

# HOW TO PRAY THE ROSARY



1. Begin the Rosary with the [Sign of the Cross](#) and the [Apostles' Creed](#).
2. Continue with the [Our Father](#), 3 [Hail Marys](#) for an increase of faith, hope, and charity, and [Glory Be](#) on the beads indicated on the diagram above.
3. State the first mystery, for example, "The first joyful mystery is the Annunciation." Pray the *Our Father*, 10 Hail Marys, *Glory Be* and the [Fatima Prayer](#) ("O My Jesus") while meditating upon this mystery.
4. Repeat this for each subsequent mystery.
5. At the end of each day's rosary, say the [Hail, Holy Queen](#) and concluding prayers.

We highly recommend that all 15 decades of the Rosary be prayed daily. Our Lady repeatedly emphasized the importance of praying the Rosary each day in her messages at Fatima. She even said that Francisco would have to pray "many rosaries" before he could go to Heaven. Praying all 15 decades of the Rosary each day can be accomplished in a variety of ways. However, for many it is best accomplished by praying a part of the Rosary at different times of the day, for example, the joyful mysteries in the morning, sorrowful mysteries at midday, and glorious mysteries in the evening. The Hail, Holy Queen only needs to be prayed at the end of the entire day's rosary.

An essential part of the Rosary is meditation on the mysteries, episodes in the life of Our Lord and Our Lady. This means thinking about them, visualizing them, considering the graces and merits displayed in them, and using them for inspiration to better know and love God. It is also common to focus on a particular virtue with each mystery; those recommended by St. Louis de Montfort are given in the following tables.

<b>The Joyful Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Annunciation to the Blessed Virgin Mary	Humility
2. The Visitation of Mary to her cousin St. Elizabeth	Charity toward our neighbor
3. The Nativity of Our Lord Jesus Christ	Detachment from the things of the world, contempt of riches, and love of poverty
4. The Presentation of the Child Jesus in the Temple, and the Purification of His Holy Mother	Purity of body and soul
5. The Finding of Our Lord in the Temple	Divine wisdom

<b>The Sorrowful Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Agony in the Garden	Contrition for our sins
2. The Scourging at the Pillar	Mortification of our senses
3. The Crowning with Thorns	Detachment from the things of the world, contempt of riches, and love of poverty
4. The Carrying of the Cross	Patience in bearing our crosses
5. The Crucifixion	The conversion of sinners, the perseverance of the just, and the relief of the souls in Purgatory

<b>The Glorious Mysteries</b>	<b>Virtues (St. Louis de Montfort)</b>
1. The Resurrection	Love of God and fervor in His service
2. The Ascension	An ardent desire for heaven, our true home
3. The Descent of the Holy Ghost at Pentecost	The coming of the Holy Ghost into our souls
4. The Assumption of the Blessed Virgin Mary into Heaven	Tender devotion to our Blessed Mother
5. The Coronation of the Blessed Virgin Mary, Queen of Heaven and Earth	Perseverance in grace and a crown of glory hereafter

## Rosary Prayers

### **The Sign of the Cross**

With your right hand, trace a cross by touching your forehead, then chest, left shoulder and right shoulder while saying: "In the name of the Father, and of the Son, and of the Holy Ghost. Amen."

## **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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the 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.

## **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 Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

## **Fatima Prayer**

O my Jesus, pardon us, and save us from the fire of Hell; draw all souls to Heaven, especially those in most need.

(William Thomas Walsh, *Our Lady of Fatima*, Doubleday, 1990, p. 220)

## **Hail, Holy Queen and concluding prayers**

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.

Pray for us, O holy Mother of God.

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

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 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.

**[www.mostholymonastery.com](http://www.mostholymonastery.com)**

**Copyright © 2007:** Most Holy Family Monastery.