

Praying the Rosary



1. Make the Sign of the Cross.

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

2. Holding the Crucifix, say 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He arose again; He ascended into heaven, and sitteth 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 Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

3. On the first bead, say an *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. Do not let us fall into temptation, but deliver us from evil. Amen.

4. Say one *Hail Mary* on each of the next three beads:

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

5. Say the *Glory Be*:

*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.*

6. Announce the first mystery and pray: one Our Father, 10 Hail Marys and the Glory Be.
The Fatima Prayer is optional:

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)

7. Repeat until the five decades are prayed.

8. Pray the Hail, Holy Queen:

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 valley 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.

followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: 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 while meditating on 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.

9. Finish by making the Sign of the Cross.

There are twenty mysteries of the rosary (a snapshot in the life of Jesus and Mary), divided into four categories:

Joyful

(Monday, Saturday)

1st Joyful Mystery

The Annunciation

2nd Joyful Mystery

The Visitation

3rd Joyful Mystery

The Birth of Jesus

4th Joyful Mystery

The Presentation

5th Joyful Mystery

Finding the Child Jesus in the Temple

Sorrowful

(Tuesday, Friday)

1st Sorrowful Mystery

Agony in the Garden

2nd Sorrowful Mystery

Scourging at the Pillar

3rd Sorrowful Mystery

Crowning with Thorns

4th Sorrowful Mystery

Carrying of the Cross

5th Sorrowful Mystery

The Crucifixion

Luminous

(Thursday)

1st Luminous Mystery

Baptism of Jesus

2nd Luminous Mystery

Wedding at Cana

3rd Luminous Mystery

Proclaiming the Kingdom

4th Luminous Mystery

Transfiguration of Jesus

5th Luminous Mystery

Institution of the Eucharist

Glorious

(Wednesday, Sunday)

1st Glorious Mystery

The Resurrection

2nd Glorious Mystery

The Ascension

3rd Glorious Mystery

Descent of Holy Spirit

4th Glorious Mystery

The Assumption

5th Glorious Mystery

Coronation of the Blessed Virgin Mary