

How to pray the Holy Rosary

1. SAY THESE PRAYERS ALOUD...

IN THE NAME OF THE FATHER, and of the Son, and of the Holy Spirit. Amen.

Make the Sign of the Cross as you say this prayer; using your right hand, touch your forehead when you say "In the name of the Father", touch your breastbone when you say "Son", touch your left shoulder when you say "Holy", and touch your right shoulder when you say "Spirit".

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. He shall come again 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.

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, 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.

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. Amen.

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 vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward 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. Amen.

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 by meditating 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.

ANNOUNCING EACH MYSTERY:

After you determine the appropriate mystery for each decade, announce the mystery by saying something like, "The first Glorious Mystery is the resurrection of our Lord." This is required only when the Rosary is recited in a group.

2. IN THIS ORDER...

INTRODUCTION

1. In the Name of the Father...
2. I believe in God...
3. Our Father...
4. Hail Mary...
5. Hail Mary...
6. Hail Mary...
7. Glory Be... (optional)
8. O my Jesus... (optional)

THE FIRST DECADE

9. (Announce the first mystery)
10. Our Father...
11. Hail Mary...
12. Hail Mary...
13. Hail Mary...
14. Hail Mary...
15. Hail Mary...
16. Hail Mary...
17. Hail Mary...
18. Hail Mary...
19. Hail Mary...
20. Hail Mary...
21. Glory Be...
22. O my Jesus... (optional)

THE SECOND DECADE

23. (Announce the second mystery)
24. Our Father...
25. Hail Mary...
26. Hail Mary...
27. Hail Mary...
28. Hail Mary...
29. Hail Mary...
30. Hail Mary...
31. Hail Mary...
32. Hail Mary...
33. Hail Mary...
34. Hail Mary...
35. Glory Be...
36. O my Jesus... (optional)

THE THIRD DECADE

37. (Announce the third mystery)
38. Our Father...
39. Hail Mary...
40. Hail Mary...
41. Hail Mary...
42. Hail Mary...
43. Hail Mary...
44. Hail Mary...
45. Hail Mary...
46. Hail Mary...
47. Hail Mary...
48. Hail Mary...
49. Glory Be...
50. O my Jesus... (optional)

THE FOURTH DECADE

51. (Announce the fourth mystery)
52. Our Father...
53. Hail Mary...
54. Hail Mary...
55. Hail Mary...
56. Hail Mary...
57. Hail Mary...
58. Hail Mary...
59. Hail Mary...
60. Hail Mary...
61. Hail Mary...
62. Hail Mary...
63. Glory Be...
64. O my Jesus... (optional)

THE FIFTH DECADE

65. (Announce the fifth mystery)
66. Our Father...
67. Hail Mary...
68. Hail Mary...
69. Hail Mary...
70. Hail Mary...
71. Hail Mary...
72. Hail Mary...
73. Hail Mary...
74. Hail Mary...
75. Hail Mary...
76. Hail Mary...
77. Glory Be...
78. O my Jesus... (optional)

CONCLUSION

79. Hail Holy Queen... (optional)
80. O God, Whose... (optional)
81. In the Name of the Father...

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR SCENES FROM THE LIVES OF JESUS AND MARY...

The Joyful Mysteries (Mondays; Thursdays; Sundays during Advent)

1. The Annunciation of Gabriel to Mary (Luke 1:26-38)
2. The Visitation of Mary to Elizabeth (Luke 1:39-56)
3. The Birth of Jesus (Luke 2:1-21)
4. The Presentation of Jesus in the Temple (Luke 2:22-38)
5. The Finding of Jesus in the Temple (Luke 2:41-52)

The Sorrowful Mysteries (Tuesdays; Fridays; Sundays during Lent)

1. The Agony in the Garden (Matthew 26:36-56, Mark 14:32-52, Luke 22:39-53, John 18:1-14)
2. The Scourging at the Pillar (Matthew 27:26, Mark 15:15, John 19:1)
3. The Crowning with Thorns (Matthew 27:27-31, Mark 15:16-20, John 19:2-3)
4. The Carrying of the Cross (Matthew 27:32, Mark 15:21, Luke 23:26-32, John 19:16-17)
5. The Crucifixion (Matthew 27:33-56, Mark 15:22-41, Luke 23:33-49, John 19:18-37)

The Glorious Mysteries (Wednesdays; Saturdays; Sundays outside of Advent and Lent)

1. The Resurrection of Our Lord (Matthew 28:1-15, Mark 16:1-13, Luke 24:1-35, John 20:1-29)
2. The Ascension of Our Lord (Mark 16:19-20, Luke 24:36-53, Acts 1:6-12)
3. The Descent of the Holy Spirit (Acts 2:1-41)
4. The Assumption of Mary (cf. Genesis 5:24, 2 Kings 2:11, Matthew 27:51-53; Rev. 11:19-12:1)
5. The Coronation of Mary (cf. 1 Kings 2:12-20, Revelation 12:1)

NOTE: For each five-decade Rosary, choose only one of these sets of mysteries (Joyful, Sorrowful, or Glorious) for your meditation. EXAMPLE: If you're praying the Rosary on a Tuesday, you would meditate on the five Sorrowful mysteries. Specifically, during the first decade (steps 9-22), you would meditate on the first Sorrowful mystery, the Agony in the Garden. Then proceed to the second decade (steps 23-36), the Scourging at the Pillar, and so on.