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

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. Amen.

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 vale 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. Amen.

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 by 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.

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

- IN THE NAME... I BELIEVE IN GOD... OUR FATHER...
- 2. 3. 4. 5.
- HAIL MARY... HAIL MARY... HAIL MARY... GLORY BE...
- 6. 7. 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.	HAIL MARY
21.	GLORY BE
22.	O MY JESUS
TH	SECOND DECAL

THE SECOND DECADE

23.	ANNOUNCE
24.	OUR FATHER
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.	HAIL MARY
35.	GLORY BE
36.	O MY JESUS

THE THIRD DECADE

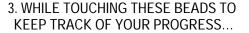
37.	ANNOUNCE
38.	OUR FATHER
39.	HAIL MARY
40.	HAIL MARY
41.	HAIL MARY
42.	HAIL MARY
43.	HAIL MARY
44.	HAIL MARY
45.	HAIL MARY
46.	HAIL MARY
47.	HAIL MARY
48.	HAIL MARY
49.	GLORY BE
50.	O MY JESUS

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.	GLORY BE
64.	O MY JESUS

THE FIFTH DECADE

1111	I II III DECIDE
	ANNOUNCE
	OUR FATHER
67.	HAIL MARY
68.	HAIL MARY
69.	HAIL MARY
70.	HAIL MARY
	HAIL MARY
72.	HAIL MARY
73.	HAIL MARY
74.	HAIL MARY
75.	HAIL MARY
76.	HAIL MARY
77.	GLORY BE
78.	O MY JESUS
	CLUSION
79.	HAIL HOLY QUEEN
80.	O GOD, WHOSE
81.	IN THE NAME





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 (Steps 9-22):** The Annunciation of Gabriel to Mary (Luke 1:26-38) Second Decade (Steps 23-36): The Visitation of Mary to Elizabeth (Luke 1:39-56) **Fourth Decade (Steps 27-50):** The Visitation of Waty to Enzaded (Educe 1.39-50) **Fourth Decade (Steps 51-64):** The Presentation of Our Lord (Luke 2:1-21) **Fourth Decade (Steps 51-64):** 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 26:36-56) 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.

www.newadvent.org