

Praying the Rosary

"Great is the Lord and worthy of high praise; God's grandeur is beyond understanding. One generation praises your deeds to the next and proclaims your mighty works. They speak of the splendor of your majestic glory, tell of your wonderful deeds."

Psalm 145:3-5

The Rosary is a meditative prayer that calls us to praise God with our lips and draw near to him with our hearts. The Catechism of the Catholic Church reads, "Meditation engages thought, imagination, emotion and desire. This mobilization of faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ. Christian prayer tries above all to meditate on the mysteries of Christ."

The rosary prayer has four sets of meditations or "mysteries"; joyful, luminous, sorrowful and glorious. People generally pray one set at a time, traditionally on these days:

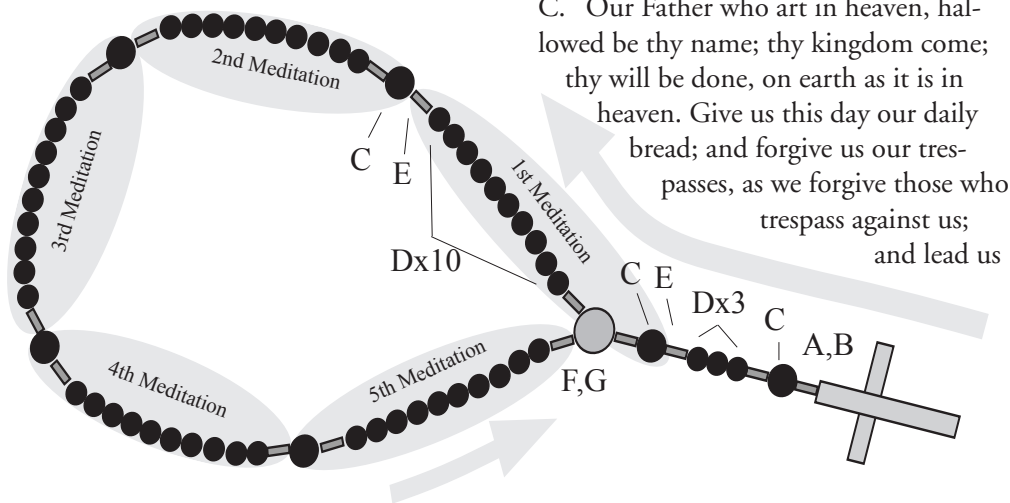
Joyful on Monday, Saturday and Advent Sundays

Sorrowful on Tuesday, Friday and Lenten Sundays

Luminous on Thursday

Glorious on Wednesday and all other Sundays

Each set is made up of five separate meditations. One set of mysteries will take you once around the rosary beads, beginning with the introductory prayers at the crucifix, proceeding around the rosary while praying the five meditations, and ending with the concluding prayers at the center medal. The "locations" of each particular prayer on the rosary are



diagrammed, below. Each meditation begins with an Our Father. As you pray through the ten Hail Mary's focus upon and open your mind to the truths of the meditation, knowing that Christ is acting on your behalf. If you read the passages related to the meditations, the story will be fresh in your mind, allowing you to consider important details and gain new insights. Finish each meditation with one Glory Be, an expression of thankfulness to God.

To pray *meditatively*, find a quiet place. Speak the words of the prayer with your lips, close your eyes, and focus your mind upon the image or meaning of the mystery. As the body speaks the prayers, the mind and spirit should be pondering the meditation's spiritual message. This takes time, practice and effort. More information on meditative prayer is available at: <http://www.rosaryshop.com/resources.php/request/method>

Introductory Prayers

A. In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (*Sign of the cross.*)

B. 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 Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. 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 life everlasting. Amen.

C. 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.

D. 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.

E. 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.

The Joyful Mysteries

1. **THE ANNUNCIATION.** Luke 1.26-38.

Verse 35: And the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God."

2. **THE VISITATION.** Luke 1.39-56. Verses 41-43: And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me?"

3. **THE NATIVITY.** Luke 2.1-20. Verse 7: And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn.

4. **THE PRESENTATION OF JESUS AT THE TEMPLE.** Luke 2.21-38. Verses 28-32: [Simeon] took him up in his arms and blessed God and said, "Lord, now lettest thou thy servant depart in peace, according to thy word; for mine eyes have seen thy salvation which thou hast prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to thy people Israel."

5. **FINDING JESUS IN THE TEMPLE.** Luke 2.41-52. Verses 45-47: . . . and when they did not find him, they returned to Jerusalem, seeking him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers.

(Turn to the Concluding Prayers)

The Sorrowful Mysteries

1. **THE AGONY IN THE GARDEN.** Lk 22.39-46. Verses 41-42,44: And he withdrew from them about a stone's throw, and knelt down and prayed, "Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done." And there appeared to him an angel from heaven, strengthening him. And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down upon the ground.

2. **THE SCOURGING AT THE PILLAR.** Mt 27.15-26. Verse 26: Then [Pilate] released for them Barab'bas, and having scourged Jesus, delivered him to be crucified.

3. **THE CROWNING WITH THORNS.** Mt 27.27-31. Verses 29-30: And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. And kneeling before him they mocked him, saying, "Hail, King of the Jews!" And they spat upon him, and took the reed and struck him on the head.

4. **THE CARRYING OF THE CROSS.** Jn 19.16-17: Then he handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Gol'gotha.

5. **THE CRUCIFIXION.** Lk 23.33-49. Verses 44-46: It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into thy hands I commit my spirit!" And having said this he breathed his last.

(Turn to the Concluding Prayers)

The Mysteries of Light

1. **JESUS' BAPTISM IN THE JORDAN.** Mt 3.16-17: And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, "This is my beloved Son, with whom I am well pleased."

2. **JESUS AT THE WEDDING IN CANA.** John 2.1-12. Verses 9-11: When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.

3. **JESUS PROCLAIMS THE KINGDOM OF GOD.** Mk 1.14-15: Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel."

4. **THE TRANSFIGURATION.** Lk 9.28-36: Now about eight days after these sayings he took with him Peter and John and James, and went up on the mountain to pray. And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white. And a voice came out of the cloud, saying, "This is my Son, my Chosen; listen to him!"

5. **INSTITUTION OF THE EUCHARIST.** Lk 22.15-20: And he said to them, "I have earnestly desired to eat this passover with you before I suffer; for I tell you I shall not eat it until it is fulfilled in the kingdom of God." ... And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in my blood."

(Turn to the Concluding Prayers)

The Glorious Mysteries

1. **THE RESURRECTION.** Lk 24.1-12. Verses 6-7: Remember how he told you, while he was still in Galilee, that the Son of man must be delivered into the hands of sinful men, and be crucified, and on the third day rise."

2. **THE ASCENSION.** Acts 1.6-12. Verse 9-11: ... as they were looking on, he was lifted up, and a cloud took him out of their sight. And while they were gazing into heaven as he went, behold, two men stood by them in white robes, and said, "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven."

3. **THE DESCENT OF THE HOLY SPIRIT.** Acts 2.1-13. Verses 2-4: And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.

4. **THE ASSUMPTION OF MARY.** Universal Catechism, par. 974: The Most Blessed Virgin 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.

5. **THE CORONATION OF MARY.** Revelation 12.1: And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars...

(Proceed to the Concluding Prayers)

Concluding Prayers

F. 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 then, most gracious advocate, your eyes of mercy toward us; and after this our exile, show us to the blessed fruit of your 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.

G. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

(Make the sign of the cross.)