

How to pray the rosary

A SIMPLE HOW TO GUIDE



The rosary is a beautiful way to pray using a set of beads. As we move through the beads Mary, the Mother of Jesus, leads us closer to her Son. When we pray the rosary, we think about important moments of Christ's life – his birth, his miracles, his death and his resurrection. The rosary brings us closer to Christ.

The four sets of these moments are called mysteries:

Joyful – *Mon & Sat* – **the Joy of Jesus entering into our world**

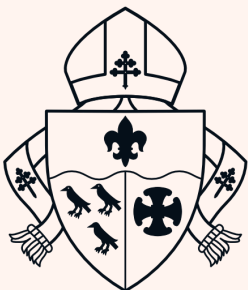
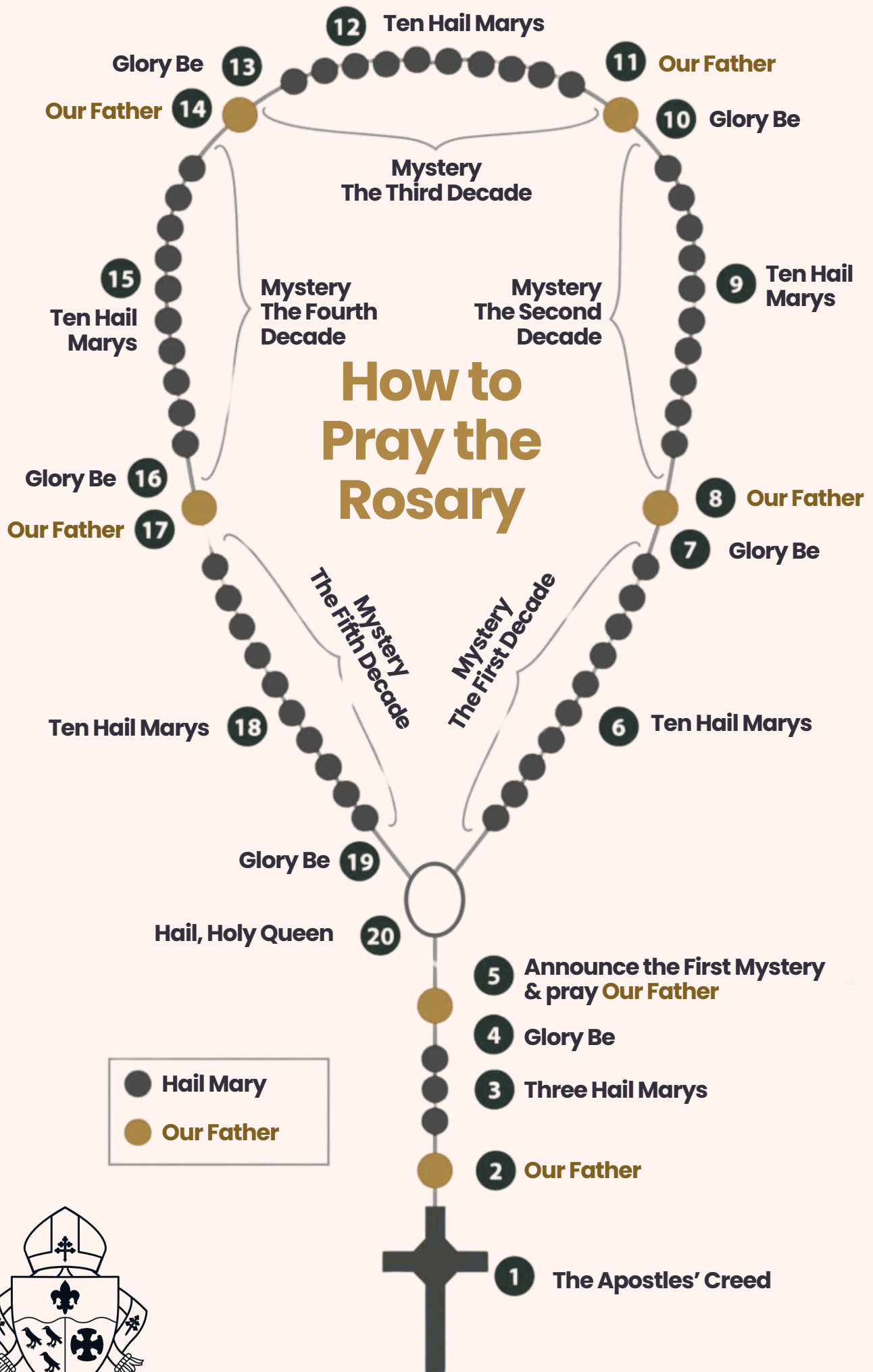
Sorrowful – *Tue & Fri* – **Jesus suffering and dying for us**

Glorious – *Wed & Sun* – **Jesus rising from the dead**

Luminous Mysteries – *Thur* – **Jesus' life and miracles**

Step-by-step guide

1. Pray the **Sign of the Cross**, then the **Apostles' Creed**.
2. On the first large bead pray 1 **Our Father**, 3 **Hail Marys** and a **Glory Be** for increased faith, hope and charity.
3. On the next large bead announce the **First Mystery** then pray the **Our Father**.
4. On each of the next 10 small beads (a 'decade'), pray a **Hail Mary** while contemplating the mystery (try to think what that moment means for you).
5. After the 10 **Hail Marys**, pray the **Glory Be**.
6. Repeat steps 3–5 for the next 4 decades.
7. After completing all 5 decades, conclude with the **Hail Holy Queen** Prayer and end with the **Sign of the Cross**.



PRAYERS OF THE ROSARY

SIGN OF THE CROSS

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

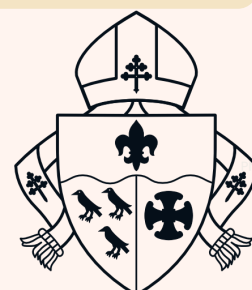
THE APOSTLES' CREED

I believe in God, the Father Almighty Creator of heaven and earth, 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 arose 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.

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 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.

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.

HAIL HOLY QUEEN

Hail, holy Queen, mother of mercy; hail, 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 to us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

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 meditating on these Mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise, through Christ our Lord. Amen.

Most Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.