

Grade 7

January 4: How to Pray the Rosary

Supplies needed:

- Rosaries
- Pencils/Crayons
- How to Pray the Rosary Worksheet
- Prayers for the Rosary
- Mysteries of the Rosary Worksheet
- Today's Mysteries Worksheet

Opening Prayer:

Dear Lord,

Thank you for the gift of the Rosary, that we have a way to pray through and with your mother, Mary. Please open my heart and mind today as we study the Rosary and pray it. Amen.

Opening Questions and Thoughts

- Do you have a Rosary?
- Do you have a special Rosary (special look, or special meaning)
- Have you ever seen different types of Rosaries, such a Ring, or bracelet or keychain? (Pictures of Rosary Variations included)
- Have you ever prayed the Rosary? When and where have you prayed it?

Reviewing the Parts of the Rosary

On the *How to Pray the Rosary* worksheet that we have included, read about the different parts of the Rosary and which prayers are said for each one:

- The Cross (sign of the Cross, Apostles Creed)
- The first bead (Our Father)
- The 2nd – 4th beads (Hail Mary)
- The 5th bead (Glory Be and optional Fatima Prayer, First Mystery Announced, Our Father)
- 5 sets of decade beads (Hail Mary)
- The single beads in between the decades (Glory Be and next Mystery Announced, Our Father) – note: the Mysteries will be discussed in more detail in a few minutes
- The Center Piece - this may be Bead 5 for some Rosaries, such as the one shown in the Workbook, or a small Charm as shown on the How to Pray the Rosary Worksheet (Glory Be, Hail Holy Queen)

Math Quiz!

How many times do you say each of these prayers when praying the Rosary?

- Our Father (6)
- Hail Mary (53)
- Glory Be (6)
- Apostles Creed (1)

What are the Mysteries?

Mysteries of the Rosary Worksheet.

The Mysteries of the Rosary are designed to help focus our prayer on the life, ministry, and Passion of Our Lord. They are a sort of short overview of the Gospels.

There are four rosary mysteries (Joyful, Sorrowful, Glorious, Luminous) and five parts of each mystery which correspond to the five decades of the rosary.

The *Joyful Mysteries* focus on the joyful events related to the Incarnation of Jesus Christ.

The *Sorrowful Mysteries* focus on the sorrowful events related to the Passion and Death of Jesus Christ.

The *Glorious Mysteries* focus on the glorious events related to the Resurrection and the reigning of Christ in heaven with Our Lady.

The *Luminous Mysteries* or mysteries of light focus on the life and ministry of Jesus Christ.

Many people use the day of the week to determine which set of Mysteries they will focus on when praying the Rosary.

Sunday - Glorious Mysteries

Monday - Joyful Mysteries

Tuesday - Sorrowful Mysteries

Wednesday - Glorious Mysteries

Thursday - Luminous Mysteries

Friday - Sorrowful Mysteries

Saturday - Joyful Mysteries

Which set of Mysteries will we focus on today?

Meditating on the life of Christ with the prayers of the Holy Rosary—through the intercession of the Blessed Virgin Mary—is a way of growing in faith and in your understanding of the faith, deepening your relationship with Christ, increasing in holiness and virtue, and avoiding sin.

Praying the Rosary

Using *Today's Mysteries Worksheet* (if you are going to choose that option for Step 2 below)

This won't be a traditional praying of the Rosary because we are going to stop for each set of Mysteries to help you understand what to think about when meditating on the mysteries. It will also help if you have never prayed the Rosary before because it can be hard for you to sit through.

These are just suggestions. Choose the variations that work best for you:

1. Pray the Cross and Beads 1-5. Each of the prayers is listed if the you don't have them memorized.
2. To help the Kids understand and really be able to concentrate on the Mysteries, pick one of the options below each time you are to announce a mystery:
 - a. Read the Bible Verses that corresponds with the Mystery for the decade you are about to Pray.
 - b. Using the *Mysteries of the Bible Worksheet* as a guide, reflect on what is happening for each Mystery for the decade you are about to Pray
 - c. Using the *Mysteries of the Bible Worksheet* as a guide, draw/color a picture for each Mystery for the decade you are about to Pray.
3. Once you have reflected or drawn a Mystery, say the *Our Father* prayer.
4. Say 10 *Hail Marys* for the decade – options:
 - a. As a family
 - b. Assigning different family members for each bead in the decade
 - c. Assign different family members for each decade to say all 10 for that decade
5. Say the *Glory Be* for each single bead.
6. Repeat Steps 2-5 for each decade.
7. After the 5th Mystery, Pray *Hail Holy Queen* (see page for words).

Please do the Rosary Word Search Handout.

Rosary Variations

