

How to recite the Holy Rosary

1. Make sign of the cross and say the “Apostles Creed”.
2. Say the Our Father
3. Say three Hail Marys.
4. Say the Glory be to the Father
5. Announce the First Mystery; then say the Our Father
6. Say ten Hail Marys
7. Say the Glory be to the Father
8. Announce the next mystery; then say the Our Father
9. Repeat 6, 7 and 8 until all 5 mysteries have been said.
10. say concluding prayers

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen

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 rose again from the dead. He ascended into Heaven and is seated 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 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.

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 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.

3. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries"

1st Decade: The Annunciation of Gabriel to Mary (Luke 1:26-38)

2nd Decade: The Visitation of Mary to Elizabeth (Luke 1:39-56)

3rd Decade: The Birth of Jesus (Luke 2:1-21)

4th Decade: The Presentation of Jesus in the Temple (Luke 2:22-38)

5th Decade: The Finding of Jesus in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

1st Decade: The Baptism of Jesus in the River Jordan (Matthew 3:13-16)

2nd Decade: The Wedding at Cana, when Christ manifested Himself (John 2:1-11)

3rd Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)

4th Decade: The Transfiguration of Our Lord (Matthew 17:1-8)

5th Decade: The Last Supper, when Jesus gave us the Holy Eucharist (Matthew 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

1st Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)

2nd Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)

3rd Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)

4th Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)

5th Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

1st Decade: The Glorious Resurrection of Our Lord (John 20:1-29)

2nd Decade: The Ascension of Our Lord (Luke 24:36-53)

3rd Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)

4th Decade: The Assumption of Mary into Heaven Luke 1:46-49

5th Decade: The Coronation of Mary as Queen of Heaven and Earth. Revelation 21:1-2

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

