

## How to Pray the Rosary

### Step-By-Step Instructions for Praying The Rosary

- I. Begin by holding the crucifix, saying "In the Name of the Father and of the Son and of the Holy Spirit," (making the sign of the Cross while doing that), then say the **Apostles Creed**.- *provided below*
- II. On the single bead just above the cross, pray the "**Our Father**." This and all prayers of the rosary are meditative prayers.
- III. The next cluster has **3 beads**. The "**Hail Mary**" prayer is said on these three beads. You pray the 3 Hail Marys' while meditating on the three divine virtues of faith, hope, and love/charity.
- IV. On the chain or cord after the three beads, say the "**Glory be...**"
- V. On the next bead, which is a single bead, you announce the first divine mystery of contemplation. For example, if it were a Monday, you would say the first Joyful Mystery is "The Annunciation", at this point you pray the "Our Father" prayer.
- VI. Now this will bring you to the first decade, or **set of 10 beads of the Rosary**. You will then pray **10 Hail Marys'** while contemplating the first mystery, example: The Annunciation.
- VII. After the 10th Hail Mary you will have completed the first of 5 decades which make up a Chaplet of the Rosary. You now come to another single bead, at this point, you pray the... Glory be to the Father... then (on the same bead) pray the O My Jesus... then (on the same bead) announce the next or second mystery. For example: if its Monday and your praying the Joyful Mysteries, the second Joyful Mystery is The Visitation. At this point you pray the Our Father....
- VIII. You will now come to the second decade or group of 10 beads, you will now pray the 10 Hail Marys' while contemplating the appropriate mystery.
- IX. You continue to pray the rosary the same way throughout. If your intention is to pray a Chaplet (a single set of mysteries) at the end of the fifth mystery you will come back to the joiner, this is where the decades all join with the lower part of the rosary which contains the cross. When you come to the joiner, you decide whether or not you wish to say another Chaplet or end. If you decide to say another Chaplet you simply announce the next mystery and continue. If you wish to end, you simply say the Glory Be To The Father, the O My Jesus, The Our Father and end the rosary with the Hail Holy Queen and the sign of the Cross.....

Various Rosary Prayers in approximate order as prayed in the Rosary

## **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, sited 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.

## **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.

## **THE DOXOLOGY**

Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. (this prayer is optional and may be said after all Glory Be to the Fathers.....)

O my Jesus, have mercy on us. Forgive us our sins. Save us from the fires of hell. Take all souls into heaven, especially, those most in need of thy mercy. Amen.

## **THE HAIL MARY**

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst 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.

### Joyful Mystery of the Rosary

#### Monday & Saturday

- I. [The Annunciation of the Lord to Mary](#)  
Mary is chosen to be the mother of Jesus.
- II. [The Visitation of Mary to Elizabeth](#)  
Elizabeth recognizes Mary as the mother of our Lord.
- III. [The Nativity of our Lord Jesus Christ](#)  
Jesus is born and laid in a manger.
- IV. [The Presentation of our Lord](#)  
Jesus is presented in the Temple of Jerusalem.
- V. [Finding Jesus in the Temple at age 12](#)  
Jesus is found discussing God's laws in the temple.

### Sorrowful Mystery of the Rosary

#### Tuesday & Friday

- I. [The Agony of Jesus in the Garden](#)  
Jesus prays when confronted with the sins of the world.
- II. [The Scourging at the Pillar](#)  
Jesus is whipped before His execution.
- III. [Jesus is Crowned with Thorns](#)  
Jesus is mocked with a painful crown of thorns.
- IV. [Jesus Carried the Cross](#)  
Jesus carries the weight of our sins to His crucifixion.
- V. [The Crucifixion of our Lord](#)  
Jesus Christ dies to save all mankind.

### Glorious Mystery of the Rosary

#### Wednesday & Sunday

- I. [The Resurrection of Jesus Christ](#)  
Jesus rises triumphant over death.
- II. [The Ascension of Jesus to Heaven](#)  
As Jesus ascends, He gives us a special task.
- III. [The Descent of the Holy Ghost](#)  
At Pentecost the Church is born.

- IV. [The Assumption of Mary into Heaven](#)  
The Virgin Mary is gloriously assumed into heaven.
- V. [Mary is Crowned as Queen of Heaven and Earth](#)  
Mary is honored above all creatures.

#### [Luminous Mystery of the Rosary](#)

Thursday

- I. [The Baptism in the Jordan](#)  
God proclaims Jesus is His Son.
- II. [The Wedding at Cana](#)  
Jesus performs a surprising miracle at a wedding.
- III. [The Proclamation of the Kingdom](#)  
Jesus calls us to do something important.
- IV. [The Transfiguration](#)  
Jesus is gloriously transformed.
- V. [The Institution of the Eucharist](#)  
Jesus shares His Body and Blood for our salvation.

#### THE SALVE REGINA

(Hail Holy Queen): 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!

## The Fifteen Promises of Mary to Christians Who Recite the Rosary

- Whoever shall faithfully serve me by the recitation of the rosary, shall receive signal graces.
- I promise my special protection and the greatest graces to all those who shall recite the rosary.
- The rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
- It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the heart of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
- The soul which recommend itself to me by the recitation of the rosary, shall not perish.
- Whoever shall recite the rosary devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
- Whoever shall have a true devotion for the rosary shall not die without the sacraments of the Church.
- Those who are faithful to recite the rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
- I shall deliver from purgatory those who have been devoted to the rosary.
- The faithful children of the rosary shall merit a high degree of glory in heaven.
- You shall obtain all you ask of me by the recitation of the rosary.
- All those who propagate the holy rosary shall be aided by me in their necessities.
- I have obtained from my Divine Son that all the advocates of the rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
- All who recite the rosary are my son, and brothers of my only son Jesus Christ.
- Devotion of my rosary is a great sign of predestination.

(Given to St. Dominic and Blessed Alan) Imprimatur: Patrick J. Hayes DD Archbishop of New York)