

# Praying the Holy Rosary

## The Joyful Mysteries

1. While holding the crucifix in your right hand:
  - a. Make the sign of the cross – Father, Son, & Holy Spirit.
  - b. Kiss the crucifix
  - c. Recite the Apostle’s Creed:
    - i. I believe in God, **the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. 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 the life everlasting. Amen**
2. While holding the 1<sup>st</sup> bead next to the crucifix pray the Our Father:
  - a. 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. Finger the next three beads and pray three Hail Marys:
  - a. 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. On the chain/cord following the 3 beads pray the Doxology:
  - a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
5. While holding the next single bead name the mysteries you are going to pray (Joyful, Luminous, Sorrowful, or Glorious) and then announce the first of those mysteries (*The first Joyful mystery – The Annunciation*)
  - a. Mediation – Mary’s Yes is Pure. Mary’s yes is not compromised by the “but”, or “if”, or “what happens when...” Mary did not laugh at God, as Sarah did when she was promised a son. Sarah, being a sinner like ourselves, began from the difficulties; she focused on what was absent, on reasons to dwell on impossibility. Mary, being truly innocent and without sin, did not entertain cynicism even when historical circumstances made it difficult to see how God could fulfill his age-old promise of an eternal King and Savior. Mary does not start from absence. She does not focus on darkness and nothingness and impossibility, which leads to despair and to no! Mary starts from a presence. Her only focus is the light and love and limitless possibility that embrace her. This leads her to yes! A yes which becomes pregnant with being and bears eternal fruit. God proposes, Mary says yes, and Christ is present. Let us pray to be united to Mary in this pure yes. Let us not begin from what is not, but from him who says “I am.” This is the only basis for true joy.
  - b. Concluding Prayer – Jesus living in Mary, you abide one like us though without sin so that we may become partakers of your divinity. Grant us the grace to embrace the new life that your coming into our world makes possible for all those who are born again of water and the Holy Spirit.
  - c. Brief silence.
  - d. Pray the Lord’s Prayer - 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.**
6. On the next 10 beads (called a decade) pray ten Hail Marys while meditating on the announced mystery:

- a. 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.**
7. On the chain/cord pray the Doxology:
- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
- b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
8. While holding the next single bead name *the 2<sup>nd</sup> Joyful mystery – The Visitation*.
- a. Meditation – During the unimaginable joy of the Annunciation, Mary is given the name of someone she knows, Elizabeth her cousin. She hastens to see her. This is not the haste of fear or worry, but rather the haste of joy and adventure. These two blessed women see each other and, once again, what seems to be impossible occurs...their joy escalates! In one another's faces they see the limitless grace and mercy of God. They proclaim to one another the greatness of God who has come to dwell among them. Elizabeth says "Who am I that the mother of my Lord should come to me?" Mary says, "My soul magnifies the Lord!" Mary and Elizabeth, with the hidden presence of Jesus and John, become the first Christian community. A community in which God's presence is evident in the very visage of each member. A community of mutual love in which the spectacle of God's grace overflows into a joy which escalates toward eternity.
- b. Concluding Prayer – Jesus dwelling in Mary, you mediate to us the gift of your Father's love and we like the infant Baptist in the womb of Elizabeth leap for joy. Grant us the grace to receive the gift of supernatural life with humility and thanksgiving, and to announce steadfastly your greatness to whomever we meet.
- c. Brief silence.
- d. Pray the Lord's Prayer - 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.**
9. On the next decade pray ten Hail Marys while meditating on the announced mystery:
- a. 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.**
10. On the chain/cord pray the Doxology:
- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
- b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**
11. While holding the next single bead name *the 3<sup>rd</sup> Joyful mystery – The Nativity*.
- a. Meditation – The Shepherds come and tell what the angels have announced to them; that in the city of David a Savior is born and that they are invited to seek him, and to find him, and to see him, wrapped in swaddling clothes. Mary ponders these things in her heart. She ponders a love so true, a grace so great, that it cannot be compromised by the ugliness of circumstances. This child is a King, this child is God, and yet he rests here in the harsh discomfort of a stable, in the company of animals. She herself is a virgin, and yet this child lives and breathes in her arms. In this moment, Mary is a sign to us that no circumstance warrants despair. No human circumstance offers an excuse to proclaim and blame God's absence, because there is no human circumstance in which he is not present. And thus there is never a reason to abandon hope and to lose our joy. For the Word is made flesh and dwells among us. Mary prays for us sinners, that this knowledge of the Word made flesh may become our very life and our joy, as he is her joy for ever.
- b. Concluding prayer – Jesus on the lap of Mary, you were born among the lowly of this earth to announce your saving purpose to seek out, find, and bring home God's little ones. Grant us the grace

to welcome the Good News of your Gospel and to become heralds of true peace and goodwill for our brothers and sisters.

c. Brief silence.

d. Pray the Lord's Prayer - 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.**

12. On the next decade pray ten Hail Marys while meditating on the announced mystery:

a. 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.**

13. On the chain/cord pray the Doxology:

a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**

b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**

14. While holding the next single bead name the **4<sup>th</sup> Joyful mystery – The Presentation.**

a. Meditation –Simeon tells the young mother that a sword of sorrow will pierce her heart. Mary does not recoil. Her yes remains pure and uncompromised. Her joy still complete! There is no place this presence cannot go. There is no darkness or suffering it cannot pierce. Even in the depths of the human heart, even in that place where we can mistakenly think that we are alone, even there abides the Presence of the one who says “I am!” Mary does not begin from absence, she begins always from Presence. The words of Simeon are spoken within the eternal echo of the words of Gabriel: “The Lord is with you.” Before Jesus can even utter the words, Mary already rejoices in his promise: “I am with you always.” It is not a strong will that withstands Simeon's ominous prophecy, but love. Mary places all her hope in the presence of God who is Love. At the end of the Annunciation, the angel Gabriel left her, but the One to whom her yes is directed remains for ever.

b. Concluding Prayer – Jesus in the arms of Mary, you observed all that was to be fulfilled in the revelation made to Moses so that the world could acknowledge you as Savior of Israel. Grant us the grace to consecrate ourselves to your saving mission, and to commit ourselves without reserve to the faithful worship of the true God.

c. Brief silence.

d. Pray the Lord's Prayer - 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.**

15. On the next decade pray ten Hail Marys while meditating on the announced mystery:

a. 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.**

16. On the chain/cord pray the Doxology:

a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**

b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**

17. While holding the next single bead name the **5<sup>th</sup> Joyful mystery – The Finding in the Temple.**

a. Meditation –Mary cannot understand, she cannot explain why Jesus remained in Jerusalem without telling her or her husband Joseph. And her unwavering yes continues! Her lack of understanding before the mystery of God does not present an objection to her yes. Mary could not have explained how a virgin could give birth, or how Elizabeth could bear a son in old age, or how shepherds could find the obscure birthplace of her beloved Son, or how an old man in the temple could utter a profound

prophecy about her Son. Even the teachers in the temple could not explain Jesus' intelligence. The fact that the mystery is mysterious can only be an objection to a small mind which refuses that which is deeper than its understanding. We will never fully penetrate the mystery of God with our intellect, but we can begin to live in communion with him now by recognizing his presence and saying yes. Joy does not spring from intellectual pride, but from being loved. In union with Mary, let us live the joy of being loved by God our Father who has chosen and has sent his Son to be with us always.

- b. Concluding Prayer – Jesus in the company of Mary, you brought joy to your parents after bringing new light to those who were learned about the things of God. Grant us the grace to discern wisely about the things of God so all that we do may reflect the splendor of your truth and make us grow in wisdom, age, and grace.
- c. Brief silence.
- d. Pray the Lord's Prayer - 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.**

18. On the next decade pray ten Hail Marys while meditating on the announced mystery:

- a. 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.**

19. On the chain/cord pray the Doxology:

- a. Glory be to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning, is now, and will be forever. Amen.**
- b. O my Jesus, forgive us our sins. Save us from the fires of hell. **Lead all souls to heaven, especially those in most need of your mercy.**

20. Holding the connecting medallion (or cord) pray the Hail Holy Queen and closing prayers:

- a. 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 unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!**

V. Pray for us, O Holy Mother of God,

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

- b. Closing prayers – 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 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.

V. May the divine assistance remain always with us.

R. **May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**