

HOW TO PRAY THE ROSARY

The Rosary is a Scripture-based prayer. It begins with the Apostles' Creed, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the Hail Mary is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the Hail Mary. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and the Luminous.

PRAYING THE ROSARY

1. Make the Sign of the Cross.
2. Holding the Crucifix, recite the *Apostles' Creed*.
3. On the first bead, pray an *Our Father*.
4. Pray one *Hail Mary* on each of the next three beads.
5. Pray the *Glory Be*.
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then pray the *Our Father*.
7. While fingering each of the ten beads of the decade, next pray ten *Hail Marys* while meditating on the Mystery. Then pray a *Glory Be*.
8. After praying the five decades, pray the *Hail, Holy Queen*, followed by this dialogue and prayer: V. Pray for us, O holy Mother of God. R. 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 while meditating on 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.* Conclude the Rosary with the Sign of the Cross.

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;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will 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 HAIL MARY

Hail Mary, full of grace, the Lord is with you;
blessed are you among women,
and blessed is the fruit of your 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, the Son, and the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

THE HAIL HOLY QUEEN (THE SALVE REGINA)

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 unto us the blessed
fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary. Amen.

THE FIVE JOYFUL MYSTERIES

Traditionally prayed on Mondays, Saturdays, and,
during the season of Advent, on Sundays:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

THE FIVE SORROWFUL MYSTERIES

Traditionally prayed on Tuesdays, Fridays, and,
during the season of Lent, on Sundays:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

THE FIVE GLORIOUS MYSTERIES

Traditionally prayed on Wednesdays and, outside
the seasons of Advent and Lent, on Sundays:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

THE FIVE LUMINOUS MYSTERIES

Traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming
of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Source: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>