



## How to pray the Rosary

### Mysteries of the Rosary:

JOYFUL mysteries are prayed on Monday & Saturday and Sundays of the Christmas season.

LUMINOUS are prayed on Thursday.

SORROWFUL are prayed on Tuesday & Friday and the Sundays of Lent.

GLORIOUS are prayed on Wednesday and Sunday

1. Make the Sign of the Cross and say the "Apostle's Creed".
2. Say the "Our Father".
3. Say three "Hail Marys".
4. Say the "Glory be to the Father".
5. Announce the First Mystery, then say the "Our Father".
6. Say ten "Hail Marys" while meditating on the Mystery.
7. Say the "Glory be to the Father".
8. After each decade: Following the "Glory be to the Father" say 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".
9. Announce the Second Mystery; then say the "Our Father". Repeat 6 & 7 and continue with the Third, Fourth and Fifth Mysteries in the same manner.



### **Prayer before 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 Pilot, 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 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 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.*

**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.*

**Prayer after the Rosary:** 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 the valley of tear; 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! Pray for us O, holy Mother of God, that we may be made worthy of the promises of Christ.

**Concluding Prayer:** Let us pray. O God, who's only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech Thee, that mediating 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