: Meditate on the thorns being driven into His skull. Three of the thorns were mortal.

Fourth Sorrowful Mystery - Jesus Carries His Cross

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*

SacraMentor: Meditate on the pain, the weight, and the falls. Our crosses are nothing in comparison.

Fifth Sorrowful Mystery - The Crucifixion of Jesus

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 27:45-46*

SacraMentor: Meditate on the intense pain of death on a cross. How much can you endure for Love?

The Glorious Mysteries

(Said on Wednesdays, and Sundays throughout the year)

First Glorious Mystery - The Resurrection of Jesus

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: 1-31*

SacraMentor: Meditate on the dual defeat of Satan (sin) and death. We now have the path of eternal life.

Second Glorious Mystery - The Ascension of Jesus

Think of... The Ascension of Jesus Christ, forty days after His glorious Resurrection, in the presence of Mary and His disciples. *Luke 24: 36*

SacraMentor: Meditate on Jesus' return to the Father. Now, we can permanently have the Paraclete.

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

Think of... "And there appeared to them parted tongues, as it were of fire: and it sat upon every one of them. And they were all filled with the Holy Spirit..." *Acts 2: 3-4*

SacraMentor: Meditate on fire as the symbol for Love and the Holy Spirit. Do you feel this fire?

Fourth Glorious Mystery - The Assumption of Mary into Heaven

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

SacraMentor: Meditate on the Mother's love for you. Yearn to be in Heaven with Her.

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

Think of... The Virgin Mary crowned as Queen of Heaven by her Divine Son. Witness the great joy of all the Saints.

SacraMentor: Meditate on the singular glory bestowed on the Mother. Ask Her for Her Graces and assistance in all early matters; those who ask are never left unaided.

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 favor 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 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.

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 at Fatima

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.

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.

Prayers 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.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to Thy protection, implored Thy help or sought Thy intercession was left unaided. Inspired by this confidence, I fly unto Thee, O virgin of virgins, my Mother. To Thee I come, before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in Thy mercy, hear and answer me. Amen.

Saint Michael the Archangel

St. Michael the Archangel, defend us in battle, be our safeguard against the wickedness and snares of the devil; may God rebuke him, we humbly pray, and do thou O Prince of the heavenly hosts, by the power of God, cast into hell Satan and all the evil spirits that prowl about the world seeking the ruin of souls. Amen.

St. Joseph's Prayer for Protection

O, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. O, St. Joseph, do assist me by your powerful intercession, and obtain for me from your Divine Son all spiritual blessings, through Jesus Christ, Our Lord, so that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. O, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms. I dare not approach Him while He reposes near your heart. Press Him in my name and kiss His fine head for me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us.

Prayer for Priests

Oh, Jesus, Eternal Priest, keep Thy priests within the shelter of Thy Sacred Heart where none may touch them. Keep unstained their anointed hands, which daily touch Thy Sacred Body. Keep unsullied their lips, daily purpled with Thy Precious Blood. Keep pure and unwordly their hearts, sealed with the sublime mark of the priesthood.

Let Thy holy love surround them from the world's contagion. Bless their labors with abundant fruit, and may the souls to whom they minister be their joy and consolation here and their everlasting crown hereafter.

Mary, Queen of the Clergy, pray for us: obtain for us numerous and holy priests.

"Within The Sanctuary" Prayer Book- 1938

Prayer of Our Lord, given to St. Gertrude

"Eternal Father, I offer to You the most precious body, blood, soul, and divinity of Your Son, Jesus Christ, present in all the tabernacles of the world, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, and for those in my own home, and within my family. Amen."