

HOW DO I PRAY THE ROSARY?



The Rosary is a traditional Catholic prayer to the Blessed Virgin Mary, our Mother, asking her to pray for all her children in their time of need. Through the different prayers that make up the Rosary, we tell our Lady that we love her and we contemplate Jesus' life. "The Rosary is the prayer of the humble and of the saints. In its mysteries, they contemplate, along with Mary, the life of Jesus, the merciful face of the Father. O, how much we all need to be truly comforted, to be wrapped in loving presence!" (Pope Francis, March 19, 2020)

On the crucifix, make the *Sign of the Cross* and pray the *Apostles' Creed*.

Then, on the first large bead and the three smaller beads that follow, for an increase in the virtues of faith, hope, and charity:

Our Father...
3 Hail Marys...
Glory Be...

The Rosary is divided into 5 decades. Begin each by announcing the mystery, and use the beads of the Rosary to count the prayers. Each decade is a moment to contemplate an episode in the life of our Lord beside our Lady.

Recitation of the decade:
Our Father...
10 Hail Marys...
Glory Be...
O My Jesus...

The Rosary can be concluded with the Litany of the Blessed Virgin Mary and prayers for the Church and for your country, the bishop of the diocese, and the souls in Purgatory, praying for each one:
Our Father...
Hail Mary...
Glory Be...

For the holy souls in Purgatory, in place of the *Glory Be*, we pray: *May they rest in peace. Amen.*

MYSTERIES OF THE ROSARY

There are 4 sets of mysteries, each made of 5 episodes in Jesus' life which we can contemplate with our Mother Mary, while praying the Rosary: the joyful mysteries (traditionally prayed on Mondays and Saturdays) at the beginning of Jesus' life, the luminous mysteries (Thursdays) of His public ministry, the sorrowful mysteries (Tuesdays and Fridays) of His Passion, and the glorious mysteries (Sundays and Wednesdays), beginning with His Resurrection from the dead.

JOYFUL MYSTERIES

1. Annunciation
2. Visitation
3. Birth of Christ
4. Presentation
5. Finding of Jesus

Mondays & Saturdays

LUMINOUS MYSTERIES

1. Baptism of Christ
2. Wedding at Cana
3. Proclamation of the Kingdom of God
4. Transfiguration
5. Institution of the Eucharist

Thursdays

SORROWFUL MYSTERIES

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. Crucifixion

Tuesdays & Fridays

GLORIOUS MYSTERIES

1. Resurrection
2. Ascension
3. Descent of the Holy Spirit
4. Assumption
5. Coronation of Mary

Sundays & Wednesdays

[Click here for commentaries on each of the mysteries in St. Josemaria's *Holy Rosary*.](#)

PRAYERS OF THE ROSARY

The prayers that make up the Rosary are from the earliest days of the Church: the Apostles' Creed, expressing the Christian faith, the Our Father, which Jesus Himself taught us to pray, the Hail Mary, using the words of the angel Gabriel to address our Lady and to ask her to pray for us..

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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.

HAIL MARY

Hail, Mary! Full of grace, the Lord is with thee; blessed are 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.

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; the third day He rose again from the dead; He ascended into Heaven, and sits 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.

GLORY BE

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.

FATIMA PRAYER

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

LITANY OF OUR LADY

In the Litany of the Blessed Virgin Mary, composed in the Middle Ages, we invoke Mary by many titles that express her faithfulness to God and readiness to help us, her children on earth. The litany helps us get to know Mary better, to love her more, and to praise God who gave her the grace to fulfill her mission. He will surely do the same for each of us.

Lord have mercy. Christ have mercy. Lord have mercy. Christ hear us. Christ graciously hear us.

God, the Father of heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Holy Mary, *...pray for us*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of Mercy,

Mother of divine grace,

Mother of Hope,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,

Seat of wisdom,

Cause of our joy,

Spiritual vessel,

Vessel of honour,

Singular vessel of devotion,

Mystical rose,

...pray for us.

Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Solace of Migrants,
Comfort of the afflicted,
Help of Christians,
Queen of Angels,

Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without original
sin,
Queen assumed into heaven,
Queen of the most holy Rosary,
Queen of families,
Queen of peace.

Lamb of God, who takes away the sins of the world, *spare us, O Lord.*

Lamb of God, who takes away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who takes away the sins of the world, *have mercy on us.*

Pray for us, O holy Mother of God.

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.

Learn more about the Rosary
at opusdei.org.

