

# How to Pray the Rosary

Begin with the Sign of the Cross:

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



1. Holding the Crucifix/Cross say the Apostles' Creed

## 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.

2. On the first bead, say an Our Father.

## 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.

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

## 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.

4. Say the Glory Be

## 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.

(For each of the five decades – the set of 10 beads in a row) - announce the Mystery (can also cite a reading from Scripture).

Then say the Our Father.

5. Holding each of the 10 beads (the decade) say 10 Hail Marys while meditating on the Mystery.

6. Then say a Glory Be. (After finishing each decade, you can add the Fatima Prayer):

## Fatima Prayer

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.

7. After saying the five decades, say the Hail, Holy Queen (Salve Regina)

## Hail, Holy Queen (Salve Regina)

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 valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show 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.

*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.

# Mysteries

## Sunday & Wednesday

### Glorious Mysteries

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption of Mary

The Coronation of the Blessed Mother

## Monday & Saturday

### Joyful Mysteries

The Annunciation

The Visitation

The Birth of Jesus

The Presentation

The Finding of the Child Jesus

## Tuesday & Friday

### Sorrowful Mysteries

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

## Thursday

### Luminous Mysteries

The Baptism of Jesus

The Miracle at the Wedding Feast of Cana

Jesus Proclaims the Kingdom of Heaven and Repentance

The Transfiguration

The Institution of the Holy Eucharist



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