



HOW
TO
PRAY
THE

ROSARY



THE ROSARY

The Rosary, a Scripture-based prayer, is a gradual unfolding prayer of praise and petition. Praying the rosary puts one in living communion with the events that Mary pondered and treasured in her heart.

The rosary is a way of contemplating the milestones of Jesus' life in the context of his mother's faith journey.

HOW TO PRAY THE ROSARY

- Begin by praying the Apostles' Creed which summarizes the great mysteries of the Catholic faith.
- On the first large bead after the cross, pray the Our Father from the Gospel.
- On the next three beads, pray the Hail Mary from the angel's words announcing Christ's birth and Elizabeth's greeting to Mary.
- On the link say the Glory Be which is a prayer of praise.

Choose a set of mysteries (see other panel). For each of the five decades:

- announce the mystery
- begin the decade with the Our Father
- followed by 10 Hail Marys
- and then the Glory Be.

Continue this pattern of prayer until you finish the fifth decade. After praying the five decades, say the Hail Holy Queen.



THE MYSTERIES OF THE ROSARY

There are four sets of Mysteries: Joyful, Sorrowful, Glorious, and Luminous (added by Pope John Paul II in 2002.)

The five Joyful Mysteries are traditionally prayed on 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 Tuesdays, Fridays, and Sundays in 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 Wednesdays 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 (focusing on Jesus' ministry during his three years of public life) 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

PRAYERS OF THE ROSARY

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 kindgom 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 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.



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.

The Hail Holy Queen (The Salve Regina)

Hail, holy Queen, Mother of Mercy,
our life, our sweetness, and our hope.
To thee we do cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, O 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.