

# HOW TO PRAY THE ROSARY



*The Fifteen Mysteries of the Rosary  
and Our Lady of the Rosary*

## About the Rosary

The Holy Rosary is an extremely powerful prayer, to which many favors have been attributed. It's a spiritual mini-marathon treasured by Catholics, and is prayed daily by many.

The rosary involves meditation on the Life of Christ, while praying a sequence of prayers which include the Our Father and the Hail Mary. There used to be 15 mysteries for mediation, until Pope John Paul the Great added another 5 to make 20.

You don't have to be Catholic to pray it, and you don't have to have a rosary in your hand to do it, although it sure helps with the counting. (You can use fingers, too!)

# Praying the Rosary

The rosary is pictured below.



Your rosary should be blessed by a Catholic priest, and should be treated with love and respect. When it gets old, it should be discarded with respect also; either bury it in the ground, or burn it.

## Steps to Pray the Rosary

(Prayers and Mysteries are listed on next pages.)

1. Start by making the **Sign of the Cross**.
2. Then, holding the crucifix in your fingers, pray the **Apostles' Creed**. Many kiss the crucifix before starting, or make the sign of the cross with the crucifix.
3. On the first bead, pray the **Our Father**.
4. On the next three beads, pray **three Hail Mary**, followed by a **Gloria Be** (on the chain) before the next bead. The three Hail Marys represent prayers for Faith, for Hope and for Charity.
5. The last bead (on the straight part of the rosary before the center piece) begins the first decade with an **Our Father**. Then you move to the ten beads on the right of the center piece, on which you pray ten **Hail**

**Mary.** At the end of the ten Hail Marys (a *decade*) pray a **Glory Be** on the chain. The **Fatima Prayer** is often prayed as well.

6. The rosary contains five decades. As you begin each decade, announce one of the five **The Mysteries** for the day. Then meditate on the mystery as you pray the decade.
7. Most people pray the **Hail Holy Queen** at the conclusion of the rosary, when you have returned to the center piece.
8. The Concluding Prayer often added.

The prayers mentioned above can be found on the following pages. When the rosary is prayed in a group, usually one person leads and others respond. Responses are in **bold**.

## Sign of the Cross



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

## 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

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, Amen.**

## Fatima Prayer

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.**

## 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 vale 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!**

Pray for us, O Holy Mother of God.

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

## Concluding Prayer

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.**

## The Mysteries

The four sets of mysteries are presented on the following pages. You can jump to:

- **The Joyful Mysteries**
- **The Sorrowful Mysteries**
- **The Glorious Mysteries**
- **The Luminous Mysteries**

## **The Joyful Mysteries**

These five mysteries help us meditate on the joyful events in the life of Jesus. They are prayed on Mondays and Saturdays, and on all Sundays in the Christmas Season.

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

## The Annunciation



*And the angel said to her in reply, "The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God.*

Luke 1:35

## The Visitation



*When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, she cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb.*

Luke 1:41-42

## The Nativity



*While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.*

Luke 2:6-7

## The Presentation of Jesus in the Temple



*When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord.*

Luke 2:22



## The Finding of Jesus in the Temple



Not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and

all who heard him were astounded at his understanding and his answers.

Luke 2:45-47

## **The Sorrowful Mysteries**

These five mysteries help us meditate on the sorrowful events in the life of Jesus. They are prayed on Tuesdays and Fridays, and on all 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  
of Our Lord**

## The Agony in the Garden



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*Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."*

Matthew 26:38-39

## The Scouring at the Pillar



*Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.*

Matthew 27:26

## The Crowning with Thorns



*Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!"*

Matthew 27:29

## The Carrying of the Cross



*So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.*

John 19:17

## The Crucifixion and Death of Our Lord



*Jesus cried out in a loud voice, “Father, into your hands I commend my spirit”; and when he had said this he breathed his last.*

Luke 23:46

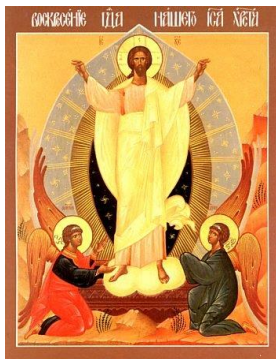
## **The Glorious Mysteries**

These five mysteries help us meditate on the glorious events in the life of Jesus. They are prayed on Wednesdays and Sundays – except Sundays of Lent or the Christmas Season.

- 1. The Resurrection of Jesus  
from the Dead**
- 2. The Ascension of Jesus into Heaven**
- 3. The Descent of the Holy Spirit**
- 4. The Assumption of Mary  
into Heaven**
- 5. The Coronation of Mary**



## The Resurrection of Jesus from the Dead



*The angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’”*

Matthew 38:5-7

## The Ascension of Jesus into Heaven



*As they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.”*

Acts 1:9-11

## The Descent of the Holy Spirit



*Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.*

Acts 2:3-4

## The Assumption of Mary into Heaven



*The Immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory.*

*Pope Pius XII, Munificentissimus Deus*

## The Coronation of Mary



*A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.*

Revelation 12:1

## **The Luminous Mysteries**

These five mysteries help us meditate on events in the public ministry of Jesus. They are prayed on Thursdays.

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

## The Baptism of the Lord



*After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, “This is my beloved Son, with whom I am well pleased.”*

Matthew 3:16-17

## The Wedding at Cana



*On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine."... His mother said to the servers, "Do whatever he tells you."*

John 2:1-5



## The Proclamation of the Kingdom



*He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people.*

Matthew 4:23

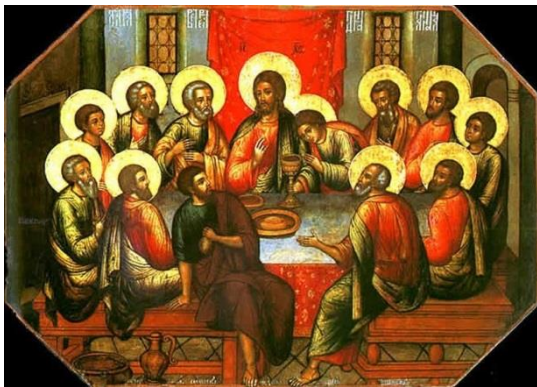
## The Transfiguration



*After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light.*

Matthew 17:1-2

## The Institution of the Eucharist



*While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.*

Revelation 12:1

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