

# PRAYING THE HOLY ROSARY



**SODALITY UNION**  
**ARCHDIOCESE OF WASHINGTON**

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**1. While holding the crucifix make the “Sign of the Cross” and, then, recite 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; He ascended into heaven, and seated at the right hand of God, the Father Almighty; from there 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.”*

**2. Recite the “Our Father” on the first large bead.**

*“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.”*

**3. Recite a “Hail Mary” for an increase of faith, hope and charity on each of the three small beads.**

*“Hail Mary, full of grace, the Lord is with thee: blessed art thou among 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.”*

**4. Recite the “Glory Be to the Father” on the next large bead.**

*“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.”*

**8. On the next large bead, recite the “Glory Be to the Father, “and the “Fatima prayer.”**

**9. Each succeeding decade is prayed in a similar manner by recalling the appropriate mystery, reciting the “Our Father,” “10 Hail Marys,” while reflecting on the mystery, the “Glory Be to the Father,” and the “Fatima prayer.”**

**10. When the fifth mystery is completed, the Rosary is customarily concluded with the “Hail Holy Queen,” the “Litany of the Blessed Mother,” and the “Sign of the Cross.”**

*“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.”*

*Pray for us, O Holy Mother of God. 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 upon 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.*

*May the Divine assistance remain with us and May the Souls of the faithfully departed, through the mercy of God, rest in Peace, Amen.*

*Our Lady Queen of Peace, Pray for Us.*

**5. Recite the Fatima Prayer "O my Jesus" on the large bead.**

*"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."*

**6. Recall the first Rosary Mystery and recite the "Our Father" on the large bead.**

**7. On each of the adjacent 10 small beads (or decade) recite a "Hail Mary" while reflecting on the mystery:**

**The Five Joyful Mysteries (Monday & Saturday)**

- 1. The Annunciation: Humility.*
- 2. The Visitation: Charity.*
- 3. The Birth of Our Lord: Poverty or detachment from the world.*
- 4. The Presentation of Our Lord: Purity of heart, obedience.*
- 5. The Finding of Our Lord in the Temple: Piety.*

**The Five Sorrowful Mysteries (Tuesday & Friday)**

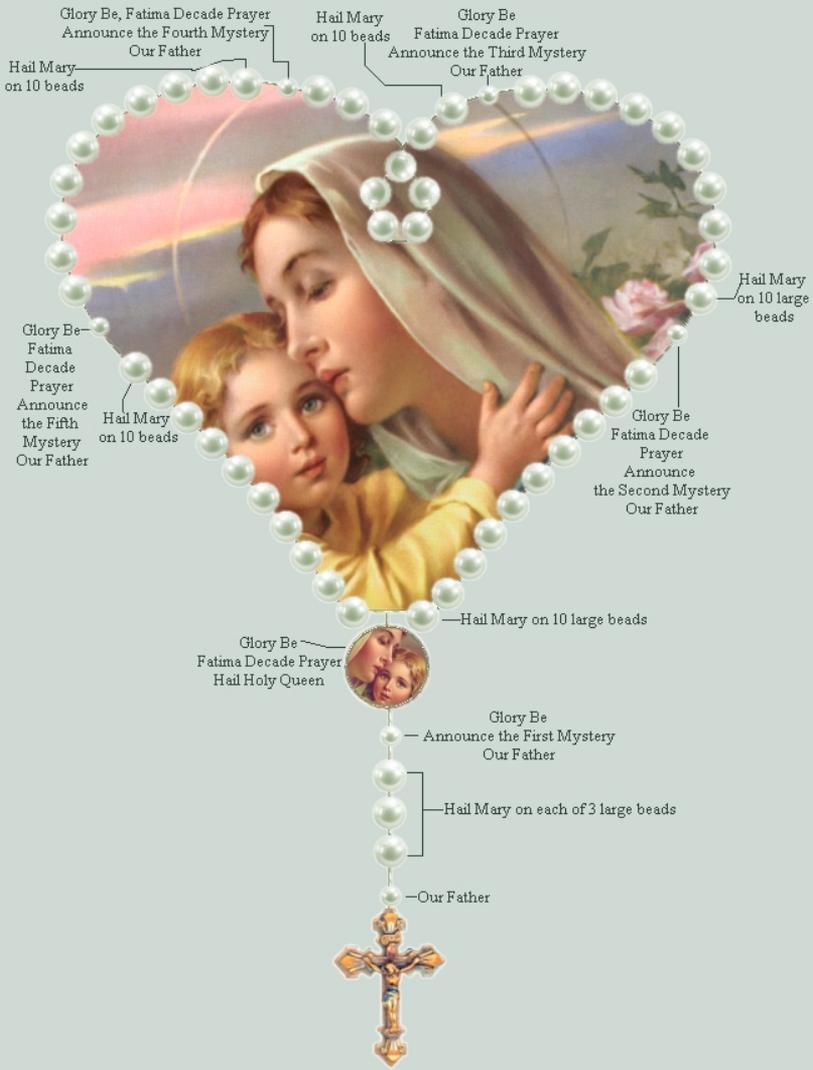
- 1. The Agony in the Garden: Contrition for our sins.*
- 2. The Scourging at the Pillar: Mortification of our senses.*
- 3. The Crowning with Thorns: Interior mortification.*
- 4. The Carrying of the Cross: Patience under crosses.*
- 5. The Crucifixion and Death of Our Lord.*

**The Five Glorious Mysteries (Wednesday & Sunday)**

- 1. The Resurrection: Conversion of heart.*
- 2. The Ascension: A desire for heaven.*
- 3. The Coming of the Holy Spirit: The Gifts of the Holy Spirit.*
- 4. The Assumption of our Blessed Mother into Heaven.*
- 5. The Coronation of our Blessed Mother: Eternal happiness.*

**The Five Luminous Mysteries (Thursday)**

- 1. The Baptism in the Jordan.*
- 2. The Wedding at Cana.*
- 3. The Proclamation of the Kingdom.*
- 4. The Transfiguration.*
- 5. The Institution of the Eucharist.*



# CANTICLE OF MARY: THE MAGNIFICAT

My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior, for He has looked with favor on His lowly servant. / From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His Name. / He has mercy on those who fear Him in every generation. / He has shown the strength of His arm, He has scattered the proud in their conceit. / He has cast down the mighty from their thrones and has lifted up the lowly. / He has filled the hungry with good things, and the rich He has sent away empty. / He has come to the help of His servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and His children forever. / Glory to the Father, and to the Son, and to the Holy Spirit, / as it was in the beginning, is now, and will be forever. Amen.

