

How To Pray: The Rosary

The Mysteries of the Rosary

The mysteries traditionally adhere to certain days of the week, as listed below:

- Monday and Saturday: Joyful
 - *The Annunciation, The Visitation, The Nativity, The Presentation in the Temple, The Finding in the Temple*
- Tuesday and Friday: Sorrowful
 - *The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion and Death*
- Wednesday and Sunday: Glorious
 - *The Resurrection, The Ascension, The Descent of the Holy Spirit, The Assumption, The Coronation of Mary*
- Thursday: Luminous
 - *The Baptism of Christ in the Jordan, The Wedding Feast at Cana, Jesus' Proclamation of the Coming of the Kingdom of God, The Transfiguration, The Institution of the Eucharist*

Praying the Rosary Step-by-Step:

1. Make the Sign of the Cross.

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

2. Holding the Crucifix, 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 Ghost, 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, sitteth 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 the life everlasting. Amen.

3. On the first bead, say an 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.

4. Say one Hail Mary on each of the next three beads.

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.

5. Say the 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.

6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.

7. While holding each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima:

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.

8. Repeat Steps 6 and 7 for all five decades, announcing each Mystery at the start of each decade.

9. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

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!

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.

10. Conclude the Rosary with the Sign of the Cross.

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