

How to Pray

THE ROSARY



Overview

The rosary is prayed by reflecting on the life of Christ from His birth to His resurrection.

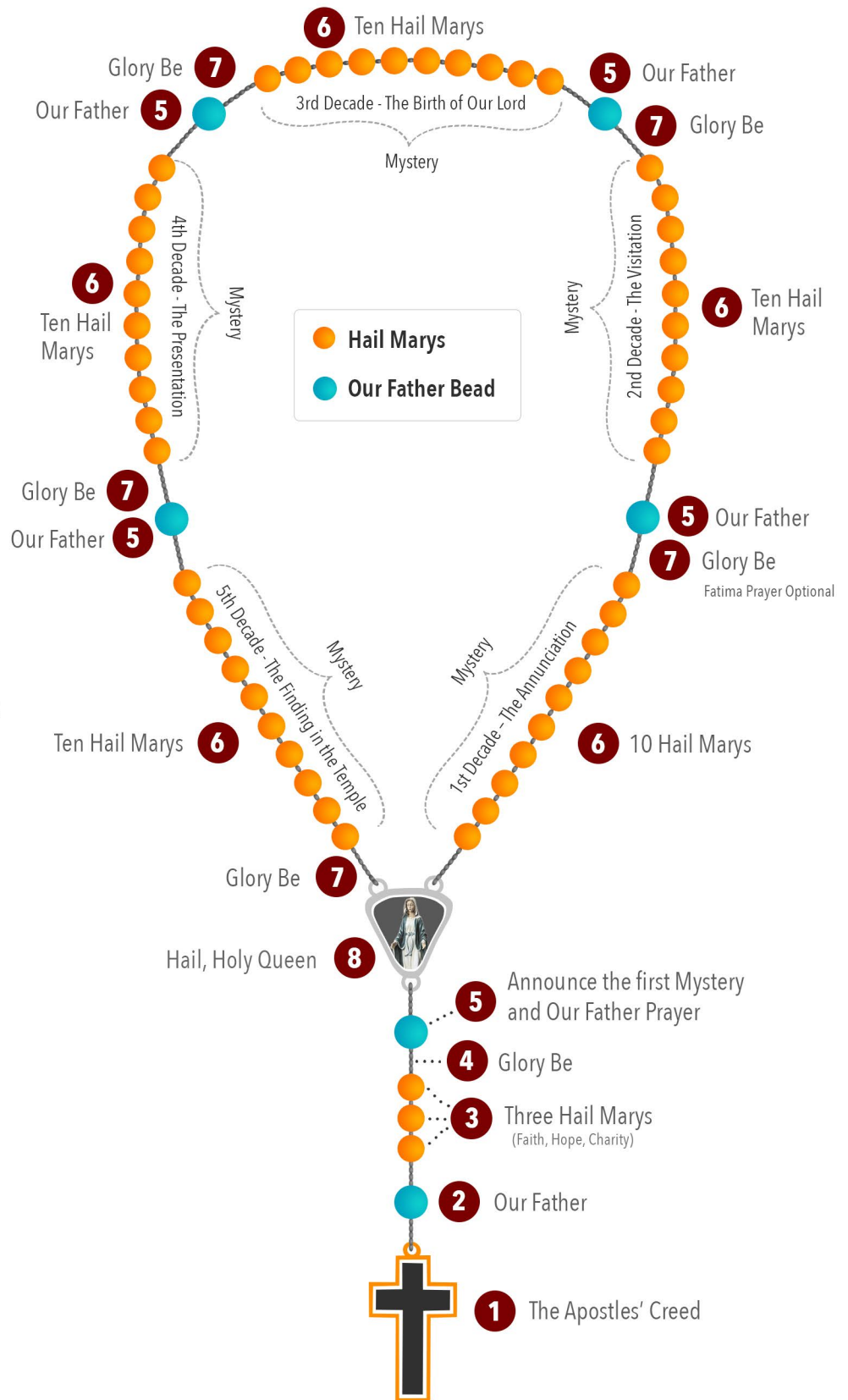
Four sets of Mysteries (Joyful, Luminous, Sorrowful and Glorious) are prayed on a specific day of the week. Each Mystery set contains five individual life events also referred to as individual mysteries, creating the rosary's format.

This prayer map uses:

The Joyful Mysteries

- The Annunciation
- The Visitation
- The Birth of Our Lord
- The Presentation
- The Finding in the Temple

Begin the rosary by stating your prayer intentions.



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1 Apostles' Creed

Hold the crucifix of the Rosary.

Make the sign of the Cross.

Offer up your intention.

Ask the Lord for what you need or for the needs of others. Many people pray to find a job, to heal the sick, for peace, for love. The choice is yours.

On the crucifix, pray the Apostles' Creed.



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.

2 First Our Father Bead

The bead above the crucifix is called the Our Father bead.

Hold the bead and pray the Our Father Prayer.

Our Father Prayer

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



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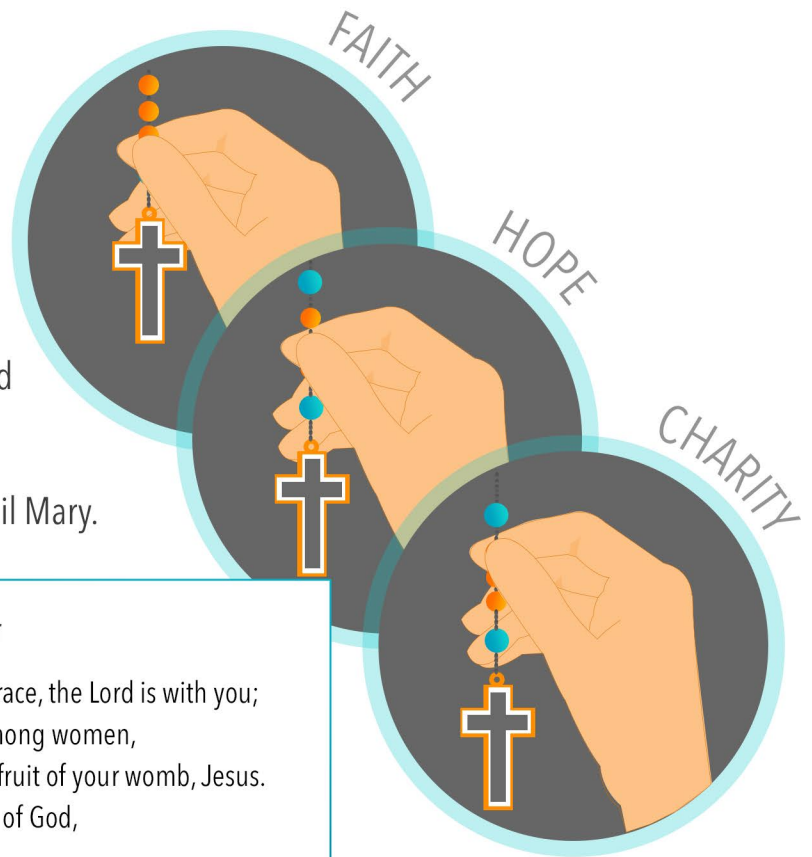
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3 Three Hail Marys

After the Our Father bead there are three beads, hold the first of these beads and say a Hail Mary.

Move up one more bead and say the second Hail Mary.

Move up one more bead and say a third Hail Mary.



Hail Mary Prayer

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.

4 Glory Be

Hold the links after the third Hail Mary bead and pray a Glory Be.

Glory Be Prayer

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.



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5 First Mystery and Our Father

Hold the Our Father Bead and announce the first mystery. Think about the first mystery, let it sink in and then pray an Our Father.

Our Father Prayer

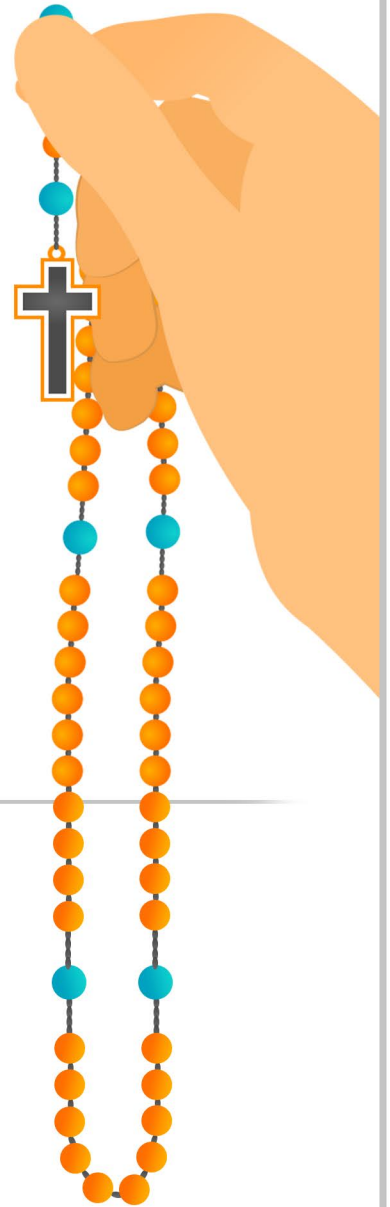
Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen

6 Ten Hail Marys

Move to the first decade of beads found to the right of the centerpiece. On each of the ten beads that follow, pray a Hail Mary while reflecting upon the mystery assigned to this decade (for the Joyful Mysteries, the first decade is a reflection on the Annunciation).

Hail Mary Prayer

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.



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7 Glory Be

Hold the link after the Hail Mary bead and pray a Glory Be.

Then say the Fatima Prayer.

For each of the remaining four decades you are going to repeat the steps for the Our Father, Hail Mary, Glory Be, and the Fatima prayers as you work your way to the end of the rosary.

The Fatima Prayer

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



SEE STEPS

5

6

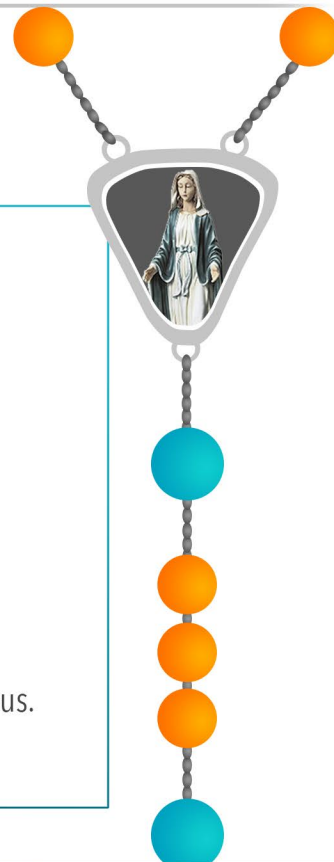
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8 Hail, Holy Queen

Completing the fifth decade, hold the medal (or centerpiece) and pray the Hail, Holy Queen.

Hail, Holy Queen (The Salve Regina) Prayer

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you we cry, poor banished children of Eve;
to you we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.



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The Mysteries of the Rosary

The Joyful Mysteries

(The events in the birth of Christ)

Monday, Saturday and Sundays of Advent

1st Mystery	The Annunciation	(Luke 1:26-38)
2nd Mystery	The Visitation	(Luke 1:39-56)
3rd Mystery	The Birth of Our Lord	(Luke 2:1-21)
4th Mystery	The Presentation	(Luke 2:22-38)
5th Mystery	The Finding in the Temple	(Luke 2:41-52)

The Sorrowful Mysteries

(The events surrounding Christ's Death)

Tuesday, Friday and Sundays of Lent

1st Mystery	The Agony in the Garden	(Matt. 26:36-56)
2nd Mystery	The Scourging at the Pillar	(Matt. 27:26)
3rd Mystery	The Crowning with Thorns	(Matt. 27:27-31)
4th Mystery	The Carrying of the Cross	(Matt. 27:32)
5th Mystery	The Crucifixion	(Matt. 27:33-56)

The Glorious Mysteries

(The events surrounding Christ's resurrection)

Wednesday and Sunday outside of Advent & Lent

1st Mystery	The Resurrection	(John 20:1-29)
2nd Mystery	The Ascension	(Luke 24:36-53)
3rd Mystery	The Descent of the Holy Ghost	(Acts 2:1-41)
4th Mystery	The Assumption of Our Lady	
5th Mystery	The Coronation of Our Lady	

The Luminous Mysteries

(The major events in the life of Christ)

Thursday

1st Mystery	The Baptism in the river Jordan	(Matt. 3:17)
2nd Mystery	The Wedding at Cana	(John 2:1-12)
3rd Mystery	The Proclamation of the Kingdom of God	(Mark 1:15)
4th Mystery	The Transfiguration	(Luke 9:29)
5th Mystery	The Institution of the Eucharist	(John 13:1)



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