

How to Pray the Rosary

A step-by-step guide.

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A quiet place to pray the Rosary: the prayers, the four sets of mysteries, and a voice to keep the pace.

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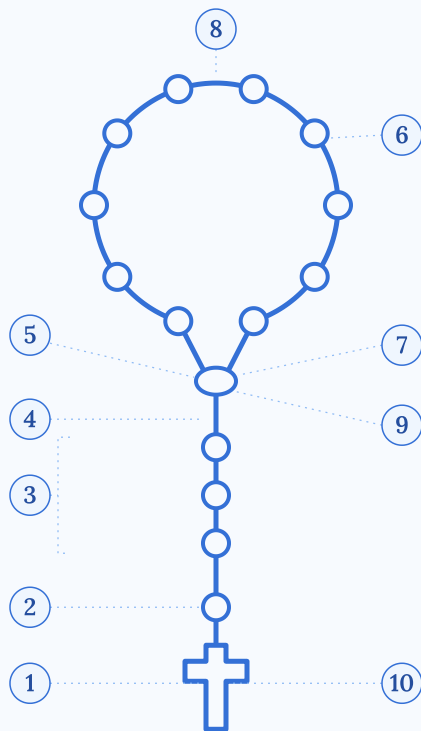
Sandro Botticelli · Madonna del Magnificat · c. 1481

“Pray the Rosary every day.”

The Blessed Virgin Mary · Fatima, 1917

How to Pray the Rosary

A step-by-step guide.



- 1 Make the Sign of the Cross. Holding the crucifix, pray the **Apostles' Creed**.
- 2 On the first bead, pray the **Our Father**.
- 3 On each of the next three beads, pray a **Hail Mary**, traditionally offered for an increase of faith, hope, and charity.
- 4 Pray the **Glory Be**.
- 5 Announce the first Mystery, then pray the **Our Father**.
- 6 On each of the ten beads, pray a **Hail Mary** while meditating on the Mystery.
- 7 Pray the **Glory Be** and the **Fatima Prayer**.
- 8 Repeat steps 5 through 7 for each of the remaining four Mysteries.
- 9 After the fifth decade, pray the **Hail, Holy Queen** and the closing prayer.
- 10 Make the Sign of the Cross.

The Mysteries & Their Fruits

Each mystery is listed with its traditional fruit, the virtue we ask for while meditating on it.



The Joyful Mysteries

Mondays & Saturdays

- 1 The Annunciation · *Humility*
- 2 The Visitation · *Love of Neighbor*
- 3 The Nativity · *Poverty of Spirit*
- 4 The Presentation in the Temple · *Purity*
- 5 The Finding in the Temple · *Devotion to Jesus*



The Luminous Mysteries

Thursdays

- 1 The Baptism in the Jordan · *Openness to the Holy Spirit*
- 2 The Wedding at Cana · *To Jesus through Mary*
- 3 The Proclamation of the Kingdom · *Conversion*
- 4 The Transfiguration · *Desire for Holiness*
- 5 The Institution of the Eucharist · *Adoration*



The Sorrowful Mysteries

Tuesdays & Fridays

- 1 The Agony in the Garden · *Obedience to God's Will*
- 2 The Scourging at the Pillar · *Mortification*
- 3 The Crowning with Thorns · *Courage*
- 4 The Carrying of the Cross · *Patience*
- 5 The Crucifixion · *Sorrow for Sin*



The Glorious Mysteries

Wednesdays & Sundays

- 1 The Resurrection · *Faith*
- 2 The Ascension · *Hope*
- 3 The Descent of the Holy Spirit · *Wisdom*
- 4 The Assumption · *Devotion to Mary*
- 5 The Coronation of Mary · *Grace of a Happy Death*

On the Sundays of Advent, the Joyful Mysteries are prayed; on the Sundays of Lent, the Sorrowful.

The Prayers

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose 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 Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The 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.

The 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.

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 Prayers, continued

The Fatima Prayer: "O My Jesus"

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.

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 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.

V. Pray for us, O holy Mother of God.

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

The Closing Prayer

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, while meditating on 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.



After the Rosary

Prayers commonly added after the closing prayer.

For the Intentions of the Holy Father

One Our Father, one Hail Mary, and one Glory Be, offered for the intentions of the Holy Father. Praying for the Holy Father's intentions is also one of the usual conditions for the Rosary's plenary indulgence.

The Concluding Invocations

Most Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

St. Joseph, pray for us.

Then conclude with the Sign of the Cross.

Prayer to St. Michael the Archangel

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.



A Brief History of the Rosary

the Middle Ages

Our Lady's Psalter

Monks prayed the 150 Psalms; the faithful who could not read prayed 150 Our Fathers, and in time Hail Marys, counted on beads: a psalter of the people, and the Rosary's root.

c. 1214

St. Dominic

Tradition holds that Our Lady entrusted the Rosary to St. Dominic as an instrument of preaching and conversion, and his Order carried it across Europe.

1571

St. Pius V & Lepanto

The Dominican pope St. Pius V gave the Rosary its enduring form. After the victory at Lepanto was credited to its intercession, the Church established the feast of Our Lady of the Rosary, kept each October 7.

1917

Fatima

In every apparition, Our Lady asked for the daily Rosary, gave the prayer "O my Jesus," and named herself the Lady of the Rosary.

2002

The Mysteries of Light

St. John Paul II added the five Luminous Mysteries, completing the Rosary's walk through the whole Gospel, a compendium of the life of Christ.

The Fifteen Promises of the Rosary

Tradition holds that Our Lady made these promises to St. Dominic and Blessed Alan de la Roche for all who devoutly pray the Rosary.

- 1 Whoever shall faithfully serve me by the recitation of the Rosary, shall receive signal graces.
- 2 I promise my special protection and the greatest graces to all those who shall recite the Rosary.
- 3 The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
- 4 It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the heart of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
- 5 The soul which recommends itself to me by the recitation of the Rosary shall not perish.
- 6 Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries, shall never be conquered and never overwhelmed by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death (unprepared for heaven). The sinner shall convert. The just shall grow in grace and become worthy of eternal life.
- 7 Whoever shall have a true devotion for the Rosary shall not die without the sacraments of the Church.
- 8 Those who are faithful to recite the Rosary shall have, during their life and at their death, the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.

The Fifteen Promises, continued

- 9 I shall deliver from purgatory those who have been devoted to the Rosary.
- 10 The faithful children of the Rosary shall merit a high degree of glory in heaven.
- 11 You shall obtain all you ask of me by the recitation of the Rosary.
- 12 All those who propagate the holy Rosary shall be aided by me in their necessities.
- 13 I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
- 14 All who recite the Rosary are my sons, and brothers of my only son Jesus Christ.
- 15 Devotion of my Rosary is a great sign of predestination.

The Indulgences of the Rosary

An indulgence is a remission of the temporal punishment due to sins whose guilt has already been forgiven.

A plenary indulgence is granted when the Rosary is prayed in a church, in a family, or in a religious community: five decades, prayed continuously and vocally, while meditating on the Mysteries. A partial indulgence is granted for its recitation in other circumstances.

The usual conditions for a plenary indulgence: sacramental confession, Holy Communion, prayer for the Holy Father's intentions, and detachment from all sin, even venial. A plenary indulgence may be gained once a day, and either indulgence may be offered for the souls in purgatory.