

A Simple Guide to the Rosary

PRAY. MEDITATE. REFLECT

The Rosary is not a test of how well you can keep your place on the beads. It is a way of lingering with Jesus through the eyes and heart of Mary.



What You Are Actually Doing

The Rosary is a Scripture-based prayer centered on the life of Christ. The repeated prayers give your mind and heart a steady rhythm while you meditate on a mystery from Jesus' life.

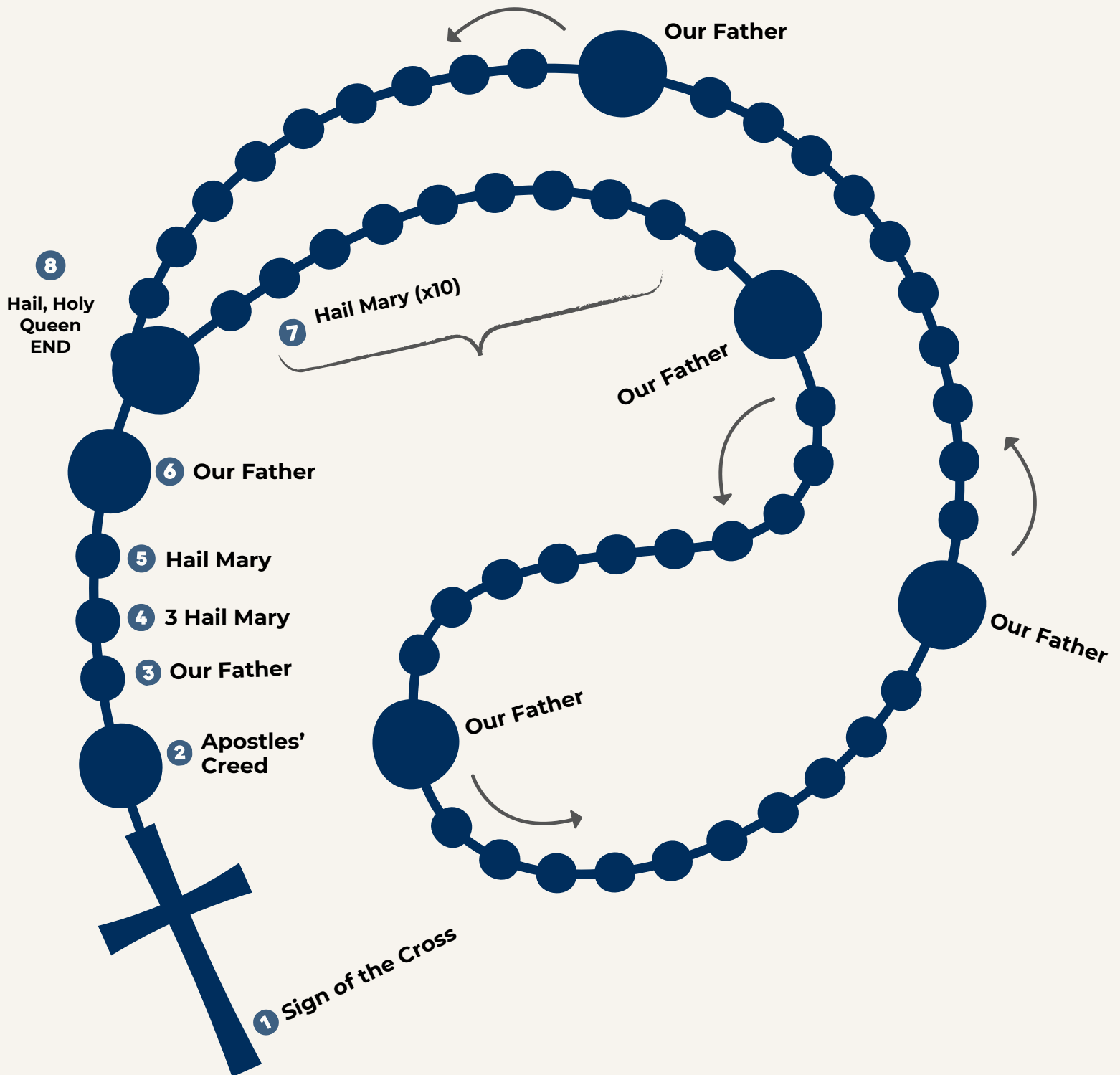
If you are new to it, expect to lose your place occasionally. That is normal. Keep going. The goal is not flawless counting; it is prayerful intention.

- **Joyful Mysteries:** the hidden beginnings of Jesus' earthly life.
- **Luminous Mysteries:** key moments in Jesus' public ministry.
- **Sorrowful Mysteries:** the Passion and death of Christ.
- **Glorious Mysteries:** the Resurrection and the life of the Church in hope.

How to Pray the Rosary

1. Make the Sign of the Cross.
2. On the Crucifix, pray the Apostles' Creed.
3. On the first bead, pray the Our Father.
4. On the next three beads, pray three Hail Marys.
5. Pray the Glory Be.
6. Announce the first mystery. Pray an Our Father, ten Hail Marys and a Glory Be while meditating on the mystery.
7. Pray the Fatima prayer.
8. Repeat for the remaining four mysteries.
9. After the five decades, pray the Hail, Holy Queen and conclude with the Sign of the Cross.

How to Pray the Rosary



Mysteries & Traditional Days

MONDAY + SATURDAY: JOYFUL MYSTERIES

Annunciation; Visitation; Nativity; Presentation;
Finding of Jesus in the Temple.

THURSDAY: LUMINOUS MYSTERIES

Baptism of Jesus; Wedding at Cana; Proclamation of
the Kingdom; Transfiguration; Institution of the
Eucharist.

TUESDAY + FRIDAY: SORROWFUL MYSTERIES

Agony in the Garden; Scourging at the Pillar;
Crowning with Thorns; Carrying of the Cross;
Crucifixion and Death.

WEDNESDAY + SUNDAY: GLORIOUS MYSTERIES

Resurrection; Ascension; Descent of the Holy Spirit;
Assumption of Mary; Coronation of Mary.

A gentle note: *The traditional Sunday pattern shifts during Advent and Lent. If you are just beginning, do not let the calendar become another obstacle. Pick up the Rosary and pray.*

The Core Prayers

Use this page as a quick reference while you learn.

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 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.

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.

FATIMA PRAYER

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 thy mercy.

The 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.

Hail, Holy Queen

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.

If a Full Rosary Feels Like Too Much



Pray one decade and stay with one mystery.



Listen to an audio Rosary while you learn the rhythm.



Keep a small mystery card beside you.



Pray with your family without worrying about perfect stillness.



Bring one intention to each decade.

REMEMBER

*The Rosary leads us to Jesus. Mary is never the destination;
she continually points us toward her Son.*