

How To Pray The Holy Rosary

By Doug Lawrence

Home of Bob Stanley's "The Catholic Treasure Chest"

Luke 9:23 And Jesus said to all: If any man will come after me, let him deny himself, take up his cross daily and follow me.

And so, we begin with the crucifix, making the Sign of the Cross and praying The Apostle's 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 is seated 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.*

Moving on to the first, large bead, we pray 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.*

On each of the next three, small beads, we pray a 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.*

We complete this initial section of the Holy Rosary by praying The Glory Be and The Fatima Prayer:
The Glory Be: *Glory be to the Father, 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 Fatima Prayer: *Oh, 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.*

Now, we begin praying the FIRST of FIVE DECADES of the main body of The Rosary. EACH decade includes One Mystery, One Our Father, Ten Hail Mary's, One Glory Be and One Fatima Prayer:

On the next large bead, we announce the corresponding Mystery and pray one Our Father.
On the next TEN small beads, we pray one Hail Mary, each.
Then, we finish off the "decade" by praying one Glory Be and one Fatima Prayer.

Traversing all the beads of the Rosary, we repeat this process, a total of FIVE TIMES.

Finally, we complete the Holy Rosary by praying the Hail Holy Queen Prayer and again, making the Sign of the Cross: *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 valley 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.*
In the name of the Father and the Son and the Holy Spirit, Amen.

Praying the Holy Rosary typically requires about 25 minutes. Go to www.ASKMEABOUTGOD.ORG for more information.

How To Pray the Mysteries of the Rosary - www.AskMeAboutGod.Org

Praying the Rosary

1. While holding the crucifix, make the Sign of the Cross and say the Apostles' Creed.
2. On the first bead and all the single beads, say an Our Father.
3. Pray one Hail Mary on each of the next three beads for an increase in faith, hope, and charity.
4. On the next single bead, pray the Glory Be.
5. Before praying the next set of ten beads (called a decade), first meditate on the first mystery. Announce the mystery, imagine the event, and begin to meditate on it by itself or in association with whatever matter the mystery brings to your heart.
6. Pray an Our Father.
7. Pray a Hail Mary on the first bead of the decade, and on each following bead.
8. After praying the decade, pray the Glory Be. You may also want to add the Fatima invocation.
9. Reflect on the second mystery, then pray an Our Father on the next single bead.
10. Pray the Hail Mary on the next ten beads. Repeat the sequence around the rosary.
11. At the end of the last decade, pray the Hail Holy Queen.

The Sign of the Cross

In the name of the Father,
And of the Son,
And of the Holy Spirit.
Amen.

The 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.

The Lord's Prayer (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.

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.

The Glory Be (The Doxology)

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.

**In a CRISIS or EMERGENCY,
when you might not be able
to remember all the details:**

**Pray the "Our Father"
on all the big beads
and pray the "Hail Mary"
on all the little beads.**



Fatima Invocation

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those most in need of thy mercy.

Hail, Holy Queen (Salve Regina)

Hail, holy Queen, Mother of Mercy. Hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do 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 unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

The Joyful Mysteries

(Mondays and Saturdays)

1. The Annunciation of the birth of the Lord to Mary by the archangel Gabriel (Lk 1:26-38).
2. The Visitation of Our Lady with St. Elizabeth, the mother of St. John the Baptist (Lk 1:39-56).
3. The Nativity of Our Lord (Mt 1:18-25; Lk 2:1-20).
4. The Presentation of the Christ Child in the Temple (Lk 2:22-32).
5. The Finding of the Child Jesus in the Temple (Lk 2:41-52).

The Sorrowful Mysteries

(Tuesdays and Fridays)

1. The Agony in the Garden of Gethsemane (Mk 14:32-42).
2. The Scourging of Jesus (Jn 19:1).
3. The Crowning with Thorns (Mk 15:16-20).
4. The Carrying of the Cross (Jn 19:12-17).
5. The Crucifixion (Mt 27:33-56; Mk 15:22-41; Lk 23:26-49; Jn 19:16-30).

The Luminous Mysteries

(Thursdays)

1. The Baptism of Our Lord in the River Jordan (Mt 3:13-16).
2. The Self-Manifestation of Our Lord at the Wedding at Cana (Jn 2:1-11).
3. The Proclamation of the Kingdom of God (Mk 1:14-15).
4. The Transfiguration of Our Lord (Mt 17:1-8; Lk 9:28-29).
5. The Last Supper, when the Eucharist was Instituted (Mt 26).

The Glorious Mysteries

(Wednesdays and Sundays)

1. The Resurrection (Lk 24:1-12; Jn 20).
2. The Ascension (Lk 24:50-53; Acts 1:1-12).
3. The Descent of the Holy Spirit at Pentecost (Acts 2:1-4).
4. The Assumption of the Blessed Virgin Mary (Song 2:8-14).
5. The Coronation of the Blessed Mother (Rev 12:1-4).

Pray the EWTN Holy Land Rosary Video at www.tinyurl.com/2s6mr8yw

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***** ALTERNATE PLAN *** FOR EMERGENCY USE**

**Pray the "Our Father"
on every big bead.**

**Pray the "Hail Mary"
on every little bead.**

(Repeat as necessary)