

HOW TO PRAY THE ROSARY



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"In the year 1214, the Church received the Rosary in its present form and according to the method we use today by St. Dominic, who had received it from the Blessed Virgin."

St Louis De Montfort.

Rosary Meditation

Blessed Dina Belanger, St Faustina and other saints teach us that Jesus did everything in time and in eternity.

That is why at every Holy Mass, as the Catechism teaches, the whole life of Jesus is made present on the altar.

This means that by faith we can enter into any moment in the life of Jesus and be truly present to Him in reality.



Rosary Meditation

When these saints went by faith to be with Jesus in the agony in the garden it was not just a pious thought, they really went into that lived mystery and Jesus was consoled 2000 years ago by their love.

Jesus wants us to enter into the whole of His life and be present to it with Him, e.g. in the stable at Bethlehem or the agony in the garden.

Hugh Owen; Editor In Chief for the John Paul II Institute of Christian Spirituality, USA.



How to pray the Rosary

1. While holding the crucifix make the Sign of the Cross and then recite the Apostles' Creed.
2. Recite the **Our Father** on the first **large bead**, a **Hail Mary** on each of the three **small beads**.
3. Recite the **Glory Be to the Father** on the next **large bead** and the Fatima Prayer "**O my Jesus**".



How to pray the Rosary

4. Recall the first Rosary Mystery and recite the **Our Father** on the **large bead**.
5. On each of the adjacent **10 small beads** (also referred to as a decade) recite a **Hail Mary** while reflecting on the mystery.
6. On the next **large bead**, recite the **Glory Be to the Father and the Fatima prayer**.
7. Recall the next Rosary Mystery and recite the **Our Father** on the **large bead**.



How to pray the Rosary

- Each succeeding decade is prayed in a similar manner by recalling the appropriate mystery, reciting the **Our Father**, **ten Hail Marys**, the **Glory Be to the Father**, and the **Fatima prayer** while reflecting on the mystery.
- When the fifth mystery is completed, the Rosary is customarily concluded with the Hail Holy Queen, Concluding prayer and the Sign of the Cross.



Prayers of the Rosary

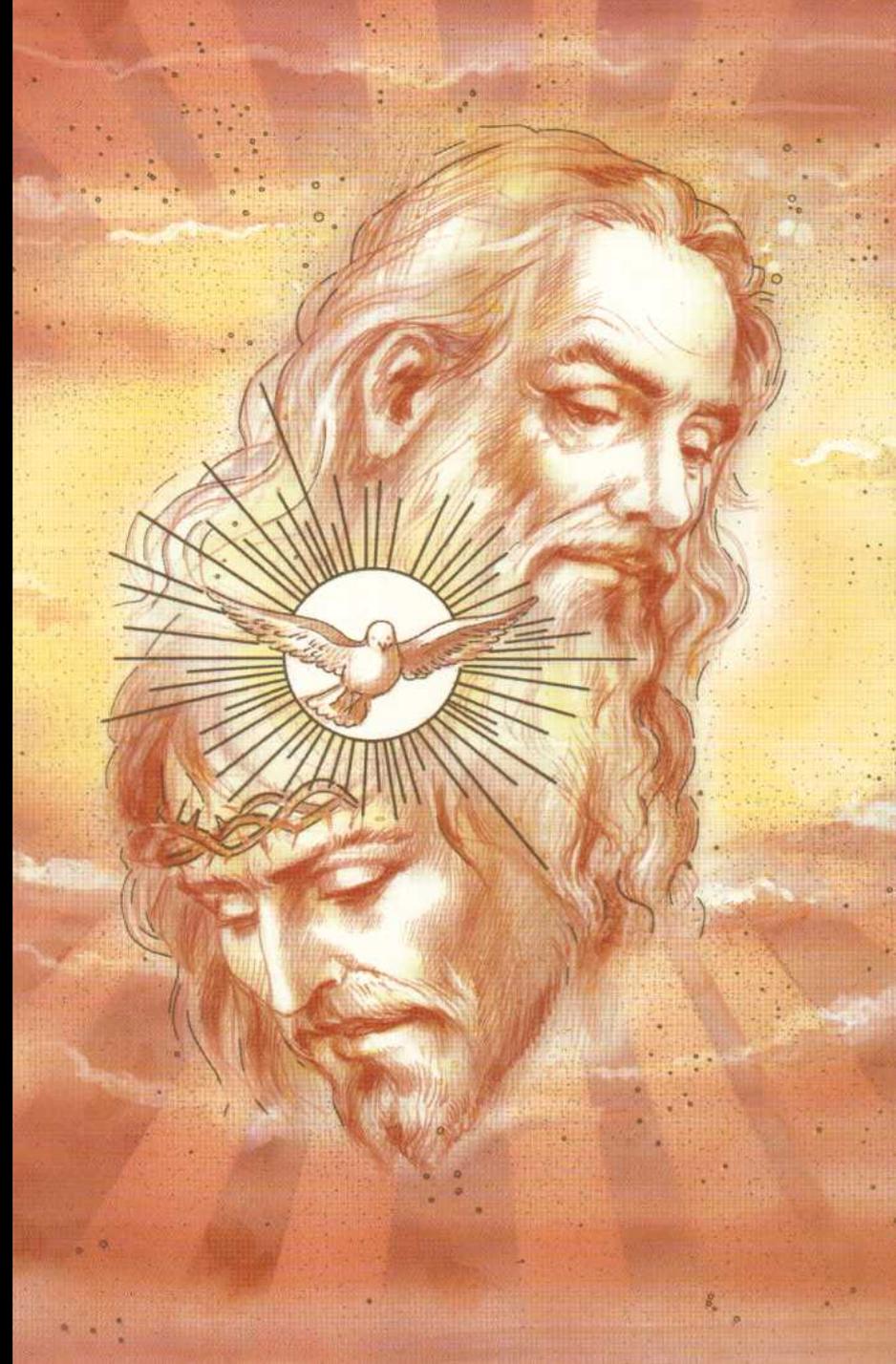
The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



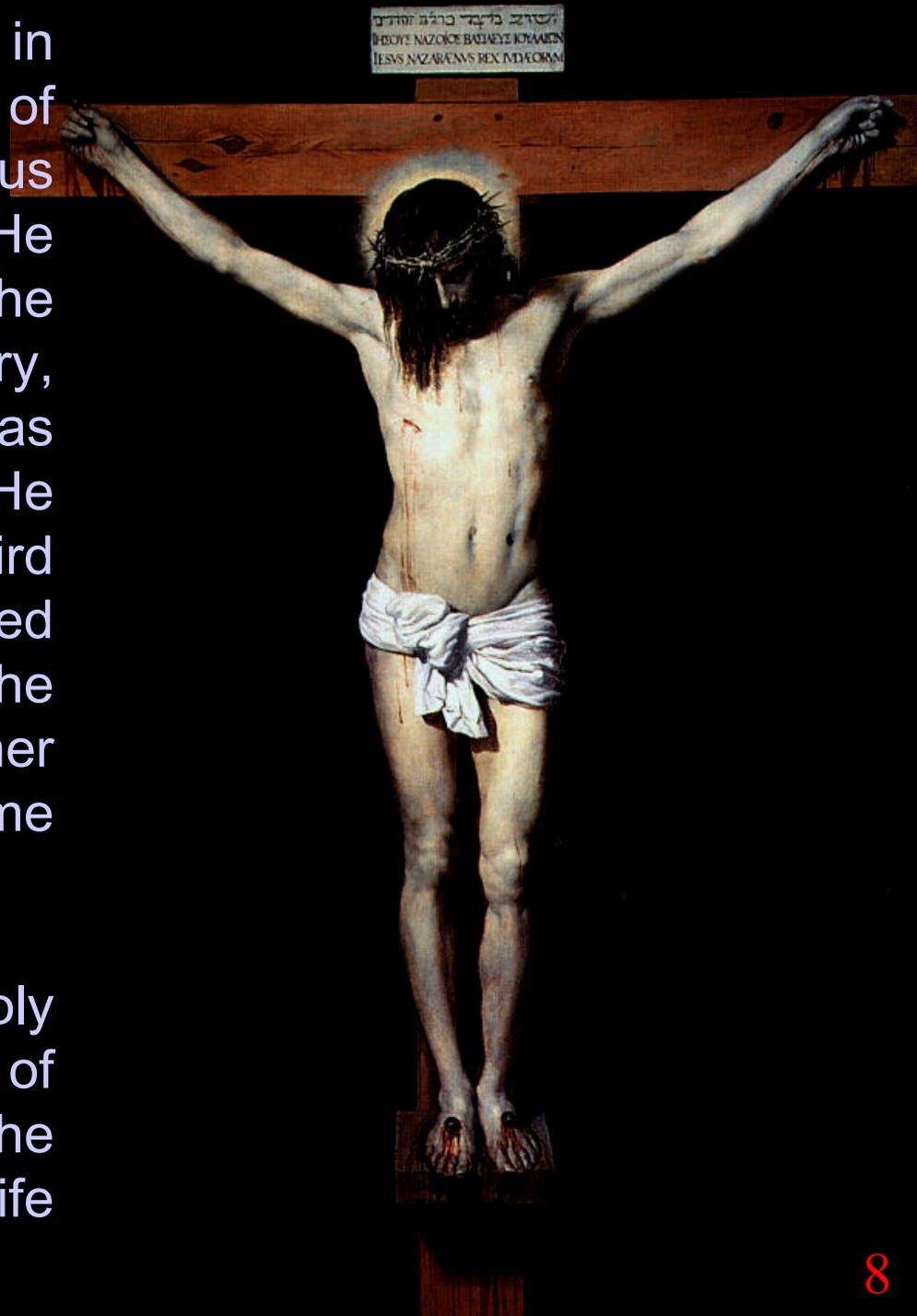
Or in Latin

In nomine
Patris, et Filii, et
Spiritūs Sancti.
Amen.



The 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, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day He arose again. He ascended into Heaven, and 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.



Prayers of the Rosary

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.

Mathew 6:9-13, Luke 11:2-4



John
6:25-70

Matthew
28:20

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.



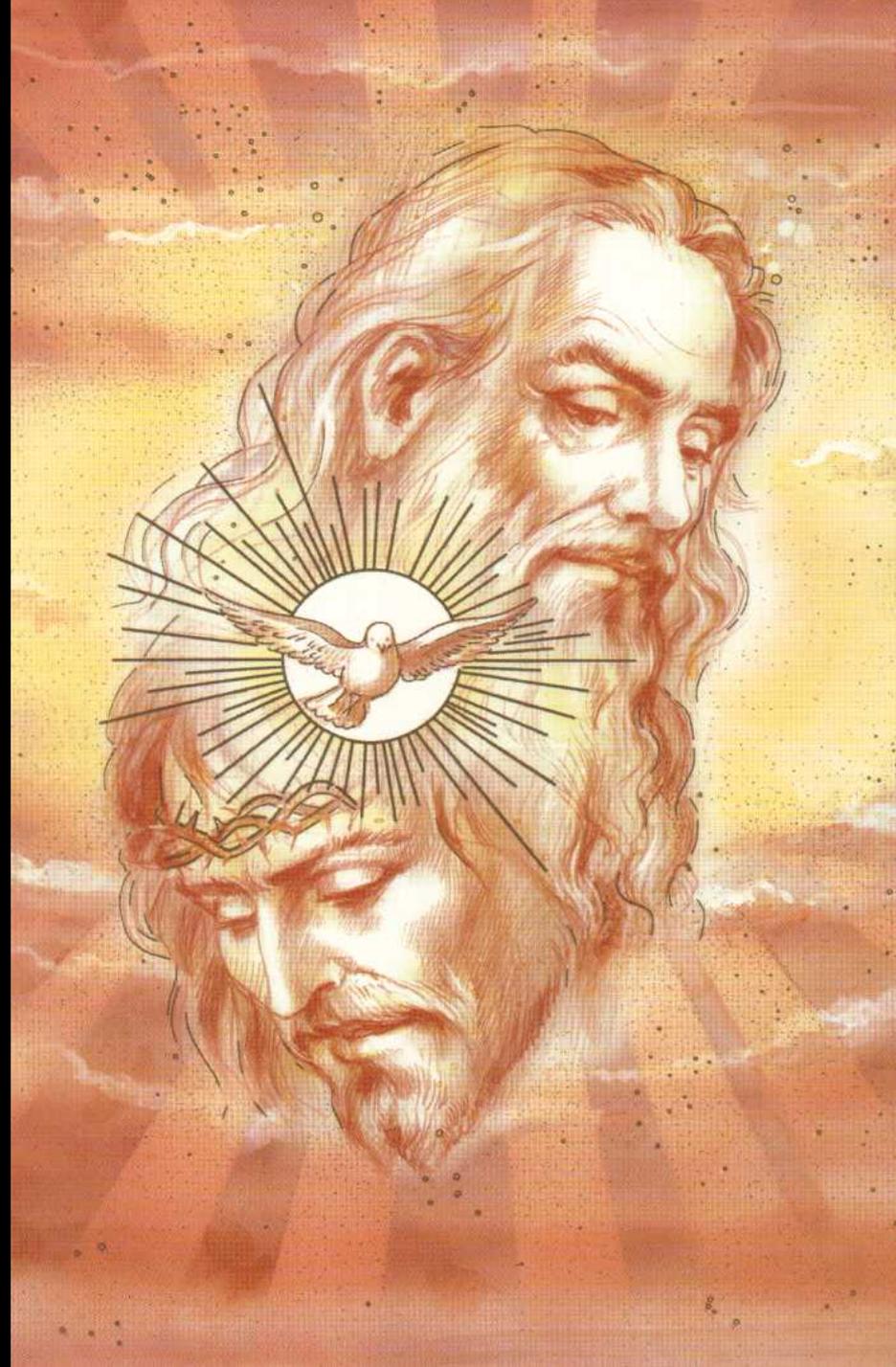
Prayers of the Rosary

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

"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".

(Our Lady at Fatima -
13th July 1917)



Prayers of the Rosary

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 valley of tears. Turn then, O 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.



Concluding Prayers

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal salvation; 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.

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

The Sign of the Cross: In the name of the Father of the Son and of the Holy Spirit. Amen



Prayers of the Rosary - Plenary Indulgence

The Plenary Indulgence removes all debt owed due to our sins and comes from the treasury of graces derived from all the good of the Church and its members.

Prayers for the Holy Father's (Pope's) intentions to obtain a Plenary Indulgence.

At the end of the Rosary (5 decades) recite:

one "Our Father",
one "Hail Mary"
one "Glory Be".



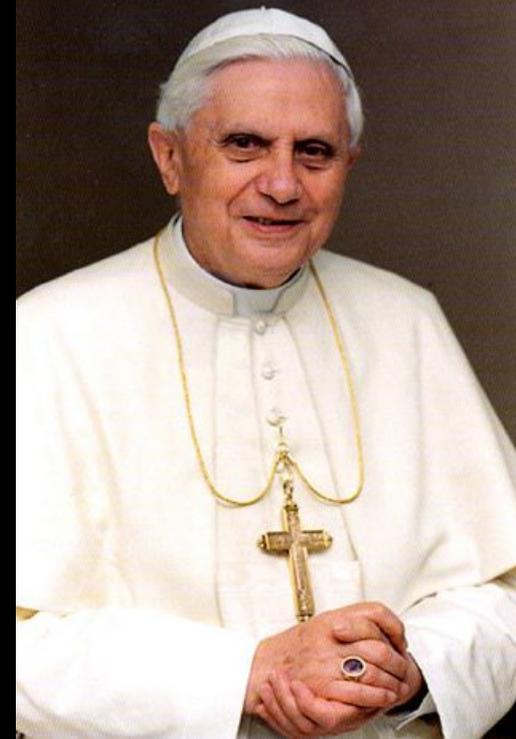
Prayers of the Rosary - Plenary Indulgence

The prayers for the Holy Father's intentions allows a Plenary Indulgence to be gained if :

1. you ask for the indulgence;
2. the rosary was said in a group (two or more) anywhere,
3. or if alone then before the Tabernacle;
4. you made your confession eight days before or after;
5. received Holy Communion;
6. and are detached from sin.

Detached does not mean tempted, you can be tempted but detached, i.e. prefer not to be tempted.

All parts do not have to be completed on the same day. Only one Plenary Indulgence per day is possible.



Mysteries of the Rosary

Joyful Mysteries

Monday & Saturday

1. Annunciation
2. Visitation
3. Nativity
4. Presentation
5. Finding Child Jesus



Luminous Mysteries

Thursday

1. Christ's Baptism in the River Jordan
2. Self Revelation at Wedding Feast of Cana
3. Proclamation of the Kingdom of God
4. Christ's Transfiguration
5. Institution of the Eucharist

Sorrowful Mysteries

Tuesday & Friday

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying the Cross
5. Crucifixion

Glorious Mysteries

Wednesday & Sunday

1. Resurrection
2. Ascension
3. Descent of the Holy Spirit
4. Assumption of Mary
5. Coronation of Mary



1st Joyful Mystery

The Annunciation and Incarnation

Event

"In the sixth month 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, of the house of David; and the virgin's name was Mary."

(Lk 1:26-28)

Meditation

"Behold, I am the handmaid of the Lord; let it be to me according to your word."

(Lk 1:38)

2nd Joyful Mystery

The Visitation

Event

"In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb!' " (Lk 1:39-42)

Meditation

"My soul magnifies the Lord, and my spirit rejoices in God my Savior." (Lk 1:46-47)



3rd Joyful Mystery

The Nativity



Event

"When the angels went away from them into Heaven, the shepherds said to one another, 'Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us.' And they went with haste, and found Mary and Joseph, and the babe lying in a manger."
(Lk 2:15-16)

Meditation

"Be not afraid; for behold, I bring you good news of a great joy which will come to all the people; for to you is born this day in the city of David a Savior, who is Christ the Lord."
(Lk 2:10-11)

4th Joyful Mystery

The Presentation



Event

"And when the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord."
(Lk 2:22)

Meditation

"Behold, this child is set for the fall and the rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed."
(Lk 2:34-35)

5th Joyful Mystery

Finding the Child Jesus in the Temple

Event

"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 at his understanding and his answers."

(Lk 2:46-47)

Meditation

"How is it that you sought me? Did you not know that I must be in my Father's house?"

(Lk 2:49)





1st Luminous Mystery Christ's Baptism in the River Jordan

Event

"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, and alighting on him; and lo, a voice from Heaven, saying, 'This is my beloved Son, with whom I am well pleased.' "

(Mt 3:16-17)

Meditation

"This is my beloved Son, with whom I am well pleased."

(Mt 3:17)



2nd Luminous Mystery Christ's Self Revelation at the Wedding Feast of Cana

Event

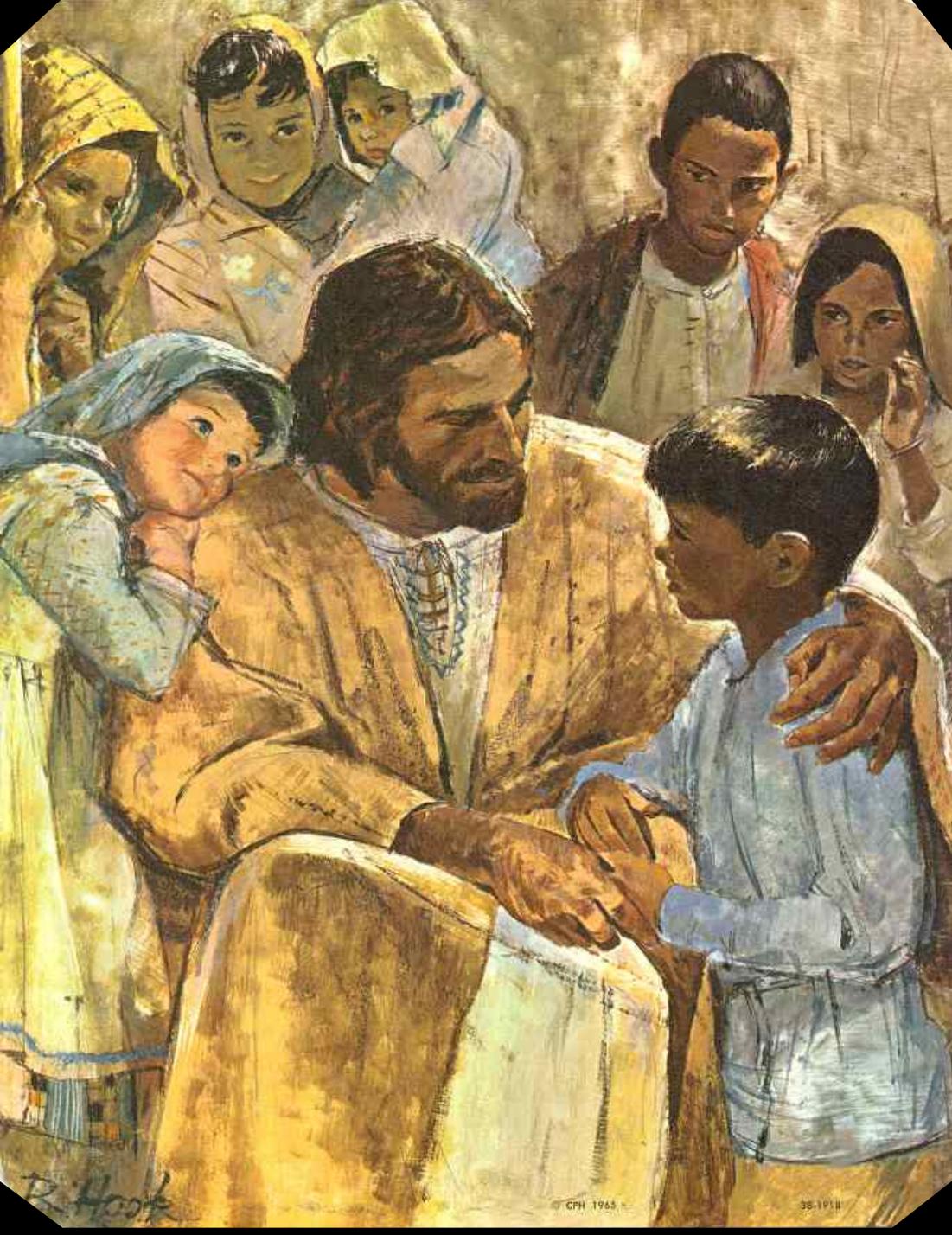
"On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine failed, the mother of Jesus said to him, 'They have no wine.' "

(Jn 2:1-3)

Meditation

"His mother said to the servants, 'Do whatever he tells you.' "

(Jn 2:5)



3rd Luminous Mystery

Christ's Proclamation of the Kingdom of God and His Call to Conversion

Event

"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.' "
(Mk 1:14-15)

Meditation

"And when Jesus saw their faith, he said to the paralytic, 'My son, your sins are forgiven.' "
(Mk 2:5)



4th Luminous Mystery

Transfiguration of Christ on Mount Tabor

Event

"He took with him Peter and John and James, and went up on the mountain to pray. And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white. And behold, two men talked with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem." (Lk 9: 28-31)

Meditation

"This is my Son, my Chosen; listen to him." (Lk 9:35)

5th Luminous Mystery

Institution of the Eucharist

Event

"And he took bread, and when he had given thanks he broke it and gave it to them, saying, 'This is my body which is given for you. Do this in remembrance of me.' " (Lk 22:19)

Meditation

"Greater love has no man than this, that a man lay down his life for his friends."

(Jn 15:13)



1st Sorrowful Mystery

Agony in the Garden



Event

"And they went to a place which was called Gethsemane; and he said to his disciples, 'Sit here, while I pray.' And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, 'My soul is very sorrowful, even to death.' "
(Mk 14:32-34)

Meditation

"Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done."
(Lk 22:42)

2nd Sorrowful Mystery Scourging at the Pillar

Event

"So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified."
(Mk 15:15)

Meditation

"With his stripes, we are healed." (Is 53:5)





3rd Sorrowful Mystery Crowning with Thorns

Event

"And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, 'Hail, King of the Jews!' and struck him with their hands."

(Jn 19:2-3)

Meditation

"Here is the man!"

(Jn 19:5)



4th Sorrowful Mystery Carrying the Cross

Event

"And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus."

(Lk 23:26)

Meditation

"If any man would come after me, let him deny himself and take up his cross daily and follow me."

(Lk 9:23)

5th Sorrowful Mystery

The Crucifixion



Event

"And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right, and one on the left. And Jesus said, 'Father, forgive them; for they know not what they do.' And they cast lots to divide his garments."
(Lk 23:33-34)

Meditation

" 'Woman, behold, your son!' Then he said to the disciple, 'Behold, your mother!' "
(Jn 19:26-27)

1st Glorious Mystery

The Resurrection



Event

"But the angel said to the women, 'Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said.' "
(Mt 28:5)

Meditation

"Jesus came and stood among them and said to them, 'Peace be with you.' "
(Jn 20:19)



2nd Glorious Mystery

The Ascension

Event

"So then the Lord Jesus, after he had spoken to them, was taken up into Heaven, and sat down at the right hand of God."

(Mk 16:19)

Meditation

"All authority in Heaven and on Earth has been given to me. Go therefore and make disciples of all nations."

(Mt 28:18-19)



3rd Glorious Mystery

Descent of the Holy Spirit

Event

"And suddenly a sound came from Heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And 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 2:2-4)

Meditation

"When the Spirit of truth comes, he will guide you into all the truth."
(Jn 16:13)

4th Glorious Mystery The Assumption



Event

"Then God's temple in Heaven was opened, and the ark of his covenant was seen within his temple."
(Rev 11:19)

Meditation

"Arise, O Lord, and go to thy resting place, thou and the ark of thy might."
(Ps 132:8)

5th Glorious Mystery The Coronation



Event

"And 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."
(Rev 12:1)

Meditation

"All generations will call me blessed; for he who is mighty has done great things for me."
(Lk 1:48)

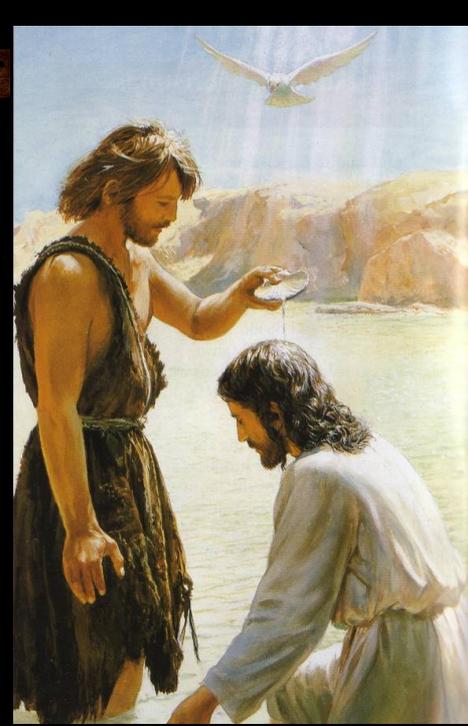
37 Bible Rosary Meditation

We can use the Bible to help us enter into any moment in the life of Jesus and be truly present to him in reality.

For each mystery read one sentence before each Hail Mary.

For example, The first Joyful Mystery, Annunciation and Incarnation: read Luke 1:27 'The Virgin's name was Mary' say one Hail Mary; read Luke 1:28 'The angel went to her', say the next Hail Mary, etc. Keep the readings short.

Next time use readings not finished, different Gospels or repeat again.



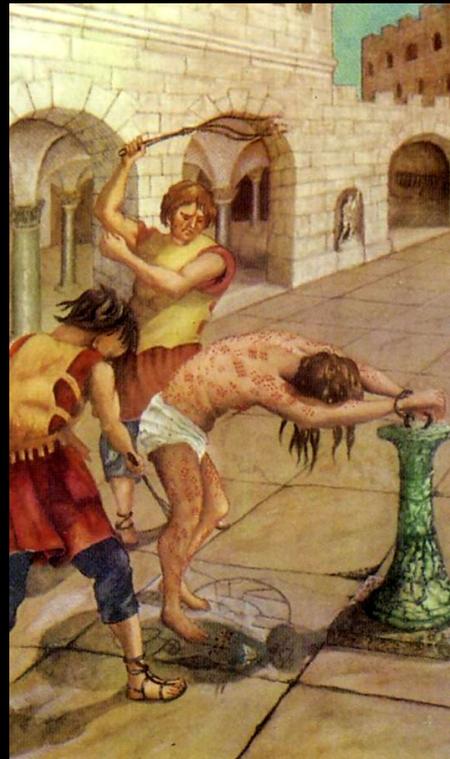
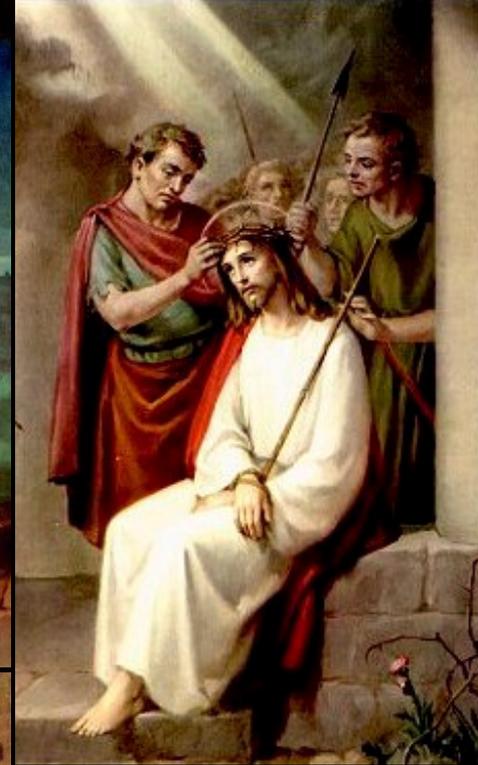
Bible Rosary Meditation

For short episodes, e.g. the crowning with thorns, use the sentences surrounding the events. Use the previous slides as a guide to find the Gospel passages.

We are now not just meditating but partaking in the life of Christ through the living Gospel.

Our prayers intercede for all; past, present and future, and Christ continues his mission of love and intercession to the Father through us.

Keep a small pocket New Testament in your pocket or bag with your rosary beads.



Mary Help of Christians

