



### BASIC ROSARY INSTRUCTIONS

1. Make the **Sign of the Cross** while holding the crucifix and then recite the **Apostles Creed**.
2. Recite the **Our Father** on the first large bead.
3. Recite 3 **Hail Mary's** for an increase of faith, hope and charity on each of the three small beads.
4. Recite the **Glory Be** to the Father on the next large bead.. Optionally, you can also recite the **Fatima Prayer "O my Jesus"**.
5. Determine which set of mysteries you will meditate on and recall the first Rosary Mystery and recite the **Our Father** on the large bead.
6. On each of the adjacent ten small beads (also referred to as a decade) recite a **Hail Mary** while reflecting on the mystery.
7. On the next large bead, recite the **Glory Be to the Father**, and the **Fatima prayer**.
8. 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.

**FINISH.** When the fifth mystery is completed, the Rosary is Customarily concluded with the **Hail Holy Queen**, and the **Sign of the Cross**.

### 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He arose again; He ascended into heaven and sits 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

**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 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:** 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 Fatima Prayer:** "O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy". (*Our Lady at Fatima, 13th July 1917*)

**The 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 valley, 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.

## **MYSTERIES OF THE ROSARY**

PICK ONE SET to MEDITATE ON when reciting a rosary. There are 4 sets. On each decade, before the Our Father, declare the mystery – think about the event, maybe even imagine yourself as a bystander there, or contemplate God's action there and how something associated with the event can be incorporated in your life. Keep this meditation alive while you are praying during the decade if you can

**The Joyful Mysteries** (Often said on Mondays And Saturdays, the day of the week dedicated to Our Lady)

### **First Joyful Mystery - The Annunciation of Gabriel to Mary**

Think of The humility of the Blessed Virgin when the Angel Gabriel greeted her with these words: "Hail full of grace". Luke 1:26

### **Second Joyful Mystery - The Visitation of Mary to Elizabeth**

Think of Mary's charity in visiting her cousin Elizabeth and remaining with her for three months before the birth of John the Baptist. Luke 1:39

### **Third Joyful Mystery - The Birth of Jesus**

Think of the poverty, so lovingly accepted by Mary and Joseph when they placed the Infant Jesus, our God and Redeemer, in a manger in the stable of Bethlehem. Luke 2:1

### **Fourth Joyful Mystery - The Presentation of Jesus in the Temple**

Think of Mary and Joseph's obedience to the law of God in presenting the Child Jesus in the Temple. Luke 2:22

### **Fifth Joyful Mystery - Finding Jesus in the Temple**

Think of the deep sorrow with which Mary and Joseph sought the Child Jesus for three days, and the joy with which they found Him in the midst of the Teachers of the Temple. Luke 2:41

**The Luminous Mysteries** (Often said on Thursdays in honor of the Last Supper on Holy Thursday)

### **First Luminous Mystery - The Baptism of Jesus in the River Jordan**

And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased." Matthew 3:17

**The Second Luminous Mystery - The Wedding at Cana**, Jesus did this (at the request of his Mother - her last words in the Bible are these – “Do whatever he tells) as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him. John 2:11

### **The Third Luminous Mystery - the Proclamation of the Kingdom of God**

Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." Mark 1:15

### **The Fourth Luminous Mystery - The Transfiguration of Jesus**

And he was transfigured before them; his face shone like the sun and his clothes became white as light. Matthew 17:2

### **The Fifth Luminous Mystery - The Last Supper, the Holy Eucharist**

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. Matthew 26:26

**The Sorrowful Mysteries** (Often Said on Tuesdays and Fridays in commemoration of Good Friday)

### **First Sorrowful Mystery - Agony of Jesus in the Garden**

Think of Our Lord Jesus in the garden of Gethsemane, suffering a bitter agony for our sins knowing all who would later reject him. Matthew 26:36

### **Second Sorrowful Mystery - Jesus is Scourged at the Pillar**

Think of the cruel scourging at the pillar that our Lord suffered; the heavy blows that tore His flesh. Matthew 27:26

### **Third Sorrowful Mystery - Jesus is Crowned With Thorns**

Think of. the crown of sharp thorns that was forced upon our Lord's Head and the patience with which He endured the pain for our sins. Matt 27:27

### **Fourth Sorrowful Mystery - Jesus Carries His Cross**

Think of the heavy Cross, so willingly carried by our Lord, and ask Him to help you to carry your crosses without complaint. Matthew 27:32

### **Fifth Sorrowful Mystery - The Crucifixion of Jesus**

Think of the love filling Christ's Sacred Heart during His three hours' agony on the Cross, and ask Him to be with you at the hour of death. Matt 27:33

**The Glorious Mysteries** (Often said on Wednesdays, and Sundays in honor of Easter Sunday)

### **First Glorious Mystery - The Resurrection of Jesus**

Think of Christ's glorious triumph when, on the third day after His death, He arose from the tomb and for forty days appeared to His Blessed Mother and to His disciples. John 20:1

### **Second Glorious Mystery - The Ascension of Jesus**

Think of the Ascension of Jesus Christ, forty days after His glorious Resurrection, in the presence of Mary and His disciples. Luke 24:36

### **Third Glorious Mystery - The Descent of the Holy Spirit at Pentecost**

Think of the descent of the Holy Spirit upon Mary and the Apostles, under the form of tongues of fire, in fulfillment of Christ's promise. Acts 2:1

### **Fourth Glorious Mystery - The Assumption of Mary into Heaven**

Think of the glorious Assumption of Mary into Heaven, when she was united with her Divine Son. Her earthly body, The Ark of the New Covenant, is incorrupt in the temple of Heaven.

### **Fifth Glorious Mystery - The Coronation of Mary as Queen of Heaven and Earth**

Think of the glorious crowning of Mary as Queen of Heaven and Earth by her Divine Son, to the great joy of all the Saints. She is the Queen and Mother of All nations on earth .. therefore, the Queen of Peace.