

How to Pray the MOST HOLY ROSARY

Third Decade
Our Father
Pray the Hail Mary x10
Pray the Glory Be

FOURTH MYSTERY

Fourth Decade
Our Father
Pray the Hail Mary x10
Pray the Glory Be

THIRD MYSTERY

Second Decade
Our Father
Pray the Hail Mary x10
Pray the Glory Be

FIFTH MYSTERY

Fifth Decade
Our Father
Pray the Hail Mary x10
Pray the Glory Be

SECOND MYSTERY

First Decade
Our Father
Pray the Hail Mary x10
Pray the Glory Be

FIRST MYSTERY

FINISH
Pray the Glory Be
Pray the Hail Mary x3
for Faith, Hope & Charity
Pray the Our Father
Pray the Apostles Creed

START HERE

The Sign of the Cross
In the Name of the Father, and of the Son, and of the Holy Spirit.

The Mysteries for Each Day

MONDAYS & SATURDAYS

Joyful Mysteries

TUESDAYS & FRIDAYS

Sorrowful Mysteries

WEDNESDAYS & SUNDAYS

Glorious Mysteries

THURSDAYS

Luminous Mysteries

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How to Pray the MOST HOLY ROSARY

PRAYERS FOR EACH DECADE:

Our Father *(Pray 1 Time)*

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 *(Pray 10 Times)*

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst 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 *(Pray 1 Time)*

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.

Decade Prayer *(Pray 1 Time)*

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

OPENING PRAYERS OF THE MOST HOLY 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 Ghost, 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 Ghost, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father *(Pray 1 Time)*

Hail Mary *(Pray 3 Times)*

Glory Be *(Pray 1 Time)*

JOYFUL MYSTERIES

The Annunciation

Fruit of the Mystery: Humility

Meditation:

It is appropriate to begin the rosary with the virtue of humility. The Catechism of the Catholic Church states that "humility is the foundation of prayer. Only when we humbly acknowledge that 'we do not know how to pray as we ought,' are we ready to receive freely the gift of prayer. 'Man is a beggar before God.'" (CCC 2559)

The Visitation

Fruit of the Mystery: Love of Neighbor

Meditation:

Mary hastened to her cousin Elizabeth's house to help her in her time of need. In what ways can we be of service to our own neighbors today, whether we find that neighbor in our own home, in our community, at work, or on the internet?

The Nativity

Fruit of the Mystery: Poverty of Spirit, Detachment from the Things of the World

Meditation:

We live in a very consumerist culture. This mystery invites us to detach ourselves from our many possessions. What do we truly need and what is excess? What can we share with others?

The Presentation

Fruit of the Mystery: Obedience

Meditation:

Mary and Joseph humbly brought Jesus to the Temple in accord with Jewish law. Obedience to God and to others can be very difficult, but offers us the opportunity to subjugate our own will to that of our heavenly Father. Not my will, but God's will be done.

The Finding in the Temple

Fruit of the Mystery: Piety

Meditation:

Piety is dedication to the Church's sacramental life and devotions. Mary and Joseph were surprised to find Jesus in the Temple. We, too, should be dedicated to our Church and the sacraments.

SORROWFUL MYSTERIES

The Agony of Jesus in the Garden

Fruit of the Mystery: Contrition, Conformity to the Will of God

Meditation:

Jesus, both fully human and fully divine, suffered immensely in the garden. He knew what was coming and He was terrified. He begged His Father to spare Him, but submitted Himself fully to His will. We, too, are called to do this.

The Scourging at the Pillar

Fruit of the Mystery: Purity, Mortification

Meditation:

Mortification isn't popular these days, but making small sacrifices and offering them up can be a great help to one's spiritual life. There is an opportunity every day to sacrifice and to suffer in some small way.

The Crowning of Thorns

Fruit of the Mystery: Moral Courage

Meditation:

Jesus remained resolute even as He was being made fun of. Do we have the courage to stand up for our convictions even when we are being laughed at? Whose opinion matters more – God's or those who surround us?

The Carrying of the Cross

The Fruit of the Mystery: Patience

Meditation:

Patience is something we all seem to have difficulty with. Jesus patiently carried His cross through the streets of Jerusalem on the way to His Crucifixion. We can look to Him for help when we are tempted to lose our patience.

The Crucifixion of Jesus

The Fruit of the Mystery: Salvation, Self-Denial

Meditation:

Jesus gave up everything for us on the cross. He took on the sins of the world, past, present, and future, and died for our salvation. We need to be so thankful for that gift. At the same time, when we are asked to die to ourselves and put others first, we can look to the cross for the example of total self-giving.

GLORIOUS MYSTERIES

The Resurrection of Jesus

The Fruit of the Mystery: Faith

Meditation:

It takes great faith to believe that Jesus rose from the dead and that we, too, shall rise. As Jesus told his apostles, "Blessed are they who have not seen, and yet believe." This mystery offers us help in maintaining that faith. "Lord, I believe. Please help my unbelief!"

The Ascension of Jesus into Heaven

The Fruit of the Mystery: Hope, Desire for Heaven

Meditation:

We hope for a world that is better than this one. We desire to live forever with Jesus in Heaven. May that hope help shape our lives here on Earth.

The Descent of the Holy Spirit on Pentecost

The Fruit of the Mystery: Wisdom, Love of God

Meditation:

The disciples were scared. They huddled together in that Upper Room not sure of what to do. Then the Spirit of the Lord came upon them and they were ready to go out and give their very lives in service to God. May the Holy Spirit also grant us that wisdom and love of God.

The Assumption of the Blessed Virgin Mary into Heaven

The Fruit of the Mystery: Devotion to Mary

Meditation:

Mary was brought up to Heaven body and soul. We are devoted to her because of her relationship to her Son and because God saw fit to raise her up. "Blessed are you among women and Blessed is the fruit of your womb, Jesus."

The Coronation of the Blessed Virgin Mary as Queen of Heaven and Earth

The Fruit of the Mystery: Eternal Happiness

Meditation:

Mary is the Queen of Heaven, enjoying forever her rightful place next to her Son. May we one day share in her happiness.

LUMINOUS MYSTERIES

The Baptism of Jesus in the Jordan River

Fruit of the Mystery: Openness to the Holy Spirit

Meditation:

We each receive the Holy Spirit in a special way in Baptism and again at Confirmation. The gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. We need only ask the Holy Spirit for help and help will be provided.

The Miracle at the Wedding of Cana

The Fruit of the Mystery: To Jesus, Through Mary

Meditation:

Mary encouraged her Son to perform His first miracle at the Wedding at Cana. She simply told the servants to "do whatever He tells you." She helps us in a similar way — always pointing us to her Son and interceding on our behalf. We need only to turn to her and ask for help.

The Proclamation of the Kingdom of Heaven

Fruit of the Mystery: Repentance, Trust in God

Meditation:

Jesus spent the active years of His ministry preaching and performing miracles to proclaim the Kingdom of God. He asks us to express sorrow for our sin, turn away from sin, and trust in God.

The Transfiguration of Jesus

Fruit of the Mystery: Desire for Holiness

Meditation:

Jesus gave three of his closest friends a glimpse of His glory at the Transfiguration. We, too, are called to holiness, and to ultimately live in glory in Heaven. But, we need to want it and we need to want it more than what the world and the devil attempts to offer us.

The Institution of the Holy Eucharist

Fruit of the Mystery: Eucharistic Adoration, Active Participation at Mass

Meditation:

Jesus gave us the greatest gift in the Eucharist. He gave us His very self. This mystery invites us to appreciate that gift fully and to participate at Mass often.

CONCLUDING PRAYERS

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.

The Prayer After the Rosary

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.

V. May the Divine Assistance remain always with us.

R. And may the souls of the faithfully departed, through the mercy of God, rest in peace. Amen.

Saint Michael

Saint Michael the Archangel, defend us in battle, be our safeguard against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do thou O Prince of the Heavenly Host, by the power of God, cast into Hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

