

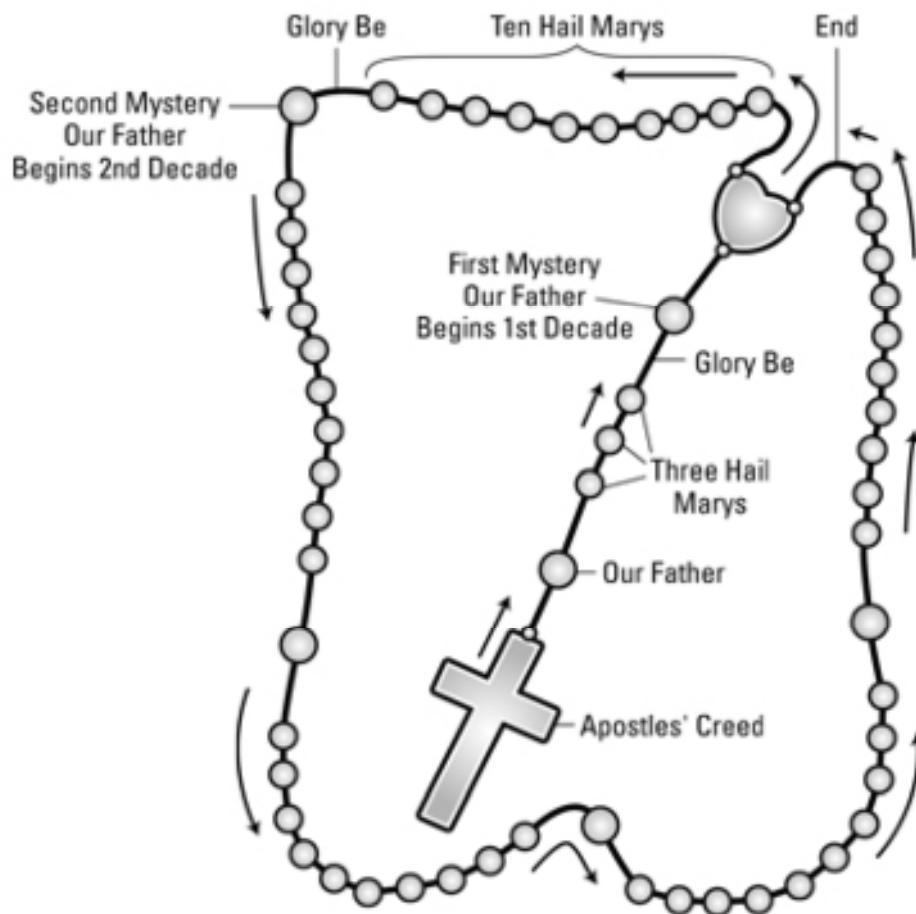
## How to Pray the Rosary

The steps to praying the Rosary are:

- Make the Sign of the Cross and say the “Apostles’ Creed”
- Say the “Our Father”
- Say three “Hail Marys” for Faith, Hope, and Charity
- Say the “Glory Be”
- Announce the First Mystery and then say the “Our Father”
- Say ten “Hail Marys” while meditating on the Mystery
- Say the “Glory Be” (Optional: Say the “O My Jesus” prayer requested by Mary at Fatima)
- Announce the Next Mystery; then say the “Our Father” and repeat these steps (6 through 8) as you continue through the remaining Mysteries.

Say the closing prayers: the “Hail Holy Queen” and “Final Prayer”

Make the “Sign of the Cross”



Pope Saint John Paul II suggested the recitation of the Rosary as follows: the **JOYFUL** mysteries Monday and Saturday, the **LUMINOUS** on Thursday, the **SORROWFUL** on Tuesday and Friday, and the **GLORIOUS** on Wednesday and Sunday (with this exception; Sundays of Advent and Christmas – the JOYFUL; Sundays of Lent – the SORROWFUL).

### **Prayers of the Rosary:**

#### **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. He will come again in glory 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 the 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.

#### **Oh My Jesus**

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

## **Hail Holy Queen**

Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee 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 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. Amen.

## **Final Prayer**

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 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.

## **Joyful Mysteries**

The Annunciation

The Visitation

The Nativity

The Presentation in the Temple

The Finding in the Temple

## **Glorious Mysteries**

The Resurrection

The Ascension

The Coming of the Holy Spirit

The Assumption of the BVM

The Coronation of the BVM

## **Sorrowful Mysteries**

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

## **Luminous Mysteries**

The Baptism of Jesus

The Wedding of Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Eucharist