

## How to Pray the Most Holy Rosary

By Matthew Arnold

### The Holy Rosary

For centuries the Holy Rosary has been a treasured devotion in the Catholic Church. A deeply contemplative prayer, the Rosary contains a summary of the Christian faith in language and prayers inspired by the Holy Scriptures.

When praying the Rosary, Catholics recall the most important events in the lives of Jesus and His Blessed Mother Mary. These events are called "Mysteries" and are traditionally divided into three groups of five "decades" each. They are: the five Joyful, the five Sorrowful and the five Glorious Mysteries.

Each decade consists of one "Our Father," ten "Hail Mary's," and one "Glory be to the Father." In October of 2002, Pope John Paul II invited Catholics to pray a new set of five decades he called the Luminous Mysteries.

### How to Say the Rosary

1. Begin on the Crucifix and say the Apostle's Creed.
2. On the first large bead, say one Our Father.
3. Say one Hail Mary on each of the next three beads.
4. Say one Glory Be.
5. Announce the first Mystery and say one Our Father on the large bead.
6. Say ten Hail Mary's on the ten smaller beads, followed by one Glory Be.
7. Announce the second Mystery and continue in the same manner until each of the five Mysteries of the selected group is said.
8. Conclude by saying the Hail Holy Queen.

### The Joyful Mysteries

Said on Mondays and Thursdays

the Sundays of Advent and Sundays from Epiphany to Lent

### The Annunciation

The angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!"

--Luke 1.26-28

### The Visitation

In those days Mary arose and went with haste into the hill country, to a city of Judah... when Elizabeth heard the greeting of Mary, the babe leaped in her womb. --Luke 1.39-41

### The Nativity

And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn.

--Luke 2.7

### The Presentation of the Lord

And when the parents brought in the child Jesus... he took him up in his arms and blessed God and said, "Lord, now lettest thou thy servant depart in peace, according to thy word; for mine eyes have seen thy salvation."

--Luke 2.27-30

### The Finding in the Temple

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed.

--Luke 2.45-47

### The Luminous Mysteries

Optionally said on Thursdays

### The Baptism of Jesus

And when Jesus was baptized, he went up immediately from the water, and behold, the heavens

were opened and he saw the Spirit of God descending like a dove.-- Matthew 3.16

### The Wedding Feast of Cana

And Jesus said to her, "Woman, what would you have me do? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." ...This, the first of his signs, Jesus did at Cana in Galilee.

-- John 2.4-5, 11

### Preaching the Kingdom

Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel."

--Mark 1.14-15

### The Transfiguration

And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white... And a voice came out of the cloud, saying, "This is my Son, my Chosen; listen to him!" --Luke 9.29-35

### Institution of the Eucharist

Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body." --Matthew 26.26-27

### The Sorrowful Mysteries

Said on Tuesdays, Fridays and the Sundays of Lent

### The Agony in the Garden

And going a little farther he fell on his face and prayed, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt."

--Matthew 26.39

### The Scouring at the Pillar

So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified. --John 15.15

### **The Crowning with Thorns**

*And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, "Hail, King of the Jews!" and struck him with their hands.*

**--John 19.2-3**

### **The Carrying of the Cross**

*So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Golgotha. --John 19.17*

### **The Crucifixion**

*And when they came to the place which is called The Skull, there they crucified him... And Jesus said, "Father, forgive them; for they know not what they do."*

**--Luke 23.33-34**

### **The Glorious Mysteries**

*Said on Wednesdays, Saturdays and Sundays from Easter to Advent*

### **The Resurrection**

*Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead.*

**--John 20.8-9**

### **The Ascension**

*Then he led them out as far as Bethany, and lifting up his hands he blessed them. While he blessed them, he parted from them, and was carried up into heaven. --Luke 24.51-51*

### **The Descent of the Holy Spirit**

*And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit. --Acts 2.3-4*

### **The Assumption of Our Blessed Mother**

*"O daughter, you are blessed by the Most High God above all women on earth".*

**--Judith 13.18**

### **The Coronation of Our Blessed Mother**

*And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. --Revelation 12.1*

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**"This popular Marian prayer is a precious spiritual means to grow in intimacy with Jesus... It is a contemplation of the Mysteries of Christ in spiritual union with Mary."**

**Pope Benedict XVI**

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### **Rosary Prayers**

#### **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 sits 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.

#### **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.

#### **Hail Mary**

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.

#### **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.

#### **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!

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 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.

#### **Fatima Prayer**

After each decade many faithful Catholics pray 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 most in need of Thy mercy."

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