

# How To Pray the Rosary

## Praying the Rosary

1. While holding the crucifix, make the Sign of the Cross and say the Apostles' Creed.
2. On the first bead and all the single beads, say an Our Father.
3. Pray one Hail Mary on each of the next three beads for an increase in faith, hope, and charity.
4. On the next single bead, pray the Glory Be.
5. Before praying the next set of ten beads (called a decade), first meditate on the first mystery. Announce the mystery, imagine the event, and begin to meditate on it by itself or in association with whatever matter the mystery brings to your heart.
6. Pray an Our Father.
7. Pray a Hail Mary on the first bead of the decade, and on each following bead.
8. After praying the decade, pray the Glory Be. You may also want to add the Fatima invocation.
9. Reflect on the second mystery, then pray an Our Father on the next single bead.
10. Pray the Hail Mary on the next ten beads. Repeat the sequence around the rosary.
11. At the end of the last decade, pray the Hail Holy Queen.

## The Sign of the Cross

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

**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.

## The Lord's Prayer (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.

## The Glory Be (The Doxology)

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.

## Fatima Invocation

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

## Hail, Holy Queen (Salve Regina)

Hail, holy Queen, Mother of Mercy. Hail, our life, our sweetness, and our hope.  
To you do we cry, poor banished children of Eve. To you do we send up our  
sighs, mourning and weeping in this valley of tears. Turn, then most gracious  
advocate, your eyes of mercy toward us and after this, our exile, show unto us  
the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin  
Mary.

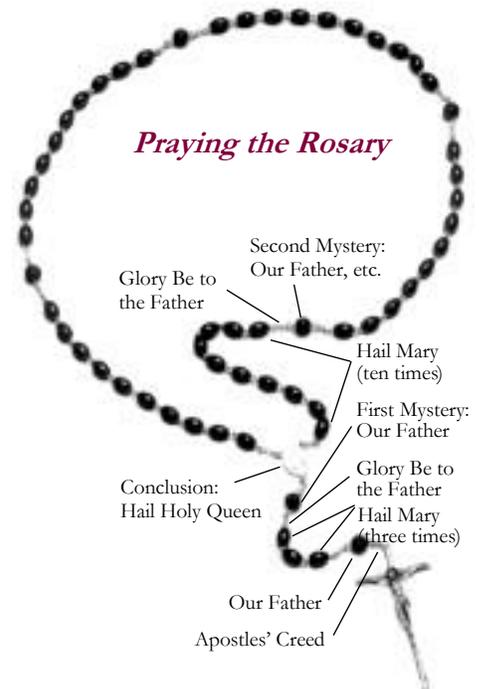
## The Joyful Mysteries

(Mondays and Saturdays)

1. The Annunciation of the birth of the Lord to Mary by the archangel Gabriel  
(Lk 1:26-38).
2. The Visitation of Our Lady with St. Elizabeth, the mother of St. John the  
Baptist (Lk 1:39-56).
3. The Nativity of Our Lord (Mt 1:18-25; Lk 2:1-20).
4. The Presentation of the Christ Child in the Temple (Lk 2:22-32).
5. The Finding of the Child Jesus in the Temple (Lk 2:41-52).

## The Sorrowful Mysteries

(Tuesdays and Fridays)



1. The Agony in the Garden of Gethsemane (Mk 14:32-42).

2. The Scouring of Jesus (Jn 19:1).
3. The Crowning with Thorns (Mk 15:16-20).
4. The Carrying of the Cross (Jn 19:12-17).
5. The Crucifixion (Mt 27:33-56; Mk 15:22-41; Lk 23:26-49; Jn 19:16-30).

### **The Luminous Mysteries**

(Thursdays)

1. The Baptism of Our Lord in the River Jordan (Mt 3:13-16).
2. The Self-Manifestation of Our Lord at the Wedding at Cana (Jn 2:1-11).
3. The Proclamation of the Kingdom of God (Mk 1:14-15).
4. The Transfiguration of Our Lord (Mt 17:1-8; Lk 9:28-29).
5. The Last Supper, when the Eucharist was Instituted (Mt 26).

### **The Glorious Mysteries**

(Wednesdays and Sundays)

1. The Resurrection (Lk 24:1-12; Jn 20).
2. The Ascension (Lk 24:50-53; Acts 1:1-12).
3. The Descent of the Holy Spirit at Pentecost (Acts 2:1-4).
4. The Assumption of the Blessed Virgin Mary (Song 2:8-14).
5. The Coronation of the Blessed Mother (Rev 12:1-4).