

## HOW TO PRAY THE ROSARY

The Rosary is a Scripture-based prayer. It begins with the *Apostles' Creed*, which summarizes the great mysteries of the Catholic faith. The *Our Father*, which introduces each mystery, is from the Gospels. The first part of the *Hail Mary* is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the *Hail Mary*. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and—added by Pope John II in 2002—the Luminous.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

The **Five Joyful Mysteries** are traditionally prayed on the Mondays, Saturdays, and Sundays of Advent:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

The **Five Sorrowful Mysteries** are traditionally prayed on the Tuesday, Friday, and Sundays of 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 and Death

The **Five Glorious Mysteries** are traditionally prayed on the Wednesday and Sundays outside of Lent and Advent:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## Praying the Rosary

Familiarize yourself and/or your group with the prayers of the rosary (on the next page).

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say three *Hail Marys* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery, then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: "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.")
8. After saying the five decades, say the "Hail, Holy Queen, 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.*

## PRAYERS OF THE ROSARY

### The Apostles' Creed

I believe in God, the Father almighty creator of heaven and earth.

I believe in Jesus Christ, his only Son, Our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

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, and the resurrection of the body, and the 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 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.

### The Glory Be (The Doxology)

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

### The Hail Holy Queen (The Salve Regina)

Hail, holy Queen, mother of mercy, hail, our life, our sweetness, and our hope.

To you we cry, the children of Eve;

to you we send up our sighs,

mourning and weeping in this land of exile.

Turn, then, most gracious advocate,

your eyes of mercy toward us;

lead us home at last

and show us the blessed fruit of your womb, Jesus:

O clement, O loving, O sweet Virgin Mary.