

# How to Pray the Holy Rosary



The Fifteen Mysteries and the Virgin of the Rosary, Anonymous, c. 1515-1520



## The Holy Rosary

The word "Rosary" means "Crown of Roses", the rose being one of the flowers used to symbolize the Virgin Mary. The rosary is one of the most ancient and cherished prayers. It involves the recitation of specific prayers and meditation upon the saving mysteries of our Lord Jesus' life and the faithful witness of the Blessed Virgin Mary in each of the Joyful, Sorrowful and Glorious mysteries.

### History of the Holy Rosary

*"Since the Rosary is composed, principally and in substance, of the prayer of Christ and the Angelic Salutation, that is, the Our Father and the Hail Mary, it was without doubt the first prayer and the principal devotion of the faithful and has been in use all through the centuries, from the time of the apostles and disciples down to the present.*

*But it was only in the year 1214, however, that the Church received the Rosary in its present form and according to the method we use today. It was given to the Church by St. Dominic, who had received it from the Blessed Virgin as a means of converting the Albigensians and other sinners.*

*... Ever since Saint Dominic established the devotion to the holy Rosary up to the time when Blessed Alan de la Roche re-established it in 1460, it has always been called the Psalter of Jesus and Mary. This is because it has the same number of Hail Marys [150] as there are psalms in the Book of the Psalms of David.*

*Our Lady's Psalter or Rosary is divided up into three parts of five decades each, for the following special reasons:*

- 1. To honour the three Persons of the Most Blessed Trinity;*
- 2. To honour the life, death and glory of Jesus Christ;*
- 3. To imitate the Church Triumphant, to help the members of the Church Militant and to lessen the pains of the Church Suffering;"*

-Saint Louis Marie Grignion De Montfort (1673-1716), *The Secret of the Rosary*, from the Second Rose and Sixth Rose.

When Our Lady appeared at Fatima to Lucia, Jacinta and Francisco, in the apparition on 13 June 1917, she asked that the Rosary be said, and she requested that the words of a short prayer be added, now known as the Fatima prayer.

On 16 October 2002 Pope St. John Paul II published *Rosarium Virginis Mariae* and proposed five additional Luminous Mysteries, but left to the freedom of individuals and communities as to whether these mysteries are added. The Rosary presented here does not include this optional innovation. The Rosary presented here includes the traditional Joyful, Sorrowful and Glorious mysteries, as given to St Dominic by Our Lady, and which maintains the Psalter of 150 Hail Marys and the triune properties observed by St. Louis de Montfort.



Lamentation over Christ, Fra Angelico, 1436-1441

The Holy Rosary consists of an order of prayers, each Rosary praying these prayers while meditating upon five of 15 mysteries. The mysteries reflect events in the life of Christ our Lord and the Blessed Virgin Mary.

Traditionally the Joyful mysteries are recited on Mondays and Thursdays, the Sorrowful mysteries are recited on Tuesdays and Fridays, and the Glorious Mysteries are recited on Wednesdays, Saturdays and Sundays.



## How to Say the Rosary

1. Make the Sign of the Cross and say the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys for the theological virtues of faith, hope and charity (love).
4. Pray the Glory Be.
5. Present your intentions to the Blessed Virgin Mary; introduce the title of the First Mystery and begin by praying the Our Father.
6. Then follow with ten Hail Marys, while meditating on the Mystery.
7. Conclude the Mystery with the Glory Be and the Fatima Prayer.
8. Repeat steps 5, 6 and 7 for the Second, Third, Fourth and Fifth Mysteries.
9. After completing the five Mysteries finish with the Hail, Holy Queen and the Concluding Prayer, and close with the Sign of the Cross.



## **Rosary Prayers**

### **Sign of the Cross**

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

### **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 art thou amongst 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**

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 and save us from the fires of Hell. Lead all souls to heaven, especially those in most need of Thy mercy.

### **Hail, Holy Queen**

Hail holy Queen, Mother of mercy, Hail 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 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!

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ. Amen.

### **Concluding Prayer**

Let us pray: O God, Who by the life death and resurrection of Thy only-begotten Son, hath purchased for us the rewards of eternal salvation, grant, we beseech Thee, that 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.



## The Joyful Mysteries



1. The Annunciation of Gabriel to Mary (Luke 1.26-38)
2. The Visitation of Mary to Elizabeth (Luke 1.36-56)
3. The Nativity of Our Lord (Luke 2.1-21)
4. The Presentation of Our Lord (Luke 2.22-40)
5. The Finding of Our Lord in the Temple (Luke 2.41-52)

## The Sorrowful Mysteries



1. The Agony of Our Lord in the Garden (Luke 22.39-45, Matthew 26.36-45)
2. The Scourging of Our Lord at the Pillar (Mark 15.15, Matthew 27.26)
3. Our Lord is Crowned with Thorns (Matthew 27.27-31)
4. Our Lord Carries His Cross to Calvary (John 19.16-17)
5. The Crucifixion and Death of Our Lord Jesus Christ (Luke 23.32-47, Matthew 27.33-56)

## The Glorious Mysteries



1. The Glorious Resurrection of Our Lord (Matthew 28.1-10, John 20.1-18)
2. The Ascension of Our Lord into Heaven (Mark 16.19, Luke 24.46-53)
3. The Decent of the Holy Ghost at Pentecost (Acts 2.1-4)
4. The Assumption of Mary into Heaven (Revelation 12.1, 1 Thessalonians 4.14-17)
5. The Coronation of Mary as Queen of Heaven and Earth (Revelation 12.1)