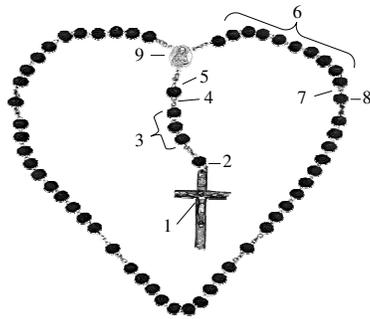


# How to Pray the Holy Rosary

(MARY'S PSALTER)



**PRAY THE ROSARY EVERY DAY!**

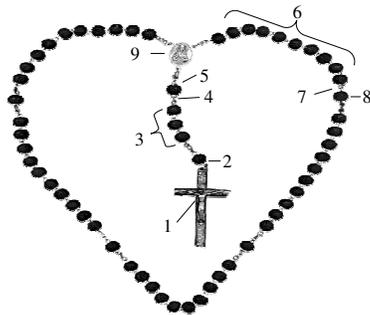
— Our Lady of Fatima 1917

Begin with a moment of silence, placing yourself in the presence of God. Put out of your mind the concerns and anxieties of the day. Then, after making your intentions:

1. Make the *Sign of the Cross*. Then, pray the *Apostles' Creed*.
2. On this first bead pray the *Our Father*.
3. On these 3 beads pray 3 *Hail Marys*.
4. Here, between the beads, pray the *Glory be*.
5. Announce: "The 5 *Joyful* (or *Sorrowful*, or *Glorious*) Mysteries. The first (*Joyful*) Mystery, The Annunciation." Then pray the *Our Father*.
6. Pray 10 *Hail Marys*.
7. Between the beads pray the *Glory be* and the *Decade Prayer*.

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6. Pray 10 *Hail Marys*.
7. Between the beads pray the *Glory be* and the *Decade Prayer*.

8. Announce the second mystery, pray the *Our Father*, and repeat steps 6 and 7. Then do the same with the remaining 3 decades.
9. After having finished all 5 decades, conclude by praying the *Hail Holy Queen* and the final prayer (*Let us pray*).

## The Prayers of the Rosary

(The asterisks \* in the prayers below denote the split between the leader's part and that of the others when praying in groups.)

**The Sign of the Cross:** With the Crucifix in your right hand touch your forehead saying, "In the Name of the Father"; touch your breast saying, "and of the Son"; touch your left shoulder, then your right saying, "and of the Holy Ghost. Amen." Then kiss the Crucifix.

**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 rose again from the dead. He ascended into Heaven and sitteth at the right hand of God, the Father Almighty; from thence He shall come again 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.

**The 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.

**The Hail Mary:** 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,

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Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**The Glory Be:** Glory be to the Father, and to the Son, and to the Holy Ghost, \* as it was in the beginning, is now, and ever shall be, world without end. Amen.

**The Decade Prayer** (always said in unison): 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 Thy Mercy. Amen.

**The Hail Holy Queen** (always said in unison): 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 towards 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.

**Let us pray:** 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.

## The Mysteries

In *The Secret of the Rosary* (TAN Books), St. Louis de Montfort tells us: "Above all do not forget to offer up each decade in honor of one of the mysteries and while you are saying it try to form a picture in your mind of Jesus and Mary in connection with this mystery (42<sup>nd</sup> Rose)." St. Louis also tells us we should ask for a particular grace with each mystery.

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## The Joyful Mysteries

**1. The Annunciation:** The Archangel Gabriel announces to the Blessed Virgin that She has been chosen to be the Mother of the Messiah, the Mother of God. She responds: *“Be it done unto me according to thy word.”* **Grace of the Mystery:** Conformity to the adorable Will of God.

**2. The Visitation:** The Blessed Virgin visits Elizabeth to assist her who, in her old age, is pregnant with John the Baptist. **Grace of the Mystery:** True charity towards our neighbor.

**3. The Holy Nativity:** The King of kings, Our Saviour, is born in the lowly stable of Bethlehem. **Grace of the Mystery:** The spirit of poverty and humility.

**4. The Presentation and The Purification:** To fulfill the Law, Jesus is presented in the Temple, and Mary submits to the rite of purification. **Grace of the Mystery:** Obedience and chastity.

**5. The Finding in the Temple:** To fulfill the Father’s Will the Child Jesus remains in the Temple. Only after 3 days do Mary and Joseph find Him. **Grace of the Mystery:** Fidelity to our duties.

## The Sorrowful Mysteries

**1. The Agony in the Garden:** The sins of all the world – mine included – are presented before Jesus for Him to expiate; He sweats Blood. **Grace of the Mystery:** Knowledge of our sins and true contrition for them.

**2. The Scourging at the Pillar:** The innocent Jesus is cruelly scourged; His bones are laid bare. **Grace of the Mystery:** Mortification of the senses.

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**3. The Crowning with Thorns:** Jesus, crowned with cruel thorns forced into His head, is mockingly adored. **Grace of the Mystery:** Disregard for human respect.

**4. The Carrying of the Cross:** Our Lord carries the Cross to Calvary loaded down with my sins and those of the whole world. **Grace of the Mystery:** Patience and generosity.

**5. The Crucifixion and Death of Our Lord:** During his 3-hour agony, Jesus prays: *“Father, forgive them, for they know not what they do.”* **Grace of the Mystery:** Forgiveness of others.

## The Glorious Mysteries

**1. The Resurrection:** After 3 days Jesus triumphantly rises from the dead as He promised. **Grace of the Mystery:** Steadfast Faith.

**2. The Ascension:** Jesus ascends into Heaven promising: *“I am with you all days, even to the consummation of the world.”* **Grace of the Mystery:** Steadfast Hope (Trust in God’s promises).

**3. The Descent of the Holy Ghost:** The Holy Ghost descends and transforms the timid Apostles into fearless heralds of the Gospel. **Grace of the Mystery:** Courage to confess the Faith and zeal for the salvation of souls.

**4. The Assumption:** With expectation and longing for Heaven, Mary ends Her earthly life. She is assumed Body and Soul into Heaven. **Grace of the Mystery:** A happy death.

**5. The Coronation:** Our Heavenly Mother is crowned Queen. She is *Suppliant Omnipotence* – Her prayer is all-powerful before God. **Grace of the Mystery:** Childlike devotion to Mary.

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Customarily, the **Joyful Mysteries** are offered on Mondays, Thursdays (and Sundays of Advent); the **Sorrowful Mysteries** are offered on Tuesdays, Fridays (and Sundays of Lent); the **Glorious Mysteries** are offered on Wednesdays, Saturdays and all other Sundays.

Further words from *The Secret of the Rosary*:

*In order to pray well, it is not enough to give expression to our petitions by means of that most excellent of all prayers, the Rosary, but we must also pray with real concentration, for God listens more to the voice of the heart than that of the mouth. To be guilty of willful distractions during prayer would show a great lack of respect and reverence; it would make our Rosaries fruitless and would make us guilty of sin. (...)*

And Our Lady told Bl. Alan de la Roche: *I want you to know that, although there are numerous indulgences already attached to the recitation of my Rosary, I shall add many more to every fifty Hail Marys (each group of five decades) for those who say them devoutly, on their knees — being of course, free from mortal sin (28<sup>th</sup> Rose).*

*If you say the Rosary faithfully until death, I do assure you that in spite of the gravity of your sins “you shall receive a never fading crown of glory” (1 Pet. 5:4). Even if you are on the brink of damnation, even if you have one foot in hell... sooner or later you will be converted and will amend your life and save your soul, if – and mark well what I say – if you say the Holy Rosary devoutly every day until death for the purpose of knowing the truth and obtaining the grace of contrition and pardon for your sins (A Red Rose).*

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