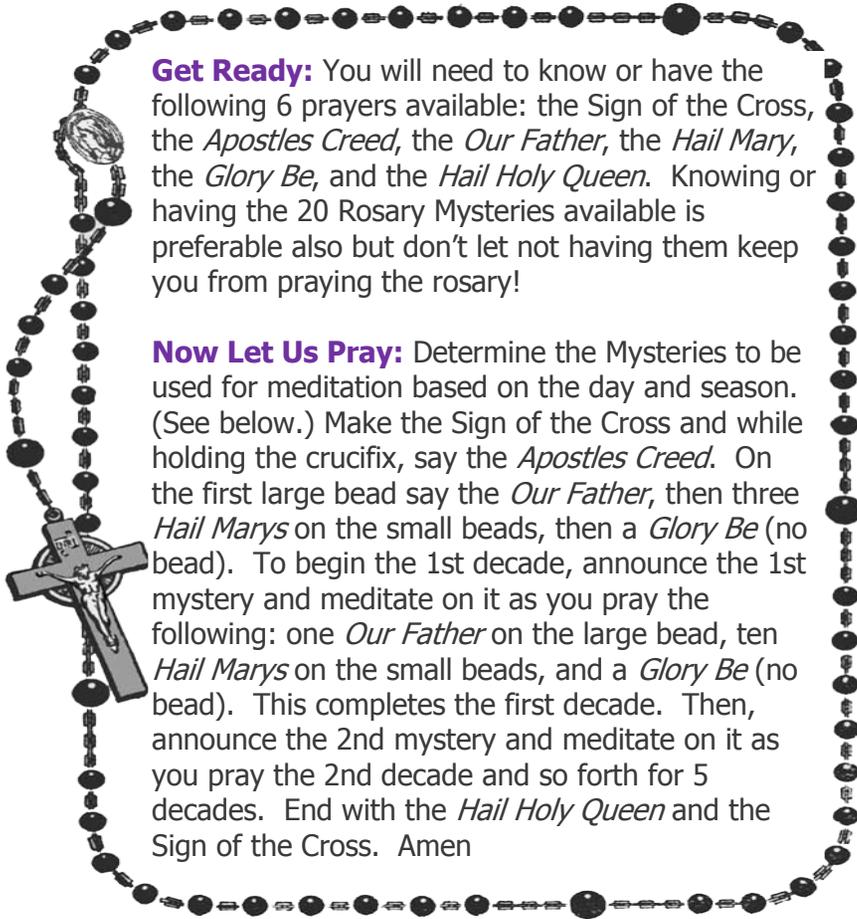


How to Pray the Rosary



Get Ready: You will need to know or have the following 6 prayers available: the Sign of the Cross, the *Apostles Creed*, the *Our Father*, the *Hail Mary*, the *Glory Be*, and the *Hail Holy Queen*. Knowing or having the 20 Rosary Mysteries available is preferable also but don't let not having them keep you from praying the rosary!

Now Let Us Pray: Determine the Mysteries to be used for meditation based on the day and season. (See below.) Make the Sign of the Cross and while holding the crucifix, say the *Apostles Creed*. On the first large bead say the *Our Father*, then three *Hail Marys* on the small beads, then a *Glory Be* (no bead). To begin the 1st decade, announce the 1st mystery and meditate on it as you pray the following: one *Our Father* on the large bead, ten *Hail Marys* on the small beads, and a *Glory Be* (no bead). This completes the first decade. Then, announce the 2nd mystery and meditate on it as you pray the 2nd decade and so forth for 5 decades. End with the *Hail Holy Queen* and the Sign of the Cross. Amen

The Five Joyful Mysteries

Traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

The Annunciation – sent by God, the Angel Gabriel asks Mary to be the mother of Jesus. ([Luke 1:26-28, 30-36](#))

The Visitation – Mary visits her cousin Elizabeth who proclaims her and her unborn child blessed. ([Luke 1:39-45](#))

The Nativity – Jesus is born. ([Luke 2:8-14](#))

The Presentation in the Temple – Per Jewish law, Mary and Joseph present their son, Jesus in the Temple. ([Luke 2:25-32](#))

The Finding in the Temple – After 3 days of separation from his parents, the child Jesus is found in the Temple. ([Luke 2:43, 45-50](#))

The Five Sorrowful Mysteries

Traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

The Agony in the Garden – Knowing that a horrible death was near, Jesus accepts God's will. ([Luke 22:39-42, 45-46](#))

The Scouring at the Pillar – The crowd chose Jesus to be crucified and Pilate had Him scourged. ([Matthew 27:20, 22-26](#))

The Crowning with Thorns – Jesus is mockingly crowned by his captors with a crown of thorns. ([John 19:2-6, 15-16](#))

The Carrying of the Cross – Jesus carries his cross up the hill of Calvary to his death. ([John 19:16-16; Luke 23:27-32](#))

The Crucifixion and Death – Jesus is crucified and dies on the cross. ([Matthew 27:46-52, 54](#))

The Five Glorious Mysteries

Traditionally prayed on Wednesdays; outside the seasons of Advent and Lent, on Sundays:

The Resurrection – Three days after his crucifixion, Jesus rises from the dead. ([Mark 16:1-2, 4-7](#))

The Ascension – Jesus leaves earth and ascends into heaven to be with his Father and send the Holy Spirit ([Acts 1:6-11](#))

The Descent of the Holy Spirit – The apostles are filled with the power of the Holy Spirit. ([Acts 2:1-4, 17](#))

The Assumption – Mary, Jesus' mother, is taken to heaven, body and soul. ([Catechism of the Catholic Church 966](#))

The Coronation of Mary – Mary, the Mother of Jesus, is crowned queen of Heaven and Earth. ([Revelation 19:6-8](#))

The Five Luminous Mysteries

Traditionally prayed on Thursdays:

The Baptism of Jesus – Jesus seeks out his cousin John to be baptized. ([Matthew 3:13:17](#))

The Wedding Feast at Cana – When asked by his Mother for help, Jesus turns water into wine. ([John 2:1-11](#))

The Proclamation of the Kingdom of God – Jesus proclaimed fulfillment of the prophet Isaiah. ([Luke 4:14-21](#))

The Transfiguration – Jesus is transfigured before Peter, James, and John on the mountain. ([Matthew 17:1-8](#))

The Institution of the Eucharist – At the Last Supper, Jesus institutes the Eucharist. ([Mark 14:22-25](#))

The Prayers of the Rosary

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.

The Our Father ([Matthew 6:9-15](#))

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

The Hail Mary ([Luke 1:26-28, 41-43](#))

Hail Mary, full of grace, the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now and at the hour of our death.
Amen.

The Glory Be (The Doxology)

Glory be to the Father, the Son, and the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

The Hail Holy Queen (The Salve Regina)

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you we cry, poor banished children of Eve;
to you we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary. Amen



[Saint Agnes Church](#), North Huntingdon, PA

Sources:

United States Conference of Catholic Bishops www.usccb.org

"A Scriptural Rosary" from the Basilica of the National Shrine of the Immaculate Conception