



Praying the Rosary

The Rosary helps us pray to Jesus through Mary. When we pray the Rosary, we think about the special events, or mysteries, in the lives of Jesus and Mary.

The Rosary is made up of a string of beads and a crucifix. We hold the crucifix in our hand as we pray the Sign of the Cross. Then we pray the Apostles' Creed.

Following the crucifix there is a single bead, followed by a set of three beads and another single bead. We pray the Lord's Prayer as we hold the first single bead, and a Hail Mary at each bead in the set of three that follows. Then we pray the Glory Be to the Father. On the next single bead, we think about the first mystery and pray the Lord's Prayer.

There are 5 sets of 10 beads; each set is called a decade. We pray a Hail Mary on each bead of a decade as we reflect on a particular mystery in the lives of Jesus and Mary. The Glory Be to the Father is prayed at the end of each decade. Between decades is a single bead on which we think about one of the mysteries

and pray the Lord's Prayer. We end by holding the crucifix in our hands as we pray the Sign of the Cross.

