

[HOW TO PRAY THE ROSARY](#) (from the USCCB)

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

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—added by Saint John Paul II in 2002—the Luminous.

[The prayers of the Rosary](#) ([or here](#))

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

The **Five Joyful Mysteries** are 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** are 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** are 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** are 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

Praying the Rosary

Familiarize yourself and/or your group with the [prayers of the rosary](#) ([or here](#)).

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*. (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. After saying the five decades, say the **Hail, Holy Queen (Salve Regina)**, 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.

(A **prayer to St. Joseph (or here)** may also follow.) Conclude the Rosary with the Sign of the Cross.

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.

PRAYER TO ST. JOSEPH AFTER THE ROSARY (from the USCCB)

Introduction

This prayer to Saint Joseph—spouse of the Virgin Mary, foster father of Jesus, and patron saint of the universal Church—was composed by Pope Leo XIII in his 1889 encyclical, [Quamquam Pluries](#). He asked that it be added to the end of the Rosary, especially during the month of October, which is dedicated to the Rosary. The prayer is enriched with a partial indulgence (*Handbook of Indulgences*, conc. 19), and may be said after the customary *Salve Regina* and concluding prayer. It may also be used to conclude other Marian devotions.

Prayer

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ;

O most loving father, ward off from us every contagion of error and corrupting influence;

O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven.

Amen.

PRAYERS OF THE ROSARY (from the USCCB)

(<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/prayers-of-the-rosary.cfm>)

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.*