

Praying the Holy Rosary

The Luminous 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 1st 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 (**For Luminous – The first mystery – The Baptism in the Jordan**)
 - a. Mediation – The Word became flesh. Which means that all our fears, our doubts, our frustrations, our feelings of futility, of loneliness, worthlessness, weakness, depression, the sense that we can never do anything right, our dread and our longing, our neediness, our craving, our anguish, our aching – the Word took on all this in the Incarnation. And Jesus carried that excruciating mortal burden in his human flesh to John the Baptist so that he could plunge it into the Jordan River’s death-dealing, life – giving waters. How much we need to go out of ourselves in order to find ourselves. The sinless Jesus models for us the truly fitting way to approach the Father: as repentant sinners surrendered to mercy so tender. God the Father delights to be acknowledged by human nothingness since such an offering is a confession of sublime trust. Jesus the beggar in the hands of John lowers himself in baptism and, as Nothingness, acknowledges his Father so that we will never be afraid to do the same. By joining Jesus in the gesture of plunging ourselves into the Father’s love, we hear his voice – “You are my beloved Son” – calling us his own.
 - b. Concluding Prayer – Jesus taking leave of Mary, you accepted John’s baptism so that the waters of the world would be made holy for the sacrament of our rebirth. Teach us to recognize the full and complete dignity of the new natures that we receive in baptism and to live as obedient children of your heavenly Father.
 - 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 2nd Luminous mystery – The Wedding at Cana.**
 - a. Meditation – What do we do when the floor drops out of our joy? This dilemma befalls all at the wedding feast of Cana once they scent the want of wine. In the Bible, wine symbolizes the delight of life: “You have given my heart more joy/ than they have when grain and wine abound” (Ps 4:8); “You bring...wine to gladden our hearts” (Ps 104: 15). Conversely, thirst represents our desperation. Our parched souls long for ultimate treasures: peace, purpose, meaning, fulfillment, happiness. Yet, the more we drink in the things of the world, the more we remain wrung out, depleted and defeated. Only in Jesus can we imbibe what satisfies our infinite desires. Mary, the Fountain of Hope, leads us to her Son, “the Fountain of all Holiness.” The waiter anticipates something insipid in that first sip, yet what he senses is the savor of the Savior – he has tasted and seen how good the Lord is (Ps 34:9). And, thanks to Cana’s flavorful flood, the very senselessness of life gets flushed away. This miracle leaves us longing to do whatever Jesus tells us. For “a new friend is like new wine/ which you drink with pleasure” (Sir 9:10).
 - b. Concluding Prayer – Jesus listening to Mary, you fulfilled the wish of your mother at a wedding feast and transformed marriage into a covenant of divine love, making families living images of the love that you as God share with the Father and the Holy Spirit. Teach us to live the mystery of our transformation and make us obedient sons and daughters of the Lord who created heaven and earth.
 - 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 3rd Luminous mystery – The Proclamation of the Kingdom.**
 - a. Meditation – What if we were to witness someone we love have an accident? We would rush to our friend and cry, “Speak to me!” Only hearing the voice of the beloved would give us the relief we crave in time of crisis. The preaching of Christ gives us that same solace and hope. Ever since his silent appearance at the Epiphany, we’ve been dying to hear Jesus speak. We need the hearing of Christ’s words to help us understand the wonder we’ve experienced. Faith is a way of knowing; holiness begins in the mind. Jesus’ words show us how to see the truth or reality and conform ourselves to what is godly and good, moment by moment. Conversion begins with conversation. Every word uttered by the Son of God breathes the mercy of the Father, guaranteeing concrete compassion, forgiveness, the real ability to change. By his preaching, Jesus communicates his very self, promising us that we can personally share his own life. For the preaching of Jesus generates us.

It convinces us that his Person completely corresponds to our deepest desires. This is why Christ's preaching is the central mystery of light.

- b. Concluding prayer – Jesus united with Mary, you revealed to your disciples the mystery of the Godhead and promised to grace of conversion to all who hear and keep the word of God. Teach us to recognize the Pope, bishops, and our pastors as the legitimate bearers of the authority by which you call every human being to dwell in the one communion of divine friendship.
 - 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 4th Luminous mystery – The Transfiguration.**
- a. Meditation – Thanks to the irresistibility of the burning bush, Moses found his vocation as liberator of the Hebrews. Jesus offers us something similar on an iridescent summit. Christ's Tabor radiance is a kind of mirror in which we glimpse the glory of God yearns to give us. The effulgence of the Transfiguration reveals the fullness of the life destined to be ours. To seize our true self, we must reject the subpar standards by which we measure our life. The Transfiguration invites us to configuration. As we peer into the glory that pours from every pore of the transfigured Christ, we cast off all our selfishness, anger, and lust and take on the luster of the Son of God. For as we stare, transfixed by resplendence, Christ Jesus gazes back at us. The Lord's luminous look of love takes hold of our hearts, emboldening us to renounce our crust-like life in favor of a transparent one identical to his. This is what it means to be the light of the world – a luminary! Christians should get used to being suffused. Dare to imagine the impossible. Silently from Tabor's splendor, the Savior begs: "Become what you behold!"
 - b. Concluding Prayer – Jesus apart from Mary, you, with a blinding light, manifested in your perfect humanity the power of divine grace that transforms every part of our frail human nature. Teach us to embrace the mystery of your luminous presence, so that we who dwell in your brightness may never succumb to the darkness of mortal sin.
 - 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 5th Luminous mystery – The Institution of the Eucharist.**
- a. Meditation – We experience great sadness in life precisely because we forget things. Jesus institutes the Eucharist to make his love for us unforgettable. At the Last Supper, Christ chooses a scrap of bread to become his body in order to prove his desire to do the same with our nothingness. In the Eucharist he gives us his very self so that God’s Son will always be inside us, feeding our certainty. The Eucharistic Jesus has become our “com-panion” – Bread-with-us. That belonging takes the form of sacrifice: the offering of our self in order to gain back that self through the encounter with a Truth beyond us. The self that Christ lays down in the Passion he regains in the resurrection through the Father’s recreating love. The sacrifice of the Eucharist engages the memory of Christ to penetrate everything that we love so that our love becomes truer. Christ’s Real Presence in the Blessed Sacrament awakens in us a profound awareness. For to be conscious of ourselves to the core is to recognize the Other who created us and who sustains us. The Eucharist reminds us that we are possessed by God, and that communion fills us with gladness and peace.
 - b. Concluding Prayer – Jesus, Son of Mary, you handed over to your disciples in an action that surpasses human understanding the gift of yourself under the appearance of bread and wine, and you have established an order of priests to ensure that this mystery remain until you come again in glory. Teach us to live the gift and mystery of the priesthood and to encourage young men to answer the vocation that you yourself implant in their hearts.
 - 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.**