

How to Pray the Rosary

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

The Five **Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

The Annunciation

The Visitation

The Nativity

The Presentation in the Temple

The Finding in the Temple

The Five **Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion and Death

The Five **Glorious Mysteries** are traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary

The Five **Luminous Mysteries** are traditionally prayed on Thursdays:

The Baptism of Christ in the Jordan

The Wedding Feast at Cana

Jesus' Proclamation of the Coming of the Kingdom of God

The Transfiguration

The Institution of the Eucharist



Praying the Rosary

Make the Sign of the Cross.

Holding the Crucifix, say the Apostles' Creed.

On the first bead, say an Our Father.

Say one Hail Mary on each of the next three beads.

Say the Glory Be

For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.

While fingering each of the ten beads of the decade, next say ten Hail Mary's while meditating on the Mystery. Then say a Glory Be.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)

After saying the five decades, say the Hail, Holy Queen, 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.

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.

Conclude the Rosary with the Sign of the Cross.

- from the website of the United States Conference of Catholic Bishops, usccb.org