

HOW TO PRAY THE ROSARY





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From the United States Conference of Catholic Bishops

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*.
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 fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be* followed by the *O My Jesus* if you wish.
8. After saying the five decades, say the *Hail, Holy Queen*.
9. Conclude the Rosary with the Sign of the Cross.

PRAYERS OF THE ROSARY

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; 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 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 Your name, Your Kingdom come; Your 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 TO THE FATHER

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.

O MY JESUS

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy. Amen.

(Note: According to the testimony of the Fatima visionaries, Our Lady herself had requested in one of her apparitions that we pray the *O My Jesus* prayer at the end of each decade.)

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 towards us. And after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired with this confidence, I fly to you, O Virgin of Virgins, my mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in your mercy hear and answer me. Amen.

THE JOYFUL MYSTERIES

Mondays and Saturdays

1. The Annunciation

The angel said to her, “Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a Son, and you will name Him Jesus.”

(Luke 1:30-31)

2. The Visitation

Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, “Blessed are you among women, and blessed is the Fruit of your womb.”

(Luke 1:41-42)

3. The Nativity

And she gave birth to her firstborn Son and wrapped Him in bands of cloth, and laid Him in a manger, because there was no place for them in the inn.

(Luke 2:7)

4. The Presentation

When the time came for their purification according to the law of Moses, they brought Him up to Jerusalem to present Him to the Lord.

(Luke 23:26-32)

5. The Finding in the Temple

After three days, they found Him in the temple, sitting among the teachers, listening to them and asking them questions.

(Luke 2:46)

THE SORROWFUL MYSTERIES

Tuesdays and Fridays

1. The Agony in the Garden

In His anguish, He prayed more earnestly, and His sweat became like great drops of blood falling down on the ground.

(Luke 22:43)

2. The Scourging

So he released Barabbas for them; and after flogging Jesus, he handed Him over to be crucified.

(Matthew 27:26)

3. The Crowning with Thorns

They stripped Him and put a scarlet robe on Him, and after twisting some thorns into a crown, they put it on His head. They put a reed in His right hand and knelt before Him and mocked Him, saying, "Hail, King of the Jews."

(Matthew 27:28-29)

4. The Carrying of the Cross

So they took Jesus; and carrying the cross by Himself, He went out to what is called The Place of the Skull which in Hebrew is called Golgotha.

(John 19:16-17)

5. The Crucifixion

It was nine o'clock in the morning when they crucified Him. The inscription of the charge against Him read, "The King of the Jews."

(Matthew 27:33-50)

THE GLORIOUS MYSTERIES

Sundays and Wednesdays

1. The Resurrection

But the Angel said to the woman, "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for He has been raised, as He said."

(Matthew 28:5-6)

2. The Ascension

While He was blessing them, He withdrew from them and was carried up to Heaven.

(Luke 24:51)

3. Descent of the Holy Spirit

Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them the ability.

(Acts 2:3-4)

4. The Assumption

Mary returns to God as her glorified body is taken to Heaven.

5. The Coronation

Mary is crowned as Queen of Heaven and Earth, Queen of Angels and Saints.

THE LUMINOUS MYSTERIES

Thursdays

1. Baptism in the Jordan

The Heavens were opened to Him and He saw the Spirit of God descending like a dove and alighting on Him. And a voice from Heaven said, "This is my Son, the Beloved with whom I am well pleased."

(Mark 1:10-11)

2. Self-Manifestation

The steward tasted the water that had become wine. . . Jesus did this, the first of His signs, in Cana of Galilee, and revealed His glory.

(John 2:9-11)

3. Proclamation of the Kingdom of God

Jesus came to Galilee, proclaiming the Good News of God and saying, the time is fulfilled, and the Kingdom of God has come near; repent, and believe in the Good News.

(Mark 1:14-15)

4. Transfiguration

And He was transfigured before them, and His clothes became dazzling white, such as no one on earth could bleach them.

(Mark 9:2-3)

5. Institution of the Eucharist

He took a loaf of bread, . . . and said, "Take: this is my body." Then He took a cup, . . . and said, "This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

(Matthew 26:26-29)