

# Pray the Rosary



<p><b>The Our Father</b></p> <p>Our Father who is in heaven, holy be your name. Your Kingdom come. Your 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.</p>	<p><b>The Apostles Creed</b></p> <p>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 to the dead; the third day He rose again from the dead; He ascended into heaven, is seated 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</p>
<p><b>The Hail Mary</b></p> <p>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.</p>	<p><b>Prayer to St. Michael</b></p> <p>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.</p>
<p><b>The Glory Be to the Father</b></p> <p>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.</p> <p><b>The Fatima Prayers</b></p> <p><u>The Sacrifice Prayer:</u> Oh Jesus, it is for love of You, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary that I pray.</p> <p><u>The Pardon Prayer:</u> My God, I believe, I adore, I trust and I love You! I beg pardon for all those that do not believe, do not adore, do not trust and do not love You.</p> <p><u>The Eucharistic Adoration Prayer:</u> Oh Most Holy Trinity, I adore You! My God, my God, I love You in the Most Blessed Sacrament!</p> <p><u>The Conversion Prayer:</u> By your pure and Immaculate Conception, oh Mary, obtain the conversion of Russia, Spain, Portugal, Europe and the entire world.</p> <p><u>The Salvation Prayer:</u> Sweet Heart of Mary, be the salvation of Russia, Spain, Portugal, Europe and the entire world.</p> <p><u>The Pardon Prayer:</u> My God, I believe, I adore, I trust and I love You! I beg pardon for all those that do not believe, do not adore, do not trust and do not love You.</p> <p><u>The Eucharistic Adoration Prayer:</u> Oh Most Holy Trinity, I adore You! My God, my God, I love You in the Most Blessed Sacrament!</p> <p><u>The Decade Prayer:</u> Oh my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, and help especially those most in need of Thy Mercy.</p> <p><u>The Angel's Prayer:</u> Oh Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners. Amen.</p>	<p><b>Hail, Holy Queen</b></p> <p>Hail, holy Queen, Mother of mercy, hail, 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 merciful, O loving, O sweet Virgin Mary! Amen.</p> <p>After learning to Pray the Rosary, we can do the following:</p> <ol style="list-style-type: none"> <li>1. Say "The Apostles Creed"</li> <li>2. Memorize and then pray the "The Our Father"</li> <li>3. Memorize and then pray the "The Hail Mary"</li> <li>4. Memorize and then pray the "Glory be to the Father"</li> <li>5. Say the "The Hail, Holy Queen" prayer</li> <li>6. Say the "Fatima Prayers"</li> <li>7. Say the "St. Michael Prayer"</li> <li>8. Pray the Rosary by doing one of the following:             <ul style="list-style-type: none"> <li>- Joyful Mysteries</li> <li>- Sorrowful Mysteries</li> <li>- Glorious Mysteries</li> <li>- Luminous Mysteries</li> </ul> </li> </ol>

# How to recite the Holy Rosary

## 1. SAY THESE PRAYERS...

**IN THE NAME** of the Father, and of the Son, and of the Holy Spirit. Amen. (*As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.*)

**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 rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again 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**, 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**, 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, 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.

**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. Amen.

**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. Amen.

**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 by 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.

**ANNOUNCE** each mystery by saying something like, "*The third Joyful Mystery is the Birth of Our Lord.*" This is required only when saying the Rosary in a group.

## 2. IN THIS ORDER...

### INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

### THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

### THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

### THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

### THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

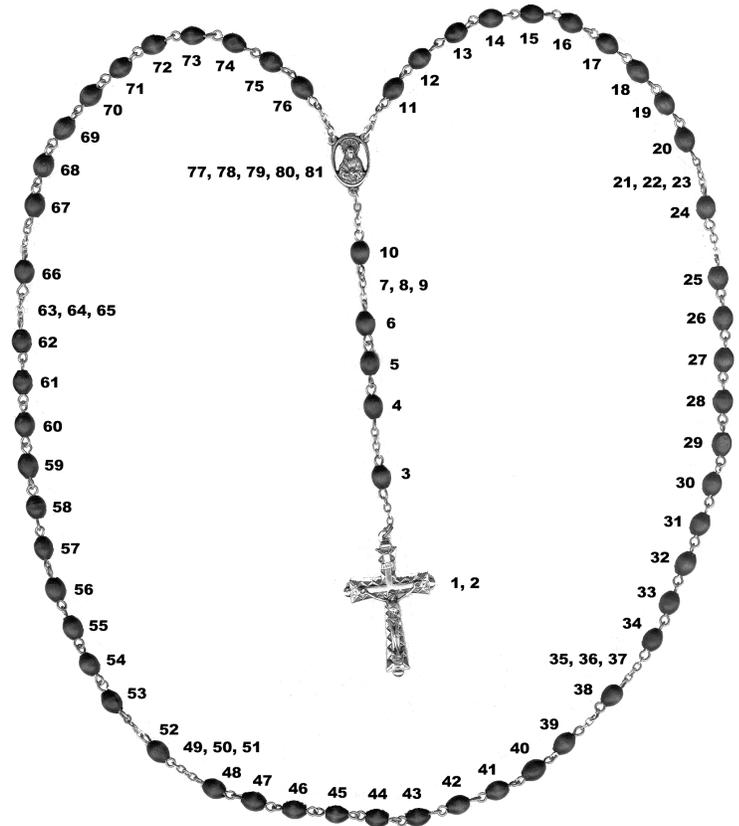
### THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

### CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

## 3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



## 4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

### On Monday and Saturday, meditate on the "Joyful Mysteries"

- First Decade (Steps 9-22):** The Annunciation of Gabriel to Mary (Luke 1:26-38)  
**Second Decade (Steps 23-36):** The Visitation of Mary to Elizabeth (Luke 1:39-56)  
**Third Decade (Steps 37-50):** The Birth of Our Lord (Luke 2:1-21)  
**Fourth Decade (Steps 51-64):** The Presentation of Our Lord (Luke 2:22-38)  
**Fifth Decade (Steps 65-78):** The Finding of Our Lord in the Temple (Luke 2:41-52)

### On Thursday, meditate on the "Luminous Mysteries"

- First Decade:** The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)  
**Second Decade:** The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)  
**Third Decade:** The Proclamation of the Kingdom of God (Mark 1:14-15)  
**Fourth Decade:** The Transfiguration of Our Lord (Matthew 17:1-8)  
**Fifth Decade:** The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

### On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

- First Decade:** The Agony of Our Lord in the Garden (Matthew 26:36-56)  
**Second Decade:** Our Lord is Scourged at the Pillar (Matthew 27:26)  
**Third Decade:** Our Lord is Crowned with Thorns (Matthew 27:27-31)  
**Fourth Decade:** Our Lord Carries the Cross to Calvary (Matthew 27:32)  
**Fifth Decade:** The Crucifixion of Our Lord (Matthew 27:33-56)

### On Wednesday and Sunday, meditate on the "Glorious Mysteries"

- First Decade:** The Glorious Resurrection of Our Lord (John 20:1-29)  
**Second Decade:** The Ascension of Our Lord (Luke 24:36-53)  
**Third Decade:** The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)  
**Fourth Decade:** The Assumption of Mary into Heaven  
**Fifth Decade:** The Coronation of Mary as Queen of Heaven and Earth

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## Why Catholics Say the Rosary

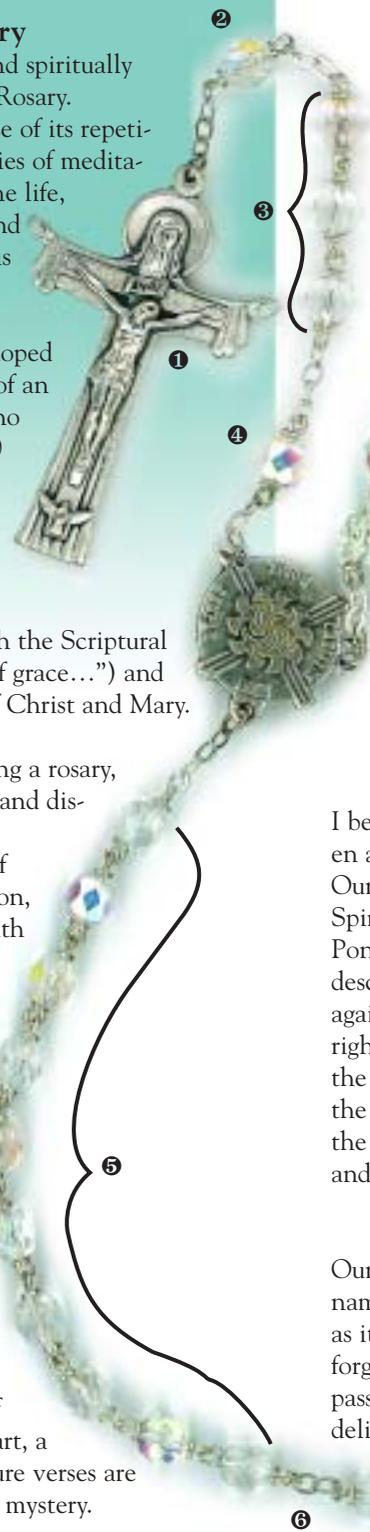
One of the most widely practiced and spiritually engaging Catholic devotions is the Rosary. Identified as a Marian prayer because of its repetition of Hail Marys, it is in fact a series of meditations (the mysteries) built around the life, death, and Resurrection of Christ and the Church's teachings regarding His mother.

The Rosary as we know it was developed in the Middle Ages. It evolved out of an ancient practice in which people who could not read Scripture recited 150 Our Fathers for the 150 Psalms. Strings of beads, called "pater-nosters," were used to keep track of the prayers.

Over time, this practice merged with the Scriptural greeting to Mary ("Hail Mary, full of grace...") and with the meditations on the lives of Christ and Mary.

One can say the Rosary without using a rosary, but the beads help keep one's place and dispose one to keep focused on prayer. People pray the Rosary in all sorts of environments: in quiet contemplation, while traveling, while exercising, with their families, or with an audiotape accompaniment. In groups or in a family, one person can say the first half of each prayer, while others respond with the second half.

When one prays the Rosary, it is important to focus not on the quantity of prayer, but on its depth. In praying the four sets of mysteries – the Joyful, Luminous, Sorrowful, and Glorious – there is a profound encounter with the central truths of Revelation. The Rosary is, at its heart, a biblical prayer, which is why Scripture verses are often used for meditation with each mystery.



## How to Pray the Rosary

Begin with the Sign of the Cross.

1 Pray the Apostles' Creed while holding the crucifix.

2 Pray an Our Father.

3 Pray three Hail Marys.

4 Pray the Glory Be, announce the first mystery, then pray an Our Father.

5 Pray ten Hail Marys (called a decade).

6 Pray the Glory Be and the Fatima Prayer.

7 Before each decade, announce the next mystery, followed by an Our Father.

For each set of ten beads, pray ten Hail Marys while meditating on the mystery.

After the five decades are completed, pray the Hail, Holy Queen.

## Prayers of the Rosary

### Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the 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 (The Doxology)

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.

### 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. Hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do 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.

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

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# How to Pray the Rosary



"The Rosary has accompanied me in moments of joy and in moments of difficulty. To it I have entrusted any number of concerns; in it I have always found comfort.... The Rosary is my favorite prayer.... Marvelous in its simplicity and its depth."

— Pope John Paul II, *Rosarium Virginis Mariae*

"Madonna del Granduca" by Raphael

## The Joyful Mysteries

*Prayed on Mondays and Saturdays*

The events surrounding the coming of Our Lord, God made man, are a cause for intense joy. We meditate on these mysteries asking Our Lady to help us discover the secret of Christian joy — the coming of Our Lord Jesus Christ in the flesh.



### The Annunciation of the Lord

*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.... And he came to her and said, "Hail, O favored one, 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.... And when Elizabeth heard the greeting of Mary, the babe leaped in her womb. — Luke 1:39-41*

### The Nativity of the Lord

*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

*Prayed on Thursdays*

The public life of Our Lord reveals what the reign of God's Kingdom is like — both in the miracles He worked and in His preaching. We meditate on these mysteries asking Our Lady to help us to allow His light to shine in our darkness.



### 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

*Jesus said to her, "O woman, what have you to do with me? 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*

### The Invitation of Jesus

*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 [Jesus] 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*

### 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

*Prayed on Tuesdays and Fridays*

The Passion and death of Our Lord reveal how much God loves us. We meditate on these mysteries asking Our Lady to help us comprehend this love and to experience its life-giving power.



### The Agony in the Garden

*And going a little farther [Jesus] 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 Scourging

*Then [Pilate] released for them Barabbas, and having scourged Jesus, delivered him to be crucified. — Matthew 27:26*

### The Crowning with Thorns

*And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. — Matthew 27:28-29*

### The Carrying of the Cross

*And when they had mocked him, they stripped him of the robe, and put his own clothes on him, and led him away to crucify him.... They came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross. — Matthew 27:31-32*

### The Crucifixion

*And Jesus cried again with a loud voice and yielded up his spirit. And behold, the curtain of the temple was torn in two, from top to bottom; and the earth shook, and the rocks were split. — Matthew 27:50-51*

## The Glorious Mysteries

*Prayed on Wednesdays and Sundays*

In triumph, Our Lord empowers us to follow Him courageously. We meditate on these mysteries asking Our Lady to intercede for us, that we may always keep in mind the glory of God as we seek to do His will here on earth.



### 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*

### The Ascension of the Lord

*He said to them, "It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you." ... When he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight. — Acts 1:7-9*

### The Descent of the Holy Spirit

*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

*For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. — 1 Thessalonians 4:14*

### The Crowning of Mary as Queen of Heaven

*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*