

How to recite the Holy Rosary

1. SAY THESE PRAYERS...

   **IN THE NAME** of the Father, and of the Son, and of the Holy Spirit. Amen. (As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

   **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. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall 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 life everlasting. Amen.

   **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. For Thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

   **HAIL MARY**, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. O God, whose only-begotten Son by the Holy Spirit, was conceived 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 sits at the right hand of God. O sweet Virgin Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

   **GLORY BE** to the Father, and to the Son, and to the Holy Spirit. Amen. (As you recite the above prayer, touch your forehead when you say Father, your breastbone when you say Son, your right shoulder when you say Holy, and your left shoulder when you say Spirit.)

   **O GOD, WHOSE** only-begotten Son by the Holy Spirit, was conceived 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 sits at the right hand of God. O sweet Virgin Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

   **O MY JESUS**, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those most in need of Thy mercy. Amen.

   **HAIL HOLY QUEEN**, mother of mercy; our life, our sweetness, and our hope. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine exiles, 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. Amen.

   **ANNOUNCE** each mystery by saying something like, “The third joyful Mystery is the Birth of Our Lord.” This is required only when saying the Rosary in a group.

2. IN THIS ORDER...

   **INTRODUCTION**

   1. IN THE NAME
   2. I BELIEVE IN GOD
   3. OUR FATHER
   4. HAIL MARY
   5. HAIL MARY
   6. HAIL MARY
   7. GLORY BE
   8. O MY JESUS

   **THE FIRST DECADE**

   9. ANNOUNCE
   10. OUR FATHER
   11. HAIL MARY
   12. HAIL MARY
   13. HAIL MARY
   14. HAIL MARY
   15. HAIL MARY
   16. HAIL MARY
   17. HAIL MARY
   18. HAIL MARY
   19. HAIL MARY
   20. GLORY BE
   21. O MY JESUS

   **THE SECOND DECADE**

   22. ANNOUNCE
   23. OUR FATHER
   24. HAIL MARY
   25. HAIL MARY
   26. HAIL MARY
   27. HAIL MARY
   28. HAIL MARY
   29. HAIL MARY
   30. HAIL MARY
   31. HAIL MARY
   32. HAIL MARY
   33. HAIL MARY
   34. GLORY BE
   35. O MY JESUS

   **THE THIRD DECADE**

   36. ANNOUNCE
   37. OUR FATHER
   38. HAIL MARY
   39. HAIL MARY
   40. HAIL MARY
   41. HAIL MARY
   42. HAIL MARY
   43. HAIL MARY
   44. HAIL MARY
   45. HAIL MARY
   46. HAIL MARY
   47. HAIL MARY
   48. HAIL MARY
   49. GLORY BE
   50. O MY JESUS

   **THE FOURTH DECADE**

   51. ANNOUNCE
   52. OUR FATHER
   53. HAIL MARY
   54. HAIL MARY
   55. HAIL MARY
   56. HAIL MARY
   57. HAIL MARY
   58. HAIL MARY
   59. HAIL MARY
   60. HAIL MARY
   61. HAIL MARY
   62. HAIL MARY
   63. HAIL MARY
   64. GLORY BE
   65. O MY JESUS

   **THE FIFTH DECADE**

   66. ANNOUNCE
   67. OUR FATHER
   68. HAIL MARY
   69. HAIL MARY
   70. HAIL MARY
   71. HAIL MARY
   72. HAIL MARY
   73. HAIL MARY
   74. HAIL MARY
   75. HAIL MARY
   76. HAIL MARY
   77. HAIL MARY
   78. HAIL MARY
   79. GLORY BE
   80. O GOD, WHOSE
   81. IN THE NAME

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...

4. AND SILENTLY MEDITATING ON THESE “MYSTERIES”, OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the “Joyful Mysteries”

- **First Decade**: The Annunciation of Gabriel to Mary (Luke 1:26-38)
- **Second Decade**: The Visitation of Mary to Elizabeth (Luke 1:39-56)
- **Third Decade**: The Birth of Our Lord (Luke 2:1-21)
- **Fourth Decade**: The Presentation of Our Lord (Luke 2:22-38)
- **Fifth Decade**: The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the “Luminous Mysteries”

- **First Decade**: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
- **Second Decade**: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
- **Third Decade**: The Proclamation of the Kingdom of God (Mark 1:14-15)
- **Fourth Decade**: The Transfiguration of Our Lord (Matthew 17:1-8)
- **Fifth Decade**: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the “Sorrowful Mysteries”

- **First Decade**: The Agony of Our Lord in the Garden (Matthew 26:36-36)
- **Second Decade**: Our Lord is Scourged at the Pillar (Matthew 27:26)
- **Third Decade**: Our Lord is Crowned with Thorns (Matthew 27:27-31)
- **Fourth Decade**: Our Lord Carries the Cross to Calvary (Matthew 27:32)
- **Fifth Decade**: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the “Glorious Mysteries”

- **First Decade**: The Glorious Resurrection of Our Lord (John 20:1-29)
- **Second Decade**: The Ascension of Our Lord (Luke 24:36-53)
- **Third Decade**: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
- **Fourth Decade**: The Assumption of Mary into Heaven
- **Fifth Decade**: The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

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