

## **Lesson Two - How to Pray the Holy Rosary**

The Holy Rosary is one of the most beloved and powerful Prayers of the Catholic Church. It is believed by some that Our Lady gave the Rosary to St. Dominic in the year 1214. RCIA begins each class with one decade of the Rosary for personal intentions

### **On the Crucifix, pray the Apostles Creed**

“I believe in God, the Father Almighty, Creator of Heaven and Earth, and in Jesus Christ His only begotten son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, who crucified, died and was buried. He descended into hell and on the third day he arose again from the dead. He ascended into Heaven and is seated at the right hand of God, the Father Almighty, and 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.”

**On the first large bead**, and all large beads thereafter, pray the Lord's Prayer

**Three beads grouped together**, pray the Hail Mary on each (for an increase in faith, hope and love (charity))

**The space after**, pray the Glory Be (the Doxology) and the Prayer of Fatima.

“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.”

“O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those who are most in need of their mercy... Amen.”

**Announce the Mystery** – the word “Mystery” pertains to an event in the lives of Jesus and/or Mary

**Announce the Intentions** for this Rosary – why you are praying the Rosary – Pray the Lord's Prayer prior to each Mystery on the large bead

**On the medal** in the middle of the Rosary, pray the Prayer of the Miraculous Medal

“Holy Mother Mary, conceived without sin, Pray for us who have recourse to Thee...Amen”

**Pray ten Hail Mary's** and end each decade with the Glory Be (Doxology) and the Prayer of Fatima

**At the end of Rosary**, pray the following Prayers

“St. Michael, the Archangel, defend us in our daily battles. Be our safeguard against the wickedness and the snares of the devil. May God rebuke him, we humbly pray, and do thou O Prince of the Heavenly Host, by the power of God, cast in hell, satan and all of his evil spirits who prowl through the earth seeking the ruin of human souls...Amen.”

“Hail Holy Queen, Mother of Mercy, our life, our sweetness, 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 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...Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ...Amen.”

End the Rosary with the Sign of the Cross

## **The Mysteries of the Holy Rosary (Includes the “Fruit of the Mystery” and Scripture)**

### **Joyful Mysteries - Saturdays and Mondays**

1. The Annunciation. Humility, Luke 1:26-33
2. The Visitation. Love of Neighbor, Luke 1: 39-43
3. The Nativity. Poverty (Poor in Spirit), Detachment from the things of the world, Luke 2:1-20
4. The Presentation of Jesus at the Temple. Purity, Obedience, Luke 2:22-38
5. The Finding of Jesus in the Temple. True Conversion, Piety, Joy of Finding Jesus, Luke 2:41-52

### **Luminous Mysteries – Thursdays**

1. The Baptism of Jesus in the Jordan. Openness to the Holy Spirit, the Healer, Luke 3:21-22
2. The Wedding at Cana. To Jesus through Mary, John 2:1-30
3. Jesus' Proclamation of the Kingdom of God. Trust in God, Matthew 4:17, 23-25
4. The Transfiguration. Desire for Holiness, Luke 9:18-36
5. The Institution of the Eucharist. Adoration, Mark 14:22-26

### **Sorrowful Mysteries – Tuesdays and Fridays**

1. The Agony in the Garden. Sorrow for Sin, Uniformity with the Will of God, Mark 14:32-32
2. The Scourging at the Pillar. Mortification, Purity, Found in the Gospels
3. The Crowning with Thorns. Contempt of the world, Courage, Found in the Gospels
4. The Carrying of the Cross. Patience, Found in the Gospels
5. The Crucifixion. Salvation, Forgiveness, Found in the Gospels

### **Glorious Mysteries – Sundays and Wednesdays**

1. The Resurrection. Faith, John 20:1-10
2. The Ascension. Hope and Desire for Ascension to Heaven, Acts 1:9-11
3. The Descent of the Holy Spirit. Divine Charity, Worship of the Holy Spirit, Acts 2:1-4
4. The Assumption of Mary. Grace of a Happy Death and True Devotion towards Mary.
5. The Coronation of the Virgin Mary. Perseverance.