

# How to Pray the Rosary

The Rosary is divided into five decades. Each decade represents a mystery or event in the life of Jesus. There are four sets of "Mysteries of the Rosary" (Joyful, Luminous, Sorrowful, and Glorious). These four "Mysteries of the Rosary" therefore contain a total of twenty mysteries. The Joyful, Luminous, Sorrowful, and Glorious Mysteries are then said on specific days of the week (see each set of mysteries below). During private recitation of the Rosary, each decade requires devout meditation on a specific mystery. Public recitation of the Rosary (two or more people), requires a leader to announce each of the mysteries before the decade, and start each prayer.

**The Apostle's Creed** is said on the Crucifix; the **Our Father** is said on each of the Large Beads; the **Hail Mary** is said on each of the Small Beads; the **Glory Be** after the three Hail Mary's at the beginning of the Rosary, and after each decade of Small Beads.

# The Mysteries of the Rosary

## Joyful Mysteries (Mondays and Saturdays)

- **The Annunciation**

The angel Gabriel announces to Mary that she is to become the Mother of Jesus. Luke 1:26-38.

- **Visitation**

Mary visits and helps her cousin Elizabeth. Luke 1:39-56.

- **The Nativity**

Mary gives birth to Jesus in a stable in Bethlehem. Luke 2:1-20.

- **The Presentation in the Temple**

Jesus is presented in the Temple. Luke 2:21-38.

- **The finding of the child Jesus in the Temple**

Jesus is found in the Temple and "all who heard Him were amazed." Luke 2:41-51.

## Mysteries of Light/Luminous Mysteries (Thursdays)

- **The Baptism in the Jordan**

Jesus' public life begins when John baptizes him in the Jordan. Matthew 3:13-17.

- **The Wedding Feast at Cana**

Jesus performs his first sign, turning water into wine; John 2:1-11.

- **The Proclamation of the Kingdom of God**

Jesus calls everyone to enter the Kingdom of God. Matthew 4:12-17.

- **The Transfiguration**

Jesus briefly reveals his divine glory in the presence of Peter, John and James. Matthew 17:1-8.

- **The Institution of the Eucharist**

The Passover meal receives a new meaning with the institution of the Eucharist, anticipating the glory of the Kingdom. Matthew 26:26-29.

## Sorrowful Mysteries (Tuesdays and Fridays)

- **The Agony in the Garden**  
Jesus suffers his agony in the Garden of Gethsemane and overcomes temptation through prayer. Matthew 26:36-46.
- **The Scourging at the Pillar**  
Jesus is taken to Pilate and is mocked and whipped at the pillar. John 19:1-3.
- **The Crowning with Thorns**  
Jesus is crowned with a circle of sharp thorns. Matthew 27:27-31.
- **The Carrying of the Cross**  
Jesus carries the cross to Golgotha. Mark 15:21-24.
- **The Crucifixion**  
Jesus dies on the cross. Luke 23:33-46.

## Glorious Mysteries (Wednesdays and Sundays)

- **The Resurrection**  
Jesus rises from the dead on the third day. Luke 24:1-12.
- **The Ascension**  
Jesus ascends into heaven forty days after resurrection. Mark 16:19-20.
- **The descent of the Holy Spirit**  
The Holy Spirit descends upon Mary and the apostles. Acts 2.1-4.
- **The Assumption**  
Mary, "when the course of her earthly life was completed, was taken up body and soul into the glory of heaven, where she already shares in the glory of her Son's Resurrection, anticipating the resurrection of all members of his Body" (CCC, 974). Luke 1:46-55.
- **The crowning of Our Lady Queen of Heaven**  
Mary is crowned Queen of heaven and earth. Revelation 12:1.

# The Prayers of the Rosary

## Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will 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 the life everlasting. Amen.

## Lord's Prayer

Our Father, who art in heaven, hallowed by thy name; thy kingdom come, thy will be done on earth as it is 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.

## Doxology (Glory Be)

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."

## Hail, Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To You we cry, poor banished children of Eve; to You we send up our sighs, mourning and weeping in this valley of tears. Turn the, O 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.