

## **How to Pray the Rosary . . .**

### **The Apostles creed *said at the beginning holding the crucifix:***

I believe in God the Father Almighty,  
Creator of Heaven and Earth  
and in Jesus Christ, His only begotten 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 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.*

### **The ‘Our Father’ *said on the large beads that begin the decade:***

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)*

### **The ‘Hail Mary’ *said on the small beads. (Ten Hail Marys make up a ‘decade’)***

Hail Mary, Full of Grace, the Lord is with You  
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' said at the end of the Hail Marys:**

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.*

**The 'Fatima prayer' sometimes recited after the Glory be:**

O my Jesus, forgive us our sins

Save us from the fires of hell.

Lead all souls to heaven especially those most in need of Your mercy.

**The 'Hail Holy Queen' recited at the end of the Rosary on the large seal/medal:**

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, O Most Gracious Advocate,

Thine eyes of mercy towards us.

And after this our exile, show us the Blessed Fruit of Your womb - Jesus.

O Clement, O Loving, O Sweet Virgin Mary!

**Invocation:**

Pray for us o Holy Mother of God,

*That we may be made worthy of the Promises of Christ*

**Prayer:**

O God, Whose only begotten Son, by His life, death and resurrection has purchased for us the reward of eternal life.

Grant we beseech Thee,

that by meditating on these mysteries in the Most Holy Rosary of the Blessed Virgin Mary,

we may imitate what they contain and obtain what they promise

Through Christ our Lord. Amen.

## **The *Mysteries* of the Rosary (once around the rosary beads)**

For each set of 10 beads, you reflect on a Mystery of the Faith as you pray the set prayers suggested above. It is usual to pray 5 sets of 10 beads (once around your rosary) and reflect upon one of the sets of Mysteries below.

Note that most of the Mysteries are concerned with the life of Christ. As you pray, imagine you are with Mary as she re-tells the story of her son, Jesus. The last two Mysteries seem to be about Mary and the saints exclusively, but are of course about what God has accomplished in Mary and the Saints (and offers to accomplish in your life) through Jesus.

### **Joyful Mysteries:**

- 1. Angel Gabriel announces the birth of Jesus to Mary**
- 2. Mary visits Elizabeth**
- 3. Jesus is born in Bethlehem**
- 4. The Child Jesus is presented at the Temple**
- 5. The Child Jesus is found in the Temple**

### **Luminous Mysteries:**

- 1. The Baptism of Jesus in the Jordan**
- 2. Jesus turns water into wine at Cana**
- 3. Jesus proclaims the kingdom of God**
- 4. The Transfiguration**
- 5. The Institution of the Eucharist at the Last Supper**

### **Sorrowful Mysteries:**

- 1. The Agony of Garden**
- 2. The Scourging at the Pillar**
- 3. The Crowning with Thorns**
- 4. The Carrying of the Cross**
- 5. The Crucifixion and Death of Jesus**

## **Glorious Mysteries:**

- 1. The Resurrection of Jesus**
- 2. The Ascension into Heaven**
- 3. The Outpouring and Descent of the Holy Spirit**
- 4. The Assumption of the Mary into Heaven**
- 5. The Coronation of Mary as Queen of Heaven and the glory of the saints.**