

# Pray the Rosary

You don't have to be Catholic to pray the Rosary. Just pick up a rosary and start. Meditating on each mystery (decade) of the life of Jesus and of His mother Mary, simultaneously asking for the virtues (fruits) that are granted to you by them, is the guaranteed formula for solving all of the world's problems. Our best ideas to save the planet and humanity will always end in war and disaster. The solution is love. Prayer is love in action. The answer comes from God. The Rosary is a sure way to know that He has heard your cry for justice and peace.

## The Rosary. What is it? Why pray it?

A short online tutorial by Mark Christopher Brandt

The Rosary is a western form of meditation and prayer deeply rooted in Sacred Scripture. It is a wonderful way to grow in the love of God. Like anything of value, the Rosary requires a commitment and some discipline. The dividends, however, are literally endless and even eternal. The repetitious nature of the Rosary is meant to lead us into the silence of our hearts where the spirit of Jesus dwells. The Hail Mary is a mantra which, repeated again and again, becomes the background music to our contemplative focus on the mysteries.

The fruit, or virtue, of each mystery is a specific grace that we are asking for from God as we pray. These virtues bring us into a deep oneness with Jesus Christ and if they are truly asked for, cooperated with, and practiced in our daily life, these virtues will change us radically from within into the most peaceful and joyful of souls while affording us the opportunity to bring Christ to others in word and deed. It is not the Rosary which changes our life. It is God Himself, but we must want Him to do so and we must allow Him to do so. The Rosary is the sure way to aid us in spiritual battle as we struggle to leave a life of sin behind for a new, and more beautiful, free life of virtue and self-mastery.

Every time you pray the Rosary, asking for the fruit of each mystery and pondering the mystery itself, you become a new creation. It is important to remember that the moment you ask for a grace, you are granted the request. You may, however, have to practice maintaining or even surrendering to this new way of life and behavior. The Rosary is not meant simply to bring you peace in the moment. It is meant to bring that same peace through you to everyone around. As in the study of music, practice at this lifestyle makes perfect.

There are four sets of mysteries on which to reflect. They are the Joyful, Luminous, Sorrowful, and Glorious mysteries. It is not advisable to attempt to pray all four sets at the beginning of one's entrance into the Rosary. It is better to pray one set of mysteries per day and to become comfortable with them before attempting to pray more than one set in a given prayer time.

It is completely advisable and desirable to strive for a point in time where one prays all four sets of mysteries in a day and, if possible, in one sitting. Pray the Rosary with a group of friends or alone, in any location and especially in front of the Blessed Sacrament. Praying the Rosary is a wonderful, beautiful activity at any time. Praying all four sets of mysteries consecutively takes about one hour. Praying one Rosary at a time takes just over 15 minutes.

## The Mysteries and the Fruits of the Rosary

### The Joyful Mysteries

Prayed on Monday and Saturday

Meditation		Fruit
The Annunciation	(Lk 1:28)	Humility
The Visitation	(Lk 1:41-42)	Charity
The Nativity	(Lk 2:7)	Poverty of Soul (Detachment)
The Presentation in the Temple	(Lk 2:22-23)	Obedience
The Finding of Jesus in the Temple	(Lk 2:46)	Wisdom

*During Advent the Joyful Mysteries traditionally replace the Glorious Mysteries on Sundays.*

### The Luminous Mysteries

Prayed on Thursday

Meditation		Fruit
The Baptism of Our Lord	(Mt 3:16-17)	Embrace Our Baptismal Vows
The Wedding at Cana	(Jn 2:5-7)	Go to Jesus Through Mary
The Proclamation of the Kingdom of God	(Mt 10:7-8)	Trust in God's Love and True Repentance
The Transfiguration	(Lk 9:29,35)	A True Desire for Holiness
The Institution of the Eucharist and the Priesthood on Holy Thursday	(Lk 22:19-20)	Deeper Love and Reverence for Jesus in the Eucharist and in the Priest

### The Sorrowful Mysteries

Prayed on Tuesday and Friday

Meditation		Fruit
The Agony in the Garden	(Lk 22:44-45)	Perfect Contrition/Honest Confessions
The Scourging at the Pillar	(Jn 19:1)	Purity of Heart, Mind and Body/a Spirit of Mortification
The Crowning with Thorns	(Mt 27:28-29)	Courage in Humiliations/Conquering Pride
The Carrying of the Cross	(Jn 19:17)	Perseverance in Prayer/Patience in Trials
The Crucifixion	(Lk 23:46)	A Deeper Understanding of the Self-Emptying Love of Jesus/Self Denial

*During Lent the Sorrowful Mysteries traditionally replace the Glorious Mysteries on Sundays.*

### The Glorious Mysteries

Prayed on Wednesday and Sunday.

Meditation		Fruit
The Resurrection	(Mk 16:6)	A Deeper Faith
The Ascension	(Mk 16:19)	Ardent Desire for Heaven/Hope
The Descent of the Holy Spirit	(Acts 2:4)	A Deeper Understanding of God's Love for Us/Love of God
The Assumption	(Jud 15:9-10)	Grace of a Happy Death
The Coronation	(Rev 12:1)	Trust in Mary's Intercession/True Devotion

## **How to Pray the Rosary:**

### **Make the Sign of the Cross:**

Right hand moves forehead to heart,  
Left shoulder to right shoulder.

Holding the crucifix, pray the Apostles Creed.

On the first large bead, pray the Lord's Prayer (The Our Father).  
On the three beads prior to the Rosary centerpiece, pray three Hail Marys.  
Pray the Glory Be.

Announce the mystery before each decade and then pray the Our Father on the large bead and the Hail Mary on each of the smaller beads (ten times).

Picture in your mind - or use actual images of - the mystery while praying the ten Hail Marys as a mantra.

After each decade pray the Glory Be and the Fatima prayer.  
Begin the next mystery (decade) and repeat this process for a total of five decades.

After the Rosary is completed, pray the Hail Holy Queen. Other prayers after this are optional. See below for the traditional final Rosary Prayer.

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

### **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 sits at the right hand of God, the Father Almighty; from there He shall 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.

### **The Lord's Prayer** (The Our Father)

Our Father Who art in heaven, hallowed by 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 you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners,  
now and at the hour of our death.  
Amen.

### **The 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**

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 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 towards 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.

### **The Rosary 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 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.

Conclude with the sign of the cross.