

# PRAYING THE ROSARY

The rosary is a form of combined prayer and meditation that has been around for over 1200 years. The origin of the rosary dates back to the 9th century where Irish monks would recite and chant the 150 Psalms of the Bible as a major part of their worship. People living near the monasteries were drawn towards this beautiful and harmonious devotion, and they became very eager to join in with the monks' prayers.

Over the centuries the Rosary evolved into 50 beads reflecting on the life, death and resurrection of Christ and honoring His Blessed Mother. It became known as "Rosarium"—referring to a collection of prayers as a bouquet of roses. The prayers of the Rosarium were later broken out into sets of 10 called decades. Each decade of ten "Hail Mary" prayers would be preceded by one "Our Father".

St. Dominic and Blessed Alan de la Roche of the Dominican Order helped spread the Rosary devotion. Around 1700 St. Louis de Montfort composed meditations for each decade. Praying the rosary has power, divine graces and intervention available to everyone.

In 1917 our Blessed Mother told the children at Fatima she was **Our Lady of the Rosary** and asked for **penance, prayer and devotion to her Immaculate Heart to have peace!**

Today **the Rosary is prayed on the EWTN** television channel every night at 8:30 PM.

The feast of the Holy Rosary is on October 7th.

*Source: Rosary Foundation--A Brief History of the Rosary-Dan Rudden.*

# HOW TO PRAY THE ROSARY

*a step by step guide  
for beginners*



## Praying the Rosary Daily

The Rosary is a series of prayers that help us meditate and reflect on the life of Jesus through the eyes of his mother.

Anyone who knows these six easy prayers can pray a Rosary: the **Apostles' Creed**, **Our Father**, **Hail Mary**, **Glory Be**, **Fatima**, and **Hail Holy Queen**.

The rosary is said daily. Each day we focus on 5 mysteries from the life of Jesus. Traditionally we say certain mysteries on certain days of the week but this is not necessary.

### The Joyful Mysteries (Mondays and Saturdays)

- (1) Annunciation
- (2) Visitation
- (3) Nativity
- (4) Presentation
- (5) Finding in the Temple.

### The Luminous Mysteries (Thursdays)

- (6) The Baptism in the Jordan
- (7) The Wedding at Cana
- (8) The Proclamation of the Kingdom
- (9) The Transfiguration
- (10) The Institution of the Eucharist

### The Sorrowful Mysteries (Tuesdays and Fridays)

- (11) The Agony in the Garden
- (12) The Scourging at the Pillar
- (13) The Crowning with Thorns
- (14) The Carrying of the Cross
- (15) The Crucifixion

### The Glorious Mysteries (Wednesdays and Sundays)

- (16) The Resurrection
- (17) The Ascension
- (18) The Descent of the Holy Spirit
- (19) The Assumption of Mary
- (20) The Coronation of Mary

**1 Make the sign of the cross and say the Apostles' Creed:** "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 arose again from the dead. He ascended into heaven, and sits at the right hand of God, the Father Almighty; 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."

**2 Say the Our Father:**

"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."

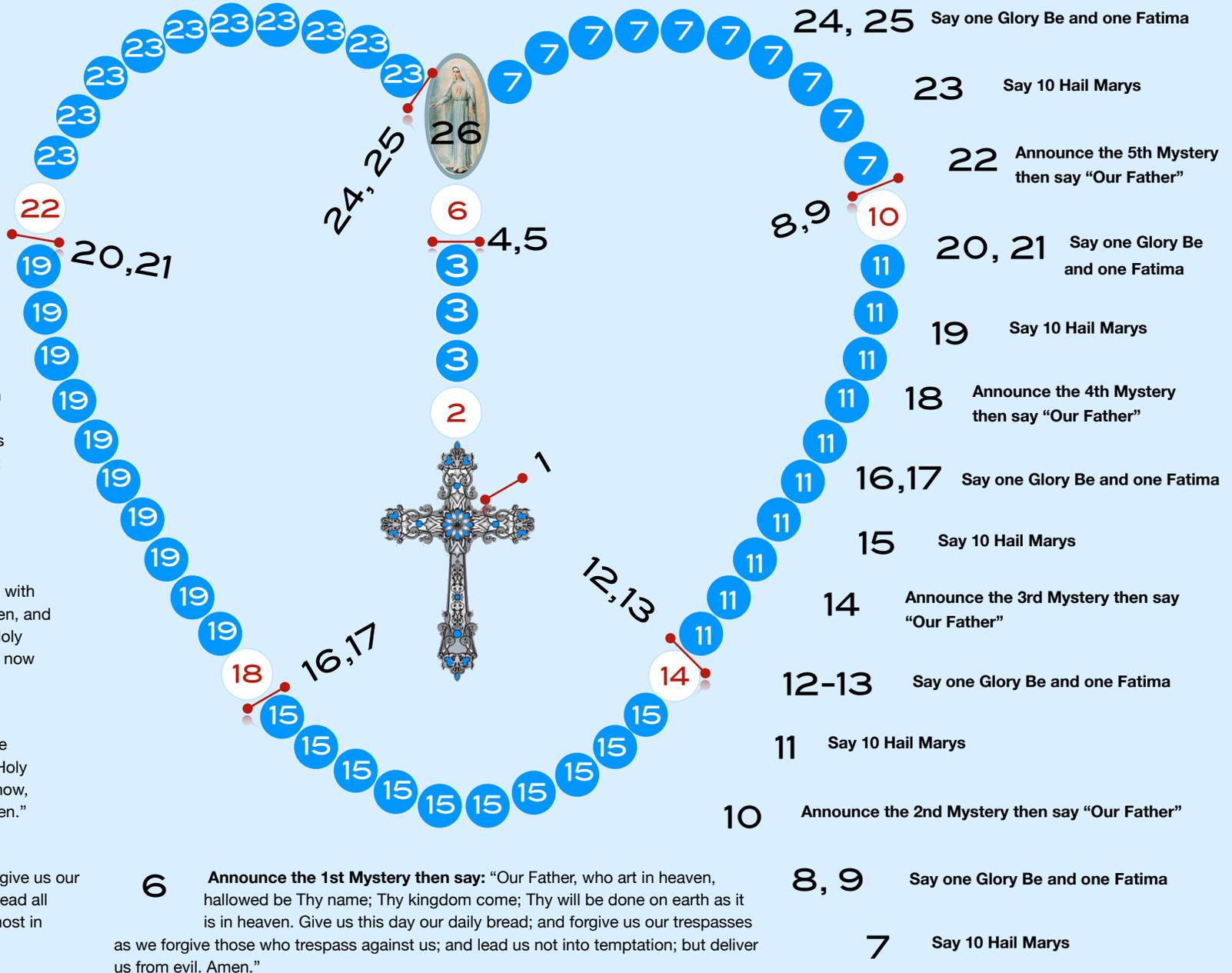
**3 Say three Hail Marys:**

"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."

**4 Say one 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."

**5 Say one Fatima:** "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy. Amen."

**26 "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. Let us pray. 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 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."



**6 Announce the 1st Mystery then say:** "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."