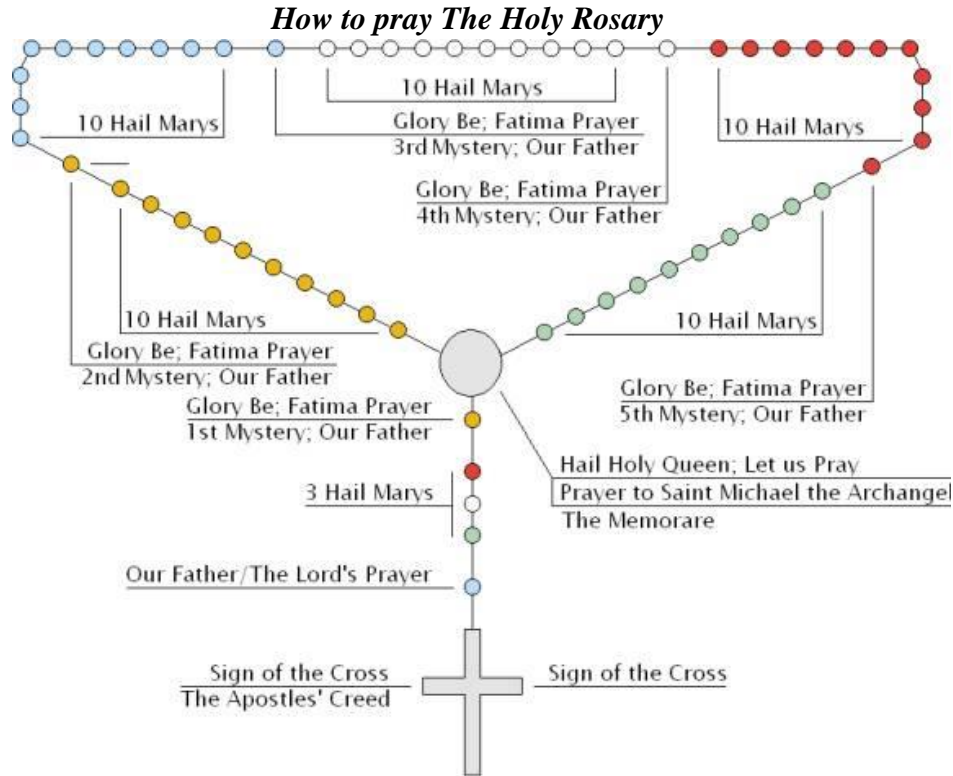




Archdiocese of St. Louis
Office of Sacred Worship
Prayer Divina
How to pray the Rosary

The Holy Rosary is one of three Sacramentals that the Blessed Virgin Mary has given to the Holy Catholic Church. In the thirteenth century, Mary gave the Rosary as a powerful weapon to mankind to combat the evils that were in this world as a result of the spiritual battle that is taking place between Satan and God. Since then, the blessings received through this Sacramental are beyond man's count.



Make the sign of the Cross:

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

Preparatory 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 you, 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.

Apostles' Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord. He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, And is seated at the right hand of God the Father Almighty. He will come again 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.



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Three (3) "Hail Mary's": (For the virtues of Faith, Hope and Charity)

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 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.

The "Fatima Prayer":

After the completion of one decade, you recite the "Fatima Prayer":

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.

The "Hail Holy Queen":

After the completion of one Chaplet (5 decades which represents 5 mysteries), you pray the "Hail Holy Queen" prayer.

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.

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Saint Michael the Archangel

"Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen."

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 in 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.



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The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

The Sign of the Cross:

You conclude the Rosary by doing the Sign of the Cross.

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

The Rosary Breakdown:

The Holy Rosary consists of 20 decades.

A decade consists of: One (1) Our Father, Ten (10) Hail Mary's and One (1) Glory Be.

To pray an entire Rosary, you must pray 20 times each of the following: the "Our Father," 10 "Hail Mary's" and the "Glory Be" in that order.

The Rosary is been divided into 4 parts of 5 decades each. Each of the four parts is called a Chaplet. To pray an entire Chaplet, you must pray 5 times the "Our Father," 10 "Hail Mary's" and "Glory Be" in that order.

The general practice of Catholic is to commit themselves to praying one Chaplet per day.

The Mysteries of the Rosary:

While praying a decade, you reflect on a mystery. There are specific mysteries for each day of the week.

For example, when praying the Holy Rosary on a Monday, you meditate on the Joyful Mysteries.

During the recitation of first decade, you meditate on the Annunciation of Mary.

During the recitation of the second decade, you meditate on the Visitation.

During the recitation of the third decade, you meditate on the Nativity of Jesus. Etc.

The Joyful Mysteries – Monday, Saturday, and Sundays (Advent until Lent)

The Sorrowful Mysteries – Tuesday, Friday and Sundays (during Lent)

The Glorious Mysteries – Wednesday, and Sundays (Easter until Advent)

Mysteries of Light - Thursday



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The Joyful Mysteries <i>Monday</i> <i>Sundays from beginning of Advent until Lent</i>	The Sorrowful Mysteries <i>Tuesday and Friday</i> <i>Sundays during Lent</i>	The Glorious Mysteries <i>Wednesday and Saturday</i> <i>Sundays from Easter until Advent</i>	Mysteries of Light <i>Thursday</i>
The Annunciation of our Lord Lk. 1:28 Humility <i>The angel said to Mary, “you shall conceive and bear a son and give him the name Jesus. And he will be called Son of the Most High.”</i>	The Agony in the Garden Lk. 22:44-45 Contrition <i>Jesus went with them to a place called Gethsemani. He advanced a little and fell prostrate in prayer. “My Father, if it is possible, let this cup pass me by.”</i>	The Resurrection of our Lord Mk. 16:6 Faith <i>The angel spoke, “Do not be frightened. I know you are looking for Jesus the crucified, but he is not here. He has been raised, blessed them. As he blessed, he left them, and was taken up to heaven.</i>	Baptism in the Jordan Mt. 3:16-17 Submission to God <i>Jesus descends into the water of the Jordan River and is baptized by John. The heavens open and the voice of the Father declares Him the beloved Son. The Spirit descends upon Jesus in the form of a dove and fills Him with God’s mission to save humankind from sin.</i>
The Visitation Lk. 1:41-2 Charity <i>“Blessed are you among women and blessed is the fruit of your womb. Blessed is she who trusted that the Lord’s word to her would be fulfilled.”</i>	The Scourging at the Pillar Jn. 19:1 Purity <i>The people said, “Let his blood be upon us and upon our children.” At that, he released Barabbas to them. Jesus, however, he first had scourged.</i>	The Ascension into Heaven Mk. 16:19 Hope <i>He then led them out near Bethany, and with hands upraised, blessed them. As he blessed, he left them, and was taken up to heaven.</i>	The wedding of Cana Jn. 2:4-6 Trust in God <i>Jesus changes water into wine at the request of Mary who was first among believers. The disciples witness this miracle, their hearts open to the faith, and they begin to believe in Him.</i>
The Nativity of Jesus Lk. 2:7 Poverty <i>While Mary and Joseph were in Bethlehem, she gave birth to her first-born son and wrapped him in swaddling clothes and laid him in a manger.</i>	The Crowning with Thorns Mt. 27:28-29 Courage <i>They stripped off his clothes and wrapped him in a scarlet cloak. Weaving a crown out of thorns, they fixed it on his head and began to mock him.</i>	The Descent of the Holy Spirit Acts 2:2 Love <i>Tongues as of fire appeared which parted and came to rest on each of them. All were filled with the Holy Spirit.</i>	Proclamation of the Kingdom of God. Mk. 1:14-15 Commissioned by God to evangelize <i>Jesus preaches the Gospel in Galilee. He proclaims that this is the time of fulfillment for the Kingdom of God is at hand. He asks all to repent and forgives the sins of those who believe in Him.</i>
The Presentation in the Temple Lk. 2:22 Obedience <i>When the day came to purify them according to the law of Moses, Mary and Joseph brought Jesus up to Jerusalem so that he could be presented to the Lord.</i>	The Carrying of the Cross Jn. 19:17 Patience <i>Jesus was led away, and carrying the cross by himself, went out to what is called the Place of the Skull. There they crucified him.</i>	The Assumption of Mary Judith 15:10-11 Eternal Happiness <i>May you be blessed, my daughter, by God most high, beyond all women on earth; and may the Lord God be blessed, the Creator of heaven and earth.</i>	The Transfiguration Lk. 9:29 Divine knowledge <i>On Mount Tabor the Apostles see the glory of God shining forth from the face of Jesus. The voice of the Father, coming from a cloud says “This is my chosen Son, listen to Him.”</i>
The Finding in the Temple Lk. 2:46 Piety <i>They came upon him in the temple sitting in the midst of the teachers, listening to them and asking them questions. All who heard him were amazed.</i>	The Crucifixion and Death Lk. 23:46 Self-denial <i>The curtain in the sanctuary was torn in two, Jesus uttered a loud cry and said, “Father, into Your hands I commend my spirit.” After this, he expired</i>	The Coronation of Mary Apoc. 12:1 Devotion to Mary <i>A great sign appeared in the sky, a woman clothed with the sun, with moon under her feet and on her head a crown of twelve stars.</i>	Jesus' institution of the Eucharist Lk. 22:19-20 Intimate Communion with God <i>At the Last Supper, Jesus offers His body and blood, under the signs of bread and wine, and washes the feet of the Apostles. He knows that Judas has betrayed Him and His hour has come. Jesus testifies to His everlasting love for each one of us by sharing the Sacrament of the Eucharist.</i>