

# How To Pray The Rosary

1. Make the sign of the cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys."
4. Say the "Glory be to the Father."
5. Announce the First Mystery; then say the "Our Father."
6. Say ten Hail Mary's while meditating on the Mystery.
7. Say the "Glory be to the Father."
8. After each decade say the "Fatima Prayer" requested by the Blessed Virgin Mary.
9. Announce the Second Mystery; then say the "Our Father." Repeat 6, 7 and 8 and continue with the Third, Fourth and Fifth Mysteries in the same manner.
10. After completing the five decades, say the "Hail, Holy Queen" and make the sign of the cross.
11. As a general rule, the **JOYFUL MYSTERIES** are said on Monday and Saturday; the **SORROWFUL MYSTERIES** on Tuesday and Friday; the **GLORIOUS MYSTERIES** on Wednesday and Sunday; the **LUMINOUS MYSTERIES** on Thursday.



***"The Rosary is my favourite prayer."*** — Blessed John Paul II

*"After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Rosary"*

— Our Lady to Blessed Alan de la Roche

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# Pray the Rosary Daily







## **FIRST JOYFUL MYSTERY** **Annunciation**

And when the angel had come to her, he said, "Hail, full of grace, the Lord is with thee. Blessed art thou among women." (Lk 1, 28)

*For the love of humility*



## **SECOND JOYFUL MYSTERY** **Visitation**

Elizabeth was filled with the Holy Spirit, and cried out with a loud voice, "Blessed art thou among women and blessed is the fruit of thy womb!" (Lk 1, 41-42)

*For charity towards my neighbour*



## **THIRD JOYFUL MYSTERY** **Birth of Jesus**

She brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn. (Lk 2, 7)

*For the spirit of poverty*



## **FOURTH JOYFUL MYSTERY** **Presentation**

When the days of her purification were fulfilled according to the Law of Moses, they took him up to Jerusalem to present him to the Lord. (Lk 2, 22-23)

*For the virtue of obedience*



## **FIFTH JOYFUL MYSTERY** **Finding the Child Jesus in the Temple**

After three days ... they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions. (Lk 2, 46)

*For the virtue of piety*



## **FIRST LUMINOUS MYSTERY** **Baptism of Jesus**

When Jesus had been baptized, he immediately came up from the water. And behold, the heavens were opened to him, and he saw the Spirit of God descending as a dove and coming upon him. (Mt 3, 16)

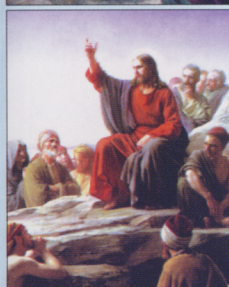
*For submission to God's will*



## **SECOND LUMINOUS MYSTERY** **Wedding Feast of Cana**

And the wine having run short, the mother of Jesus said to him, "They have no wine." ... His mother said to the attendants, "Do whatever he tells you." (Jn 2, 3-5)

*For devotion to Mary*



## **THIRD LUMINOUS MYSTERY** **Proclamation of the Kingdom of God**

Jesus came into Galilee, preaching the gospel of the kingdom of God, "The time is fulfilled, and the kingdom of God is at hand. Repent and believe in the gospel." (Mk 1, 14-15)

*For the grace of conversion*



## **FOURTH LUMINOUS MYSTERY** **Transfiguration**

Jesus took Peter, James and his brother John, and led them up a high mountain by themselves, and was transfigured before them. His face shone as the sun, and his garments became white as snow. (Mt 17, 1-2)

*For holy fear of God*



## **FIFTH LUMINOUS MYSTERY** **Institution of the Holy Eucharist**

Having taken bread, he gave thanks and broke, and gave it to them, saying, "This is my body, which is being given for you; do this in remembrance of me." (Lk 22, 19)

*For thanksgiving to God*





## **FIRST SORROWFUL MYSTERY**

### **Agony in the Garden**

Falling into an agony he prayed the more earnestly. And his sweat became as drops of blood running down upon the ground. (Lk 22, 43-44)

*For true contrition for sin*



## **FIRST GLORIOUS MYSTERY**

### **Resurrection**

“Do not be terrified. You are looking for Jesus of Nazareth, who was crucified. He has risen, he is not here. Behold the place where they laid him.” (Mk 16, 6)

*For the virtue of faith*



## **SECOND SORROWFUL MYSTERY**

### **Scouring at the Pillar**

Pilate, then, took Jesus and had him scourged. (Jn 19, 1)

*For the virtue of purity*



## **SECOND GLORIOUS MYSTERY**

### **Ascension**

So then the Lord, after he had spoken to them, was taken up into heaven, and sits at the right hand of God. (Mk 16, 19)

*For the virtue of hope*



## **THIRD SORROWFUL MYSTERY**

### **Crowning with Thorns**

They stripped him and put on him a scarlet cloak; and plaiting a crown of thorns, they put it upon his head, and a reed into his right hand. (Mt 27, 28-29)

*For moral courage*



## **THIRD GLORIOUS MYSTERY**

### **Descent of the Holy Spirit**

They were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak. (Acts 2, 4)

*For the virtue of love*



## **FOURTH SORROWFUL MYSTERY**

### **Carrying of the Cross**

And bearing the cross for himself, he went forth to the place called the Skull, in Hebrew, Golgotha. (Jn 19, 17)

*For the virtue of patience*



## **FOURTH GLORIOUS MYSTERY**

### **Assumption of the Blessed Virgin Mary**

And the temple of God in heaven was opened, and there was seen the ark of his covenant. (Apoc. 11, 19)

*For a happy death*



## **FIFTH SORROWFUL MYSTERY**

### **Crucifixion**

Jesus cried out with a loud voice and said, “Father, into thy hands I commend my spirit.” And having said this, he expired. (Lk 23, 46)

*For final perseverance*



## **FIFTH GLORIOUS MYSTERY**

### **Coronation of the Blessed Virgin Mary**

A great sign appeared in heaven: a woman clothed with the sun, and the moon was under her feet, and upon her head a crown of twelve stars. (Apoc. 12, 1)

*For eternal salvation*



# 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.

## 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

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.

## 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 vale of tears; turn, then, most gracious Advocate, thy 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.

## FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who are in most need of thy mercy.

## The Promises of Mary to Those Who Pray the Rosary

1. Whoever shall faithfully serve me by the recitation of the rosary, shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the rosary.
3. The rosary shall be a powerful armour against hell, it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the rosary, shall not perish.
6. Whoever shall recite the rosary devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the rosary shall not die without the sacraments of the Church.
8. Those who are faithful to recite the rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
9. I shall deliver from purgatory those who have been devoted to the rosary.
10. The faithful children of the rosary shall merit a high degree of glory in heaven.
11. You shall obtain all you ask of me by the recitation of the rosary.
12. All those who propagate the holy rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All those who recite the rosary are my sons, and brothers of my only son Jesus Christ.
15. Devotion to my rosary is a great sign of predestination.

*(Given to St. Dominic and Blessed Alan de la Roche)*

Imprimatur: ✠ Patrick J. Hayes, D.D., Archbishop of New York