

How to recite the Holy Rosary

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen. (*As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.*)

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. 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.

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, 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.

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 in most need of Thy mercy. Amen.

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.

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.

ANNOUNCE each mystery by saying something like, "*The third Joyful Mystery is the Birth of Our Lord.*" This is required only when saying the Rosary in a group.

2. IN THIS ORDER...

INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

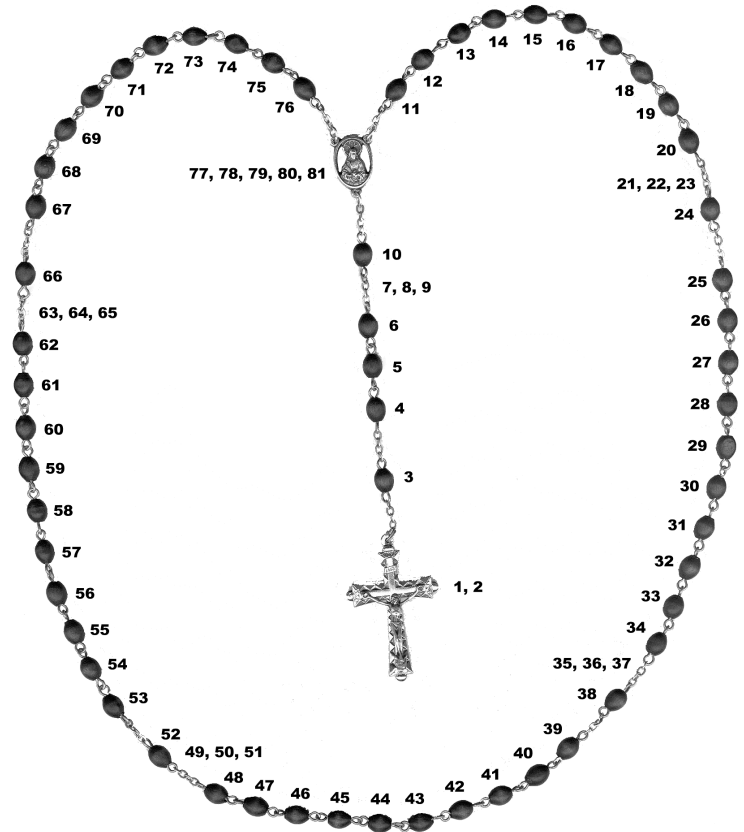
THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries"

- First Decade (Steps 9-22):** The Annunciation of Gabriel to Mary (Luke 1:26-38)
- Second Decade (Steps 23-36):** The Visitation of Mary to Elizabeth (Luke 1:39-56)
- Third Decade (Steps 37-50):** The Birth of Our Lord (Luke 2:1-21)
- Fourth Decade (Steps 51-64):** The Presentation of Our Lord (Luke 2:22-38)
- Fifth Decade (Steps 65-78):** The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

- First Decade:** The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
- Second Decade:** The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
- Third Decade:** The Proclamation of the Kingdom of God (Mark 1:14-15)
- Fourth Decade:** The Transfiguration of Our Lord (Matthew 17:1-8)
- Fifth Decade:** The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

- First Decade:** The Agony of Our Lord in the Garden (Matthew 26:36-56)
- Second Decade:** Our Lord is Scourged at the Pillar (Matthew 27:26)
- Third Decade:** Our Lord is Crowned with Thorns (Matthew 27:27-31)
- Fourth Decade:** Our Lord Carries the Cross to Calvary (Matthew 27:32)
- Fifth Decade:** The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

- First Decade:** The Glorious Resurrection of Our Lord (John 20:1-29)
- Second Decade:** The Ascension of Our Lord (Luke 24:36-53)
- Third Decade:** The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
- Fourth Decade:** The Assumption of Mary into Heaven
- Fifth Decade:** The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

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The Rosary

A Compendium of the Gospel

By Carson Weber



The Rosary is primarily a meditation upon the Gospel through the eyes of our Blessed Mother Mary. In the words of Pope John Paul II, "The Rosary, though clearly Marian in character, is at heart a Christocentric prayer. In the solemnity of its elements, it has all the *depth of the Gospel message in its entirety*, of which it can be said to be a compendium." (*Rosarium Virginis Mariae*) Christocentric means "having Christ at its center." The Rosary is a tool by which we enter more profoundly – through meditation – into union with Jesus Christ through the eyes of his Mother, who has become our mother in turn.

The Gospel is essentially the Good News that God has established his reign on earth through the King: Jesus the Christ. Jesus, being King, has established his mother as the queen intercessor over the Kingdom, following an ancient tradition of the "Queen Mother" among ancient dynasties (See 1 Kings 2:19). And so in the Rosary, we meditate upon the events of the life of King Jesus and the Queen.

When we pray the Rosary, we are not supposed to meditate upon the words of each "Hail Mary" prayer. Rather, the mouthed or sounded words are to serve as a timer, a holy clock – as it were – as the mind meditates upon the mystery at hand. This takes practice, and over time, it becomes quite natural for the Christian to thumb through the beads while simultaneously saying the repetitive prayers, which thereby allow the mind to be pierced by divine grace. Thus, the Christian places himself in the scene itself, drawing insight and inspiration from whatever particular mystery one is on. This is true whether the mystery is the Nativity, the Glorious Coronation of Queen Mary, or the Institution of the Holy Eucharist.

So, as you use this handy guide on how to recite the Holy Rosary, take care not to allow your mind to wander from the holy mysteries or to make the Rosary merely a recitation. Guard the soul of the Rosary with diligence, which is always fruitful meditation and avoid any form of empty, vain repetition. Said correctly, the Rosary will invaluablely foster your union with the Son of Mary: the goal of our lives as Christians.