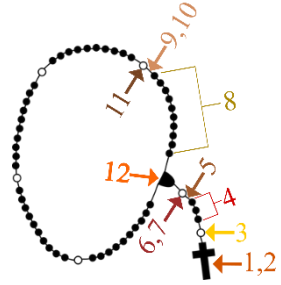


# How to Pray the Rosary PDF



## 1. Make the Sign of the Cross

- On your right hand (because Jesus sits on the right hand of the Father) touch your pointer, middle finger and thumb together.
- Say “ In the name of the Father” as you use the cluster of your fingers and thumb to touch your forehead
- Say “and of the Son” as you touch your heart
- Say “and of the Holy” as you touch your left shoulder
- Say “Spirit” as you touch your right shoulder
- Say “Amen” as you touch your hands together and either intertwine your fingers, or keep them untwined

## 2. Pray the “Apostles Creed”

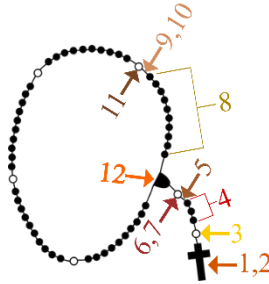
I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from 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.

## 3. Pray 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.

## 4. Pray the “Hail Mary”

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. RECITE A TOTAL OF THREE TIMES.



**5. Pray 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

**6. Announce a Mystery** (going in chronological order as you repeat step 6 as you continue to pray the rosary)

**7. Pray the “Our Father”**

**8. Pray the “Hail Mary” while meditating on the Mystery**

RECITE A TOTAL OF TEN TIMES.

**9. Pray the “Glory be to the Father”**

**10. Pray the "Fatima Prayer"**

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

**11. Repeat steps 6-10 until all five mysteries have been said and the end of the rosary has been reached.**

**12. Say the “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.

## **THE JOYFUL MYSTERIES**

*(Usually said on Monday and Saturday)*

### **FIRST JOYFUL MYSTERY:**

#### **THE ANNUNCIATION**

And when the angel had come to her, he said, "Hail full of grace, the Lord is with thee. Blessed are you among women." (Luke 1:28)

**Fruit of the Mystery: HUMILITY**

### **SECOND JOYFUL MYSTERY:**

#### **THE VISITATION**

Elizabeth was filled with the Holy Spirit and cried out in a loud voice, "Blest are you among women and blest is the fruit of your womb." (Luke 1:41-42)

**Fruit of the Mystery: LOVE OF NEIGHBOR**

### **THIRD JOYFUL MYSTERY:**

#### **THE BIRTH OF JESUS**

She gave birth to her first-born Son and wrapped Him in swaddling clothes and laid Him in a manger, because there was no room for them in the place where travelers lodged. (Luke 2:7)

**Fruit of the Mystery: POVERTY**

### **FOURTH JOYFUL MYSTERY:**

#### **THE PRESENTATION**

When the day came to purify them according to the law of Moses, the couple brought Him up to Jerusalem so that He could be presented to the Lord, for it is written in the law of the Lord, "Every first-born male shall be consecrated to the Lord." (Luke 2:22-23)

**Fruit of the Mystery: OBEDIENCE**

### **FIFTH JOYFUL MYSTERY:**

#### **FINDING THE CHILD JESUS IN THE TEMPLE**

On the third day they came upon Him in the temple sitting in the midst of the teachers, listening to them and asking them questions. (Luke 2:46)

**Fruit of the Mystery: JOY IN FINDING JESUS**

## **THE LUMINOUS MYSTERIES**

*(Usually said on Thursday)*

### **FIRST LUMINOUS MYSTERY:**

#### **THE BAPTISM OF JESUS**

And when Jesus was baptized... the heavens were opened and He saw the Spirit of God descending like a dove, and alighting on Him, and lo, a voice from heaven, saying, "This is My beloved -Son with Whom I am well pleased." (Matthew 3: i 6-1 7)

**Fruit of the Mystery: OPENNESS TO THE HOLY SPIRIT**

### **SECOND LUMINOUS MYSTERY:**

#### **WEDDING AT CANA**

His mother said to the servants, "Do whatever He tells you."... Jesus said to them, "Fill the jars with water." And they filled them up to the brim. (John 2:5-7)

**Fruit of the Mystery: TO JESUS THROUGH MARY**

### **THIRD LUMINOUS MYSTERY:**

#### **PROCLAIMING THE KINGDOM**

"And preach as you go saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without pay, give without pay." (Matthew 10:7-8)

**Fruit of the Mystery: REPENTANCE AND TRUST IN GOD**

### **FOURTH LUMINOUS MYSTERY:**

#### **TRANSFIGURATION**

And as He was praying, the appearance of His countenance was altered and His raiment became dazzling white. And a voice came out of the cloud saying, "This is My Son, My chosen; listen to Him!" (Luke 9:29, 35)

**Fruit of the Mystery: DESIRE FOR HOLINESS**

### **FIFTH LUMINOUS MYSTERY:**

#### **INSTITUTION OF THE EUCHARIST**

And He took bread, and when He had given thanks He broke it and gave it to them saying, "This is My body which is given for you."... And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in My blood." (Luke 22:19-20)

## **Fruit of the Mystery: ADORATION**

### **THE SORROWFUL MYSTERIES**

*(Usually said on Tuesday and Friday)*

#### **FIRST SORROWFUL MYSTERY:**

##### ***THE AGONY IN THE GARDEN***

In His anguish He prayed with all the greater intensity, and His sweat became like drops of blood falling to the ground. Then He rose from prayer and came to His disciples, only to find them asleep, exhausted with grief. (Luke 22:44-45)

**Fruit of the Mystery: SORROW FOR SIN**

#### **SECOND SORROWFUL MYSTERY:**

##### ***THE SCOURGING AT THE PILLAR***

Pilate's next move was to take Jesus and have Him scourged. (John 19:1)

**Fruit of the Mystery: PURITY**

#### **THIRD SORROWFUL MYSTERY:**

##### ***CROWNING WITH THORNS***

They stripped off His clothes and wrapped Him in a scarlet military cloak. Weaving a crown out of thorns, they fixed it on His head, and stuck a reed in His right hand... (Matthew 27:28-29)

**Fruit of the Mystery: COURAGE**

#### **FOURTH SORROWFUL MYSTERY:**

##### ***CARRYING OF THE CROSS***

... Carrying the cross by Himself, He went out to what is called the Place of the Skull (in Hebrew, Golgotha). (John 19:17) **Fruit of the Mystery: PATIENCE**

#### **FIFTH SORROWFUL MYSTERY:**

##### ***THE CRUCIFIXION***

Jesus uttered a loud cry and said, "Father, into Your hands I commend My spirit." After He said this, He expired. (Luke 23:46)

**Fruit of the Mystery: PERSEVERANCE**

### **THE GLORIOUS MYSTERIES**

*(Usually said on Wednesday and Sunday)*

#### **FIRST GLORIOUS MYSTERY:**

##### ***THE RESURRECTION***

"You need not be amazed! You are looking for Jesus of Nazareth, the One who was crucified. He has been raised up. He is not here. See the place where they laid Him." (Mark 16:6)

**Fruit of the Mystery: FAITH**

#### **SECOND GLORIOUS MYSTERY:**

##### ***THE ASCENSION***

Then, after speaking to them, the Lord Jesus was taken up into Heaven and took His seat at God's right hand. (Mark 16:19)

**Fruit of the Mystery: HOPE**

#### **THIRD GLORIOUS MYSTERY:**

##### ***DESCENT OF THE HOLY SPIRIT***

All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamations as the Spirit prompted them. (Acts 2:4) **Fruit of the Mystery: LOVE OF GOD**

#### **FOURTH GLORIOUS MYSTERY:**

##### ***THE ASSUMPTION***

You are the glory of Jerusalem... you are the splendid boast of our people... God is pleased with what you have wrought. May you be blessed by the Lord Almighty forever and ever. (Judith 15:9-10)

**Fruit of the Mystery: GRACE OF A HAPPY DEATH**

#### **FIFTH GLORIOUS MYSTERY:**

##### ***THE CORONATION***

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. (Revelation 12:1)

**Fruit of the Mystery: TRUST IN MARY'S INTERCESSION**