

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 Saint John Paul II in 2002—the Luminous.

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 one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*.
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While holding each of the ten beads of the decade, say a *Hail Mary* while meditating on the Mystery. Then say a *Glory Be* followed by the *Fatima Prayer*.
8. After saying the five decades, say the Hail, Holy Queen Prayer followed by:

Let us Pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Finish by Making the Sign of the Cross



Mysteries of the Rosary



Glorious Mysteries

Prayed on Wednesdays & Sundays

- The Resurrection of Jesus
- The Ascension of Jesus into Heaven
- The Descent of the Holy Spirit
- The Assumption of Mary into Heaven
- The Coronation of Mary, Queen of Heaven & Earth



Sorrowful Mysteries

Prayed on Tuesdays & Fridays

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death of Jesus



Joyful Mysteries

Prayed on Mondays & Saturdays

- The Annunciation
- The Visitation
- The Nativity
- The Presentation of Jesus at the Temple
- The Finding of Jesus In the Temple



Luminous Mysteries

Prayed on Thursdays

- The Baptism of Jesus
- The Wedding Feast at Cana
- The Proclamation of the Kingdom of God
- The Transfiguration
- The Institution of the Eucharist

Prayers of the Rosary

Through Mary, we are led to a closer relationship with her son, Jesus. The Rosary is an invitation for us to present our needs to God and to love Him more. When we recite the twelve prayers that form the decade of the rosary, we need to deeply reflect on the mystery associated with that decade.

Praying the Rosary therefore is not just simply about reciting prayers. It involves reflecting on the grace of God. Praying is a powerful act that lets us develop and strengthen our relationship with God and the Rosary offers the same beautiful reward. By praying the Rosary, we meditate on the events in the life of Jesus Christ and this lets us know God more.

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;
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.

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

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.

Fatima Prayer

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

The Hail Holy Queen - (The Salve Regina)

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 towards us;
and after this, our exile,
show unto us the blessed fruit of Thy womb,
Jesus.

O clement, O loving, O sweet Virgin Mary.

V. Pray for us, holy Mother of God.

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