

How to Pray the Rosary

The rosary has been prayed since the thirteenth century. While meditating on the life of Jesus, one recites the prayers that brings one closer to Him and to His Mother, Mary.

Start by making the sign of the Cross:

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

Then recite the Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord. He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, and is seated at the right hand of God the Father Almighty. He will come again 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.

Then say 1 "Our Father", 3 "Hail Mary's" for the virtues of Faith, Hope and Charity; and then 1 "Glory Be":

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.

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 death. Amen.

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.

The Rosary is divided into three parts, each having five mysteries. While meditating on the Mysteries, recite:

**1 "Our Father"
10 "Hail Mary's" and
1 "Glory Be"**

for each Mystery.

After each Mystery the "Fatima Prayer" is said.

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.

All together this makes up one decade.

After the completion of the five mysteries (five decades), the "Hail Holy Queen" is said

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 us the blessed fruit of thy 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.

THE MYSTERIES OF THE ROSARY

THE JOYFUL MYSTERIES

(Mondays and Saturdays, may be said on Sundays during Advent and Christmas):

- 1. The Annunciation**
 - 2. The Visitation**
 - 3. The Nativity**
 - 4. The Presentation**
 - 5. The Finding of Jesus in the Temple**
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THE SORROWFUL MYSTERIES

(Tuesdays and Fridays, may be said on Sundays during Lent):

- 1. The Agony in the Garden**
- 2. The Scourging at the Pillar**
- 3. The Crowning with Thorns**

- 4. The Carrying of the Cross**
 - 5. The Crucifixion**
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THE GLORIOUS MYSTERIES

(Wednesdays and Sundays):

- 1. The Resurrection**
 - 2. The Ascension**
 - 3. The Descent of the Holy Spirit**
 - 4. The Assumption of the Blessed Virgin Mary**
 - 5. The Coronation of the Blessed Virgin Mary**
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THE LUMINOUS MYSTERIES

(Thursdays):

- 1. The Baptism in the Jordan**
- 2. The Wedding at Cana**
- 3. Proclamation of the Kingdom**
- 4. The Transfiguration**
- 5. Institution of the Eucharist**