



A GUIDE TO

PRAYING THE ROSARY

How to Pray the Rosary:

Start with the Sign of the Cross

Say the Apostles Creed

Then follow with One Our Father, Three
Hail Mary's and A Glory Be

State the Mystery

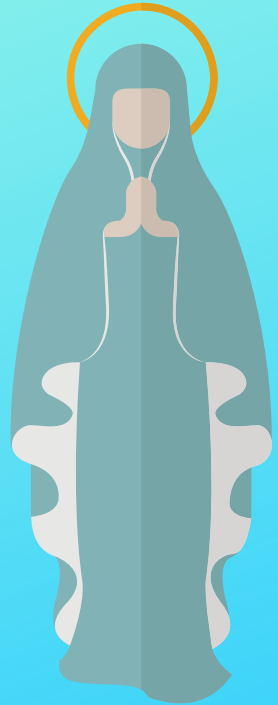
Then follow with One Our Father

Then pray Ten Hail Marys whilst
reflecting on the mystery

Follow with One Glory Be
and the Oh My Jesus

Repeat for all 5 decades of the Rosary

After the 5th Decade, finish this prayer
with a Hail Holy Queen, Final Prayer and
the Sign of the Cross



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 sitteth
at the right hand of God, the Father
almighty; from thence He shall 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 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

Prayers

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.

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 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
merciful, O loving, O sweet
Virgin Mary! Amen.

Oh My Jesus

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Final Prayer

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, 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.

Pope Saint John Paul II suggested the recitation of the Rosary as follows:

Monday	JOYFUL
Tuesday	SORROWFUL
Wednesday	GLORIOUS
Thursday	LUMINOUS
Friday	SORROWFUL
Saturday	JOYFUL
Sundays of Advent and Christmas	JOYFUL
Sundays of Lent	SORROWFUL
Other Sundays	GLORIOUS

The Sorrowful Mysteries:

- The Agony in the Garden (Matthew 26:36-46)
- The Scourging (Matthew 27:26)
- The Crowning with Thorns (Matt. 27:29)
- The Carrying of the Cross (John 19:17)
- The Crucifixion (Luke 23:33-46).

The Joyful Mysteries are:

- The Annunciation (Luke 1:26-38)
- The Visitation (Luke 1:40-56)
- The Nativity (Luke 2:6-20)
- The Presentation of Jesus in the Temple (Luke 2:21-39)
- The Finding of the Child Jesus in the Temple (Luke 2:41-51).



The Glorious Mysteries are:

- The Resurrection (Luke 24:1-12)
- The Ascension (Luke 24:50-51)
- The Descent of the Holy Spirit (Acts 2:1-4)
- The Assumption of Mary into Heaven (Rev. 12)
- The Coronation of Mary (Rev. 12:1).

The Luminous Mysteries are:

- The Baptism of our Lord (Matthew 3:1-17)
- The Wedding at Cana (John 2:1-12)
- The Proclamation of the Kingdom (Mark 1:14-15)
- The Transfiguration (Matthew 17:1-8) ,
- The Institution of the Eucharist (Luke 22:14-20)

