

Praying the Rosary of faith, love

In his encyclical *Amoris Laetitia*, Pope Francis says: families are “like Mary” in that they should face today’s challenges with “courage and serenity, in good times and bad, and to keep in their heart the great things which God has done.” The Rosary reflects “the treasury of Mary’s heart [that] also contains the experiences of every family, which she cherishes.”

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.

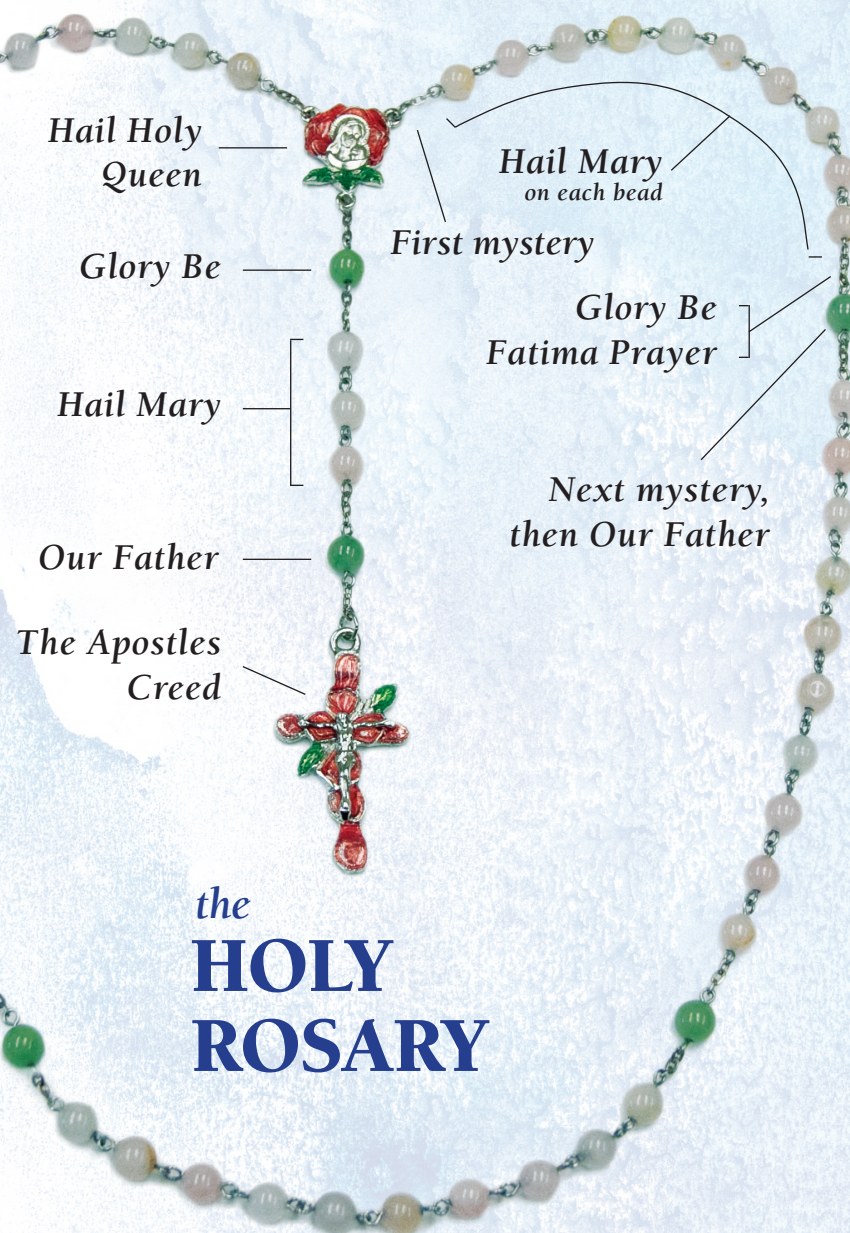
St. Pius V officially added the second part of the Hail Mary. The 20 Mysteries of the Rosary center on the events of Christ’s life.

There are four sets of Mysteries: Joyful, Sorrowful, Glorious and — added by Pope John Paul II in 2002 — the Luminous. Said in privately or in a group, the repetition in the prayer is meant to lead one into restful and contemplative prayer related to certain principal events or mysteries in the history of our salvation, and to thank and praise God for them.

“For this reason, she can help us understand the meaning of these experiences and to hear the message God wishes to communicate through the life of our families,” the pope said. “The Rosary is a synthesis of the mysteries of Christ: we contemplate them with Mary, who allows us to see with her eyes of faith and love.”†

Praying the Rosary

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 three Hail Marys on the three following beads.
5. Say the Glory Be.
6. For each of the five decades, announce the Mystery, then say the Our Father.
7. While touching 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, the Fatima Prayer and the Sub Tuum Praesidium may be said.
8. After saying the five decades, say the Hail, Holy Queen, then The Prayer to St. Michael the Archangel may be said, 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.
Together: 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.
8. Conclude the Rosary with the Sign of the Cross.



the HOLY ROSARY

The Mysteries of the Rosary

The Joyful Mysteries

Traditionally prayed on Mondays and Saturdays

1. The Annunciation of the Lord to Mary
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord
5. Finding Jesus in the Temple

The Sorrowful Mysteries

Traditionally prayed on Tuesdays and Fridays

1. The Agony in the Garden
2. The Scouring at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

The Glorious Mysteries

Traditionally prayed on Wednesdays and Sundays

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Ghost
4. The Assumption of Mary into Heaven
5. Mary is Crowned as Queen of Heaven and Earth

The Luminous Mysteries

Traditionally prayed on Thursdays

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

The Prayers of the Rosary

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.

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.

The Fatima Prayer

O My Jesus, forgive us our sins; save us from the fires of hell. Lead all souls to heaven, especially those most in need of Thy mercy. Amen.

The Sub Tuum Praesidium

We fly to your protection, O holy Mother of God; despite not our petitions in our necessities, but ever deliver us from all danger, O glorious and blessed Virgin.

The Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle; be our safeguard against the wickedness and snares of the devil.

May God rebuke him, we humbly pray: and you, O prince of the heavenly hosts, by the power of God, cast down to hell Satan and the other evil spirits, who prowl through the world for the ruin of souls. Amen.