

## How to Pray The Rosary

1. **Begin by touching the crucifix and praying the Sign of the Cross.** To make the Sign of the Cross, with your right hand touch your forehead, your heart, your left shoulder, and then your right. If you don't have a Rosary in your hands to hold, that's fine. You can keep track mentally. While making the Sign of the Cross, say:

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

2. **Pray the Apostle's Creed.** If you have a Rosary, you are still holding the crucifix, say:

*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. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again 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.*

3. **On the first large rosary bead, pray the Our Father.** It begins like this:

- *Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom*

4. **On each of the next three beads, pray a Hail Mary.**

These three prayers should be done with the intention of an increase in faith, hope, and love.

- *Hail Mary, full of grace, the Lord is with thee; blessed art...*

5. **On the next large bead, pray the Glory Be.** Technically, this is on the space between the three beads and the larger bead; the larger

bead is for the Our Father.

- *Glory be to the Father, and to the Son, and to the Holy Spirit as it was in the beginning...*

## **The First Decade (ten beads)**

**1. Announce the Mystery.** The traditional order is to meditate on the:

- Joyful mysteries on Monday
- Sorrowful mysteries on Tuesday
- Glorious mysteries on Wednesday
- Luminous mysteries on Thursday
- Sorrowful mysteries again on Friday
- Glorious mysteries on Saturday
- Glorious mysteries again on Sunday
  
- Depending on the day of the week, choose the appropriate mystery for the First Decade:
  - 1st Joyful Mystery: The Annunciation of Gabriel to Mary (Luke 1:26-38)

**2. On the first rosary bead, pray the Our Father.** You should be on the large bead that precedes the pendant.

**3. On each of the next ten beads, pray a Hail Mary.** That's one Hail Mary for each bead. You should be moving in a counter-clockwise fashion, just to the right of the pendant at this point.

**4. Before the next large bead, pray a Glory Be To The Father.** After that, you may choose to pray a Fatima Prayer. The Fatima Prayer is recited like this:

*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. Amen.*

## The Second Decade

1. **Announce the second mystery.** Again, depending on the day, a different mystery is appropriate. Choose from the following:
  - 2nd Joyful Mystery: The Visitation of Mary to Elizabeth (Luke 1:39-56)
  - 2nd Luminous Mystery: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
  - 2nd Sorrowful Mystery: Our Lord is Scourged at the Pillar (Matthew 27:26)
  - 2nd Glorious Mystery: The Ascension of Our Lord (Luke 24:36-53)
2. **On the large separate bead, pray the Our Father.** Do you see a pattern emerging? Apart from the introduction and conclusion, it's all the same. Big beads are Our Fathers, small beads are Hail Marys, and at the end of each decade (10 Hail Marys) is a Glory Be and, if desired, a Fatima Prayer.
3. **Pray the second decade.** That is, ten more Hail Mary prayers, one for each bead.
4. **Close the second decade with a Glory Be.** Again, if desired, a Fatima Prayer fits in nicely right here.

## The Third Decade

1. **Announce the third mystery.** Once more, depending on the day, a different mystery is appropriate. Choose from the following:
  - 3rd Joyful Mystery: The Birth of Our Lord (Luke 2:1-21)
  - 3rd Luminous Mystery: The Proclamation of the Kingdom of God (Mark 1:14-15)

- 3rd Sorrowful Mystery: Our Lord is Crowned with Thorns (Matthew 27:27-31)
  - 3rd Glorious Mystery: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
2. **Pray an Our Father on the first large bead of the decade.** Try to maintain a state of reflection, even though the prayers do get repetitive. Concentrating on the intention of your prayer will help. Are you praying for a sick friend? For strength? Think about your own intentions.
  3. **Pray the next ten Hail Marys.** As you pray each one, move down a bead. You're halfway there! If you don't have a Rosary, your fingers are the same number, quite conveniently.
  4. **End the decade with a Glory Be.** And what's next? You guessed it. The optional Fatima Prayer. Pope Pius XII is the one you can thank for that.

## **The Fourth Decade**

1. **Announce the fourth mystery.** Kinda goes without saying now doesn't? Take a look at your calendar. What day is it? Choose from the following:
  - 4th Joyful Mystery: The Presentation of Our Lord (Luke 2:22-38)
  - 4th Luminous Mystery: The Transfiguration of Our Lord (Matthew 17:1-8)
  - 4th Sorrowful Mystery: Our Lord Carries the Cross to Calvary (Matthew 27:32)

- 4th Glorious Mystery: The Assumption of Mary into Heaven
2. **With the large bead in hand, pray an Our Father.** Song is an equally acceptable form of prayer in the eyes of God. If you know a hymn version of the prayer, sing it!
  3. **Pray ten more Hail Marys.** Only one decade to go! Try not to whip through them like homework on a Friday night. Listen to the words as you say them aloud or to yourself. What do they actually mean?
  4. **Finish the decade with a Glory be and the Fatima Prayer.** That one sure came out of left field, didn't it? Hey, only one decade to go! You should be 4/5 of the way around the Rosary now, nearing the pendant once more.

## **The Fifth Decade**

1. **Announce the fifth mystery.** They're last but certainly not least. Choose from the following:
  - 5th Joyful Mystery: The Finding of Our Lord in the Temple (Luke 2:41-52)
  - 5th Luminous Mystery: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)
  - 5th Sorrowful Mystery: The Crucifixion of Our Lord (Matthew 27:33-56)
  - 5th Glorious Mystery: The Coronation of Mary as Queen of Heaven and Earth
2. **Recite your last Our Father.** Really feel this one -- it's the last one you have! Let the words resonate within you and feel their meaning.
3. **Pray the final ten Hail Marys.** Your hand should be inching closer and closer to the crucifix. Are you still maintaining

reflection? Great.

4. **Close the final decade with a Glory Be.** One more possible Fatima Prayer and it's time to bust out some new prayers.

## The Conclusion

1. **Pray a Hail Holy Queen.** You're onto the pendant! Here's how this one goes:

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

2. **Pray the Final Rosary Prayer (optional).** Hands still on the pendant, recite the following:

*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 by 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.*

3. **Pray the Memorare (optional).** This one is the most uncommon, but adds a nice finishing touch to your intimate session. This one goes like this:

*Remember, O Most Gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of Virgins, Our Mother. To thee we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in*

*thy mercy, hear and answer them. Amen.*

**End with the Sign of the Cross.** Lift your head, feel lightened, and go about your day, prayerful and contemplative. Now wasn't that a worthwhile 20 minutes?