



Catechetical Series:

What Catholics Believe & Why

PRAY THE HOLY ROSARY

Behold The Truth

Discovering the What & Why of the Catholic Faith
beholdthetruth.com



The Holy Rosary

One of the most beloved Catholic devotions, the Rosary consists of both vocal and mental prayer. It involves reciting prayers using a string of beads, while meditating on the events surrounding the Life, Death, Resurrection, and Ascension of Our Lord Jesus Christ, as seen through the eyes of His Mother Mary. Through the Rosary we come to know Jesus more intimately, for no one knows Him better than His Mother.



The Holy Rosary

In the Rosary we meditate on particular events or “mysteries” from the life of Jesus and Mary. There are 4 sets of mysteries. ...

- The Joyful Mysteries
- The Sorrowful Mysteries
- The Glorious Mysteries
- The Luminous Mysteries

Each set of mysteries is made up of 5 decades of prayers (1 Our Father, 10 Hail Marys). We may choose to pray all the mysteries in one sitting, or just one set.



The Holy Rosary

What does it mean to meditate?

As we say the words of the Rosary prayers we form a mental picture of the mystery on which we are meditating.

The First Joyful Mystery, for instance, is the Annunciation of the Archangel Gabriel to Mary. In meditating upon this mystery we might imagine how Gabriel looked when he appeared to Mary, and upon the meaning of his greeting to her, “Hail, full of grace! The Lord is with you!”



The Holy Rosary

The Joyful Mysteries involve the events surrounding Our Lord's Birth. Traditionally, these are prayed on Mondays and Saturdays. There are 5 Joyful Mysteries. ...

- The Annunciation
- The Visitation of Mary to Elizabeth
- The Nativity of Jesus
- The Presentation of the Child Jesus in the Temple
- The Finding of the Child Jesus in the Temple



The Holy Rosary

The Sorrowful Mysteries involve the events of Our Lord's Passion and Death. Traditionally, these are prayed on Tuesdays and Fridays. There are 5 Sorrowful Mysteries. ...

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion



The Holy Rosary

The Glorious Mysteries involve the events surrounding Our Lord's Resurrection and Ascension. Traditionally, these are prayed on Wednesdays and Sundays. There are 5 Glorious Mysteries. ...

- The Resurrection
- The Ascension to Heaven
- The Descent of the Holy Spirit at Pentecost
- The Assumption of Mary
- The Crowning of Mary



The Holy Rosary

The Luminous Mysteries involve the events of Our Lord's earthly ministry. Traditionally, these are prayed on Thursdays. There are 5 Luminous Mysteries. ...

- The Baptism of Jesus
- The Wedding Feast at Cana
- The Preaching of the Coming of the Kingdom (the Sermon on the Mount)
- The Transfiguration
- The Institution of the Eucharist at the Last Supper

The Story of Fatima

The Blessed Virgin Mary appeared to three shepherd children, Lucia, Francisco, and Jacinta, near the town of Fatima, Portugal from May to October 1917 on the 13th day of each month. Saying she had been sent by God with a message for all mankind, the Blessed Virgin promised the world would be at peace if her requests for prayer, reparation, and consecration were obeyed.

Conversely, Our Lady warned that further chastisements such as war, hunger, and persecution of the Church, would follow if the world persisted in its disobedience of God's will. She prophesied that Russia would spread its "errors" of atheism throughout the earth.

Our Lady's final apparition was marked by the Miracle of the Sun, a phenomenon witnessed by more than 70,000 people, including many journalists and skeptics. Within a month of her last apparition, the Communist Revolution took place, converting Russia from a Christian nation to an atheistic state.

The Virgin stressed the importance of praying the Rosary daily, wearing the Brown Scapular of Mt. Carmel, and carrying out acts of penance. She also requested the public consecration of Russia to Her Immaculate Heart.

Lucia, the last surviving Fatima visionary, became a Carmelite Sister and died in February 2005, on the 13th day of the month.

A black and white photograph of three young children standing in front of a stone wall. The child on the left is a girl with dark hair, wearing a light-colored blouse and a dark patterned skirt. The child in the center is a boy wearing a dark jacket over a light shirt and striped trousers. The child on the right is a girl with dark hair, wearing a light-colored patterned blouse and a dark skirt. They all have serious expressions.

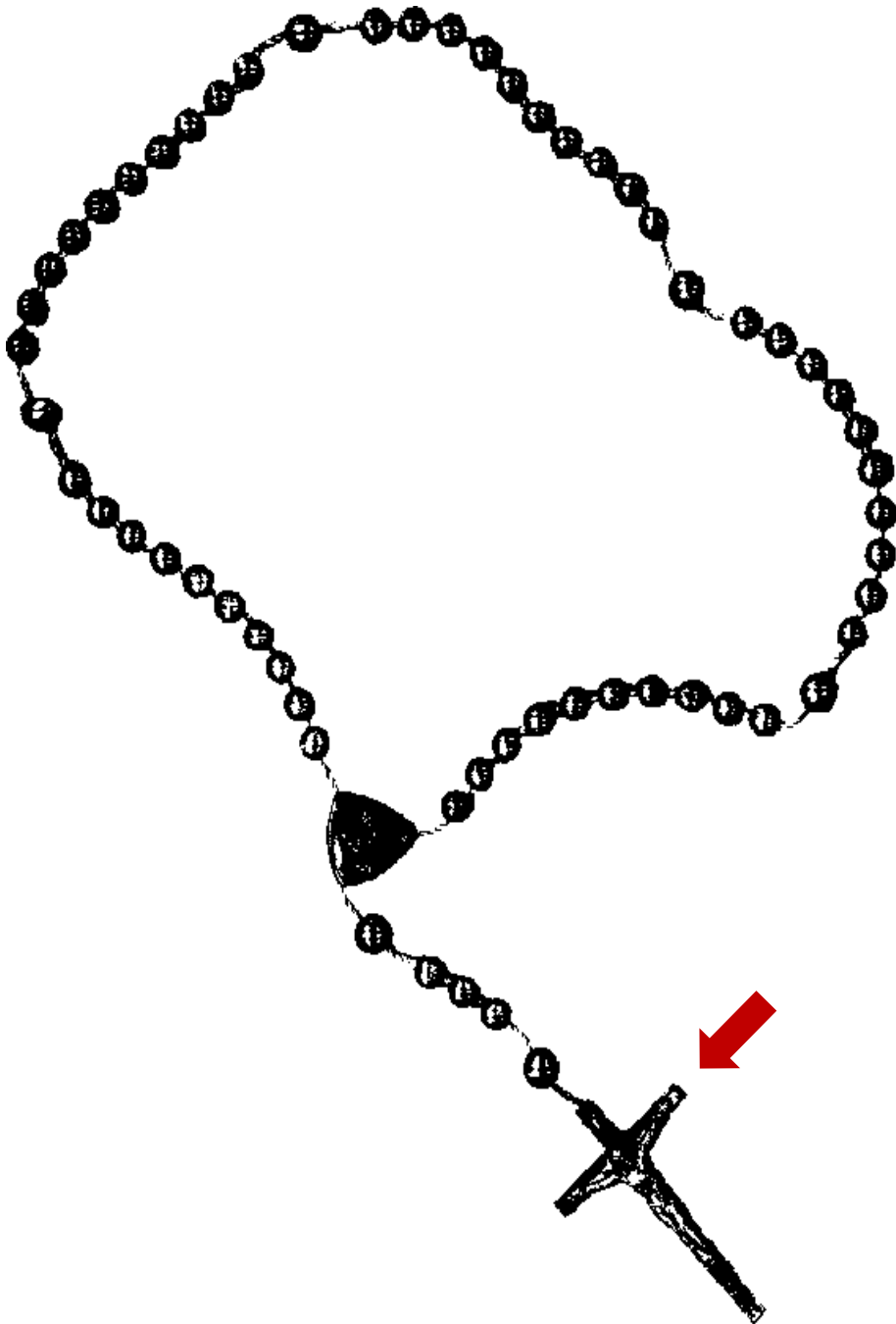
**Jacinta, Francisco, and Lucia
Fatima, 1917**

The Holy Rosary

Let's Pray the Rosary!

Begin by holding the crucifix and making the Sign of the Cross. Then state the intentions for which you are praying, and recite the Apostles' Creed. ...

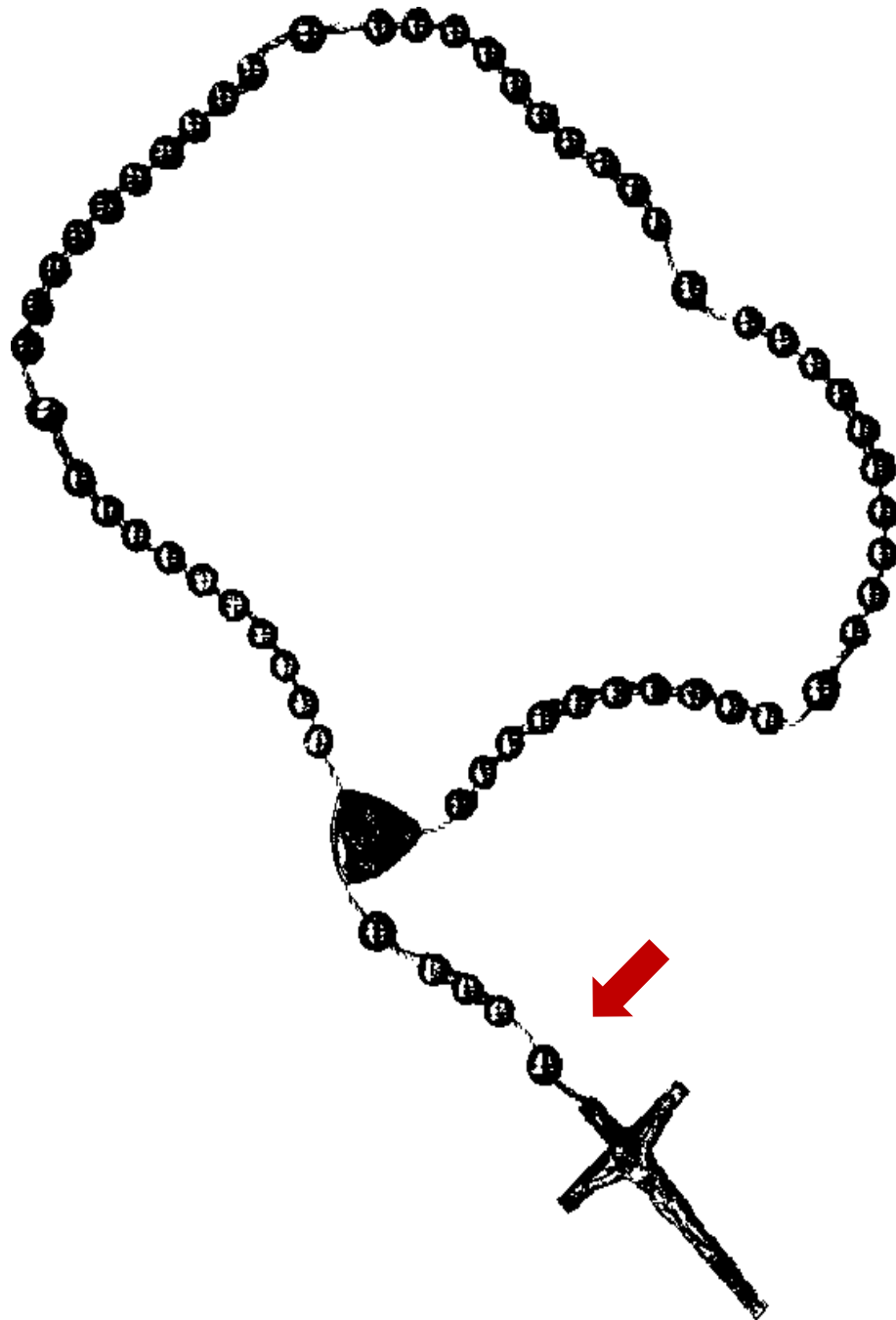
I believe in God, the Father Almighty,
Creator of heaven and earth, and in Jesus Christ,
His only Son, Our Lord, who was conceived by the
Holy Spirit, born of the Virgin Mary, suffered under
Pontius Pilate, was crucified, died, and was buried.
He descended into hell. On the third day He rose
again from the dead. He ascended to 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 ever lasting. Amen.



The Holy Rosary

Move to the first large bead and pray the Our Father. You may offer this prayer for the intentions of the Pope. ...

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 Holy Rosary

Move to the next three small beads and pray the Hail Mary on each. You may offer these prayers “For an increase in the virtues of faith, hope and love.”

...

Hail, Mary,
full of grace,
the Lord is with thee.

Blessed art thou amongst women,
and blessed is the fruit of thy womb,
Jesus.

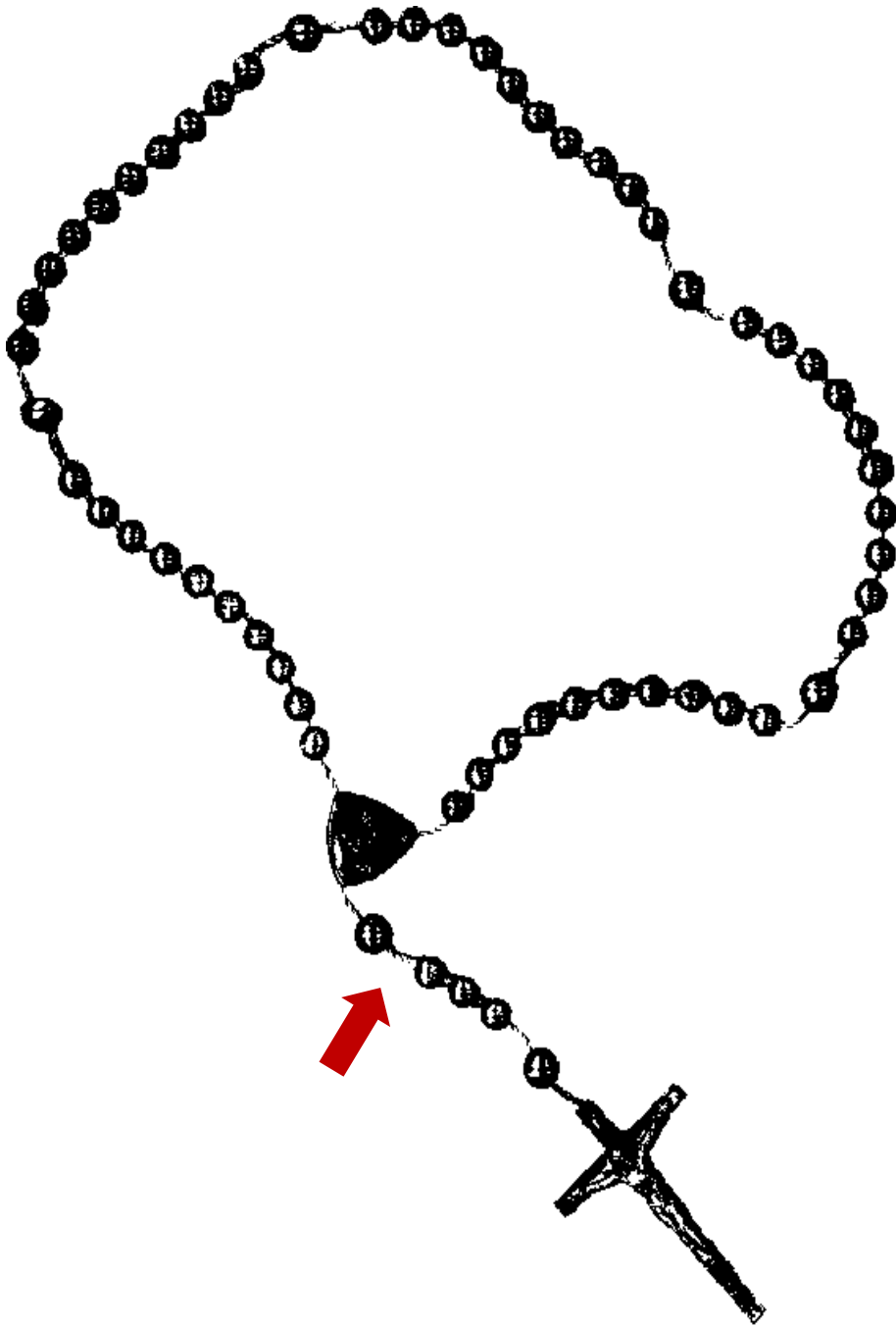
Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.



The Holy Rosary

Before moving to the next large bead, pray the Glory Be.

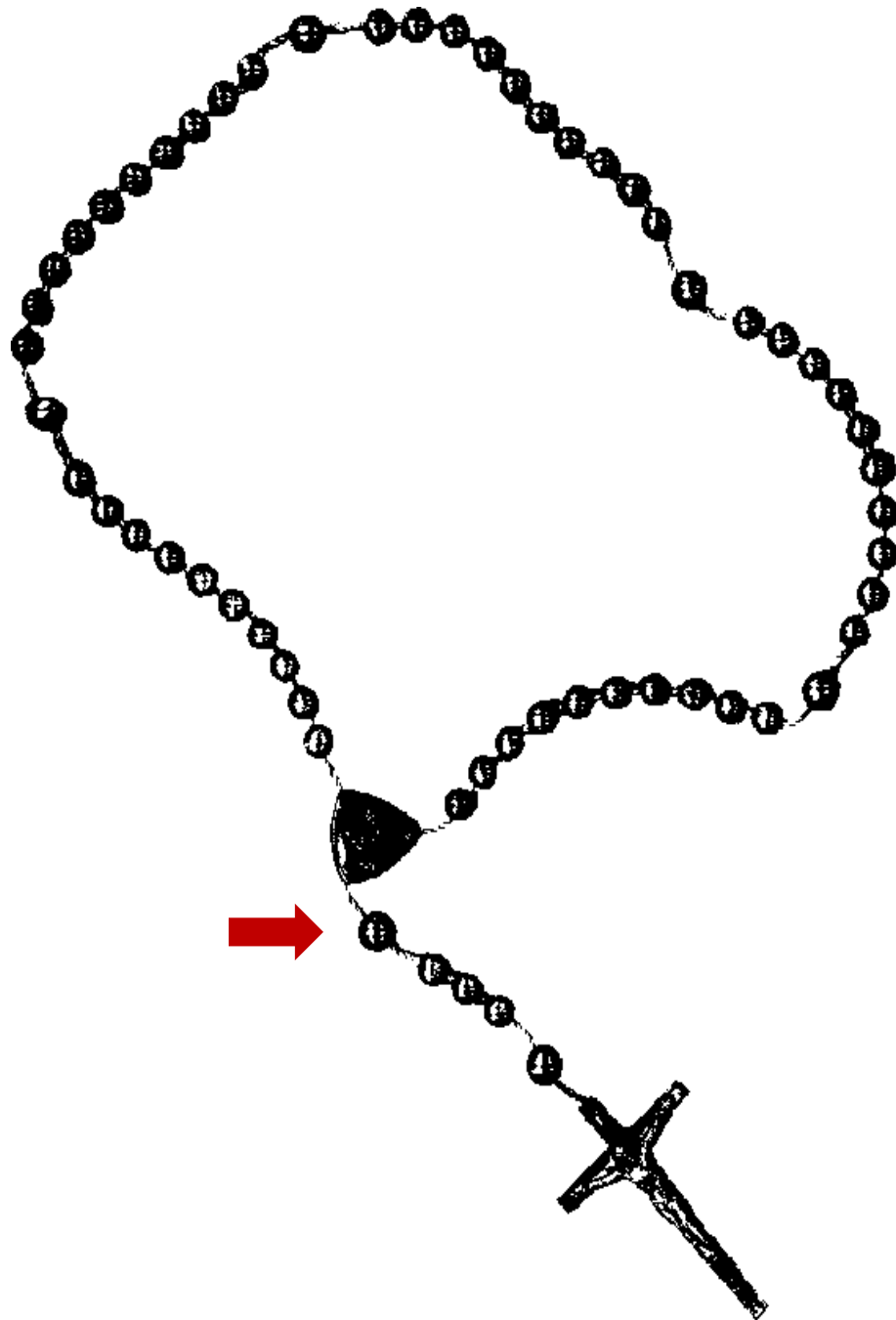
Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.



The Holy Rosary

Move to the next large bead and announce the set of mysteries you will be praying (for example, “The Sorrowful Mysteries”). Then announce the first mystery in that set (for example, “The first Sorrowful Mystery: the Agony in the Garden”).

Then pray the Our Father, *meditating* on the mystery as you pray!



The Holy Rosary

Move to the next 10 small beads, praying one Hail Mary on each. Continue *meditating* on the mystery as you are praying!

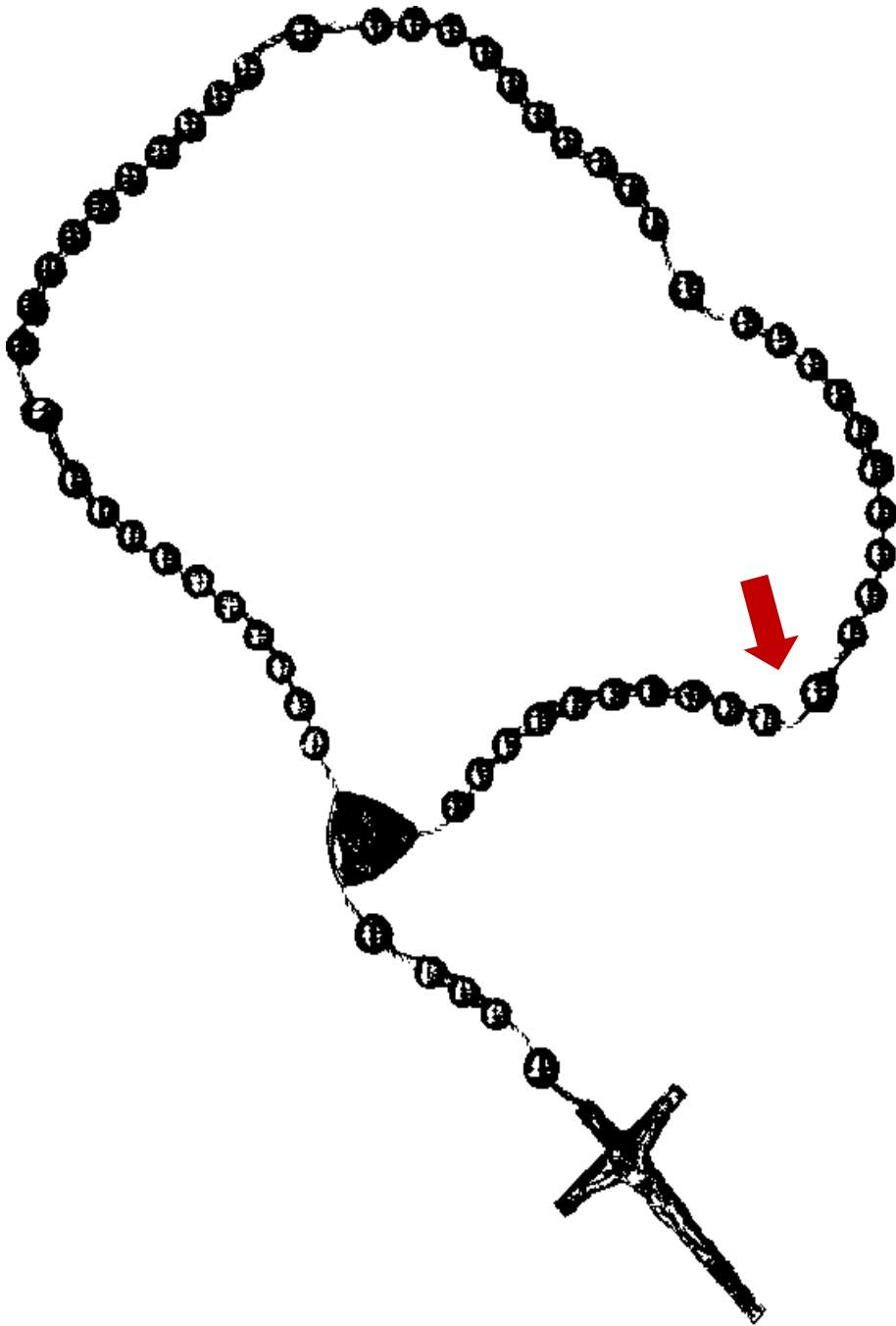


The Holy Rosary

Between the tenth small bead and the next large bead, pray the Glory Be and the Fatima prayer.

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.

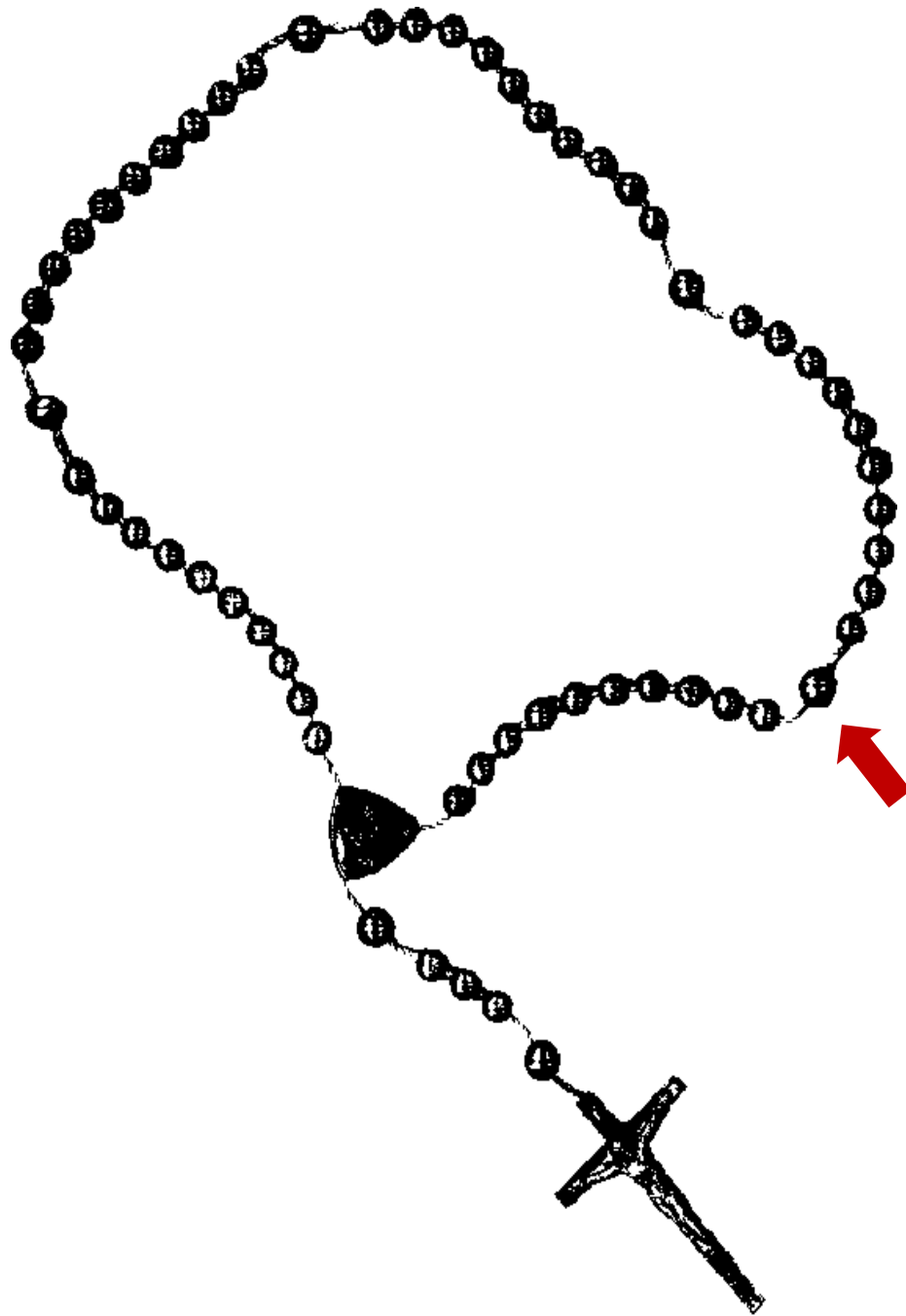
O My Jesus, forgive us our sins
and save us from the fires of hell.
Lead all souls to heaven,
especially those in most need
of Thy mercy.



The Holy Rosary

Move to the next large bead and announce the next mystery (for example, “The Scourging at the Pillar.” Repeat the same sequence of 1 Our Father and 10 Hail Marys, *meditating* on the mystery as you are praying.

Continue around the beads in the same way, announcing and praying each of the remaining mysteries in the set (for example, the Crowning with Thorns, the Carrying of the Cross, and the Crucifixion).

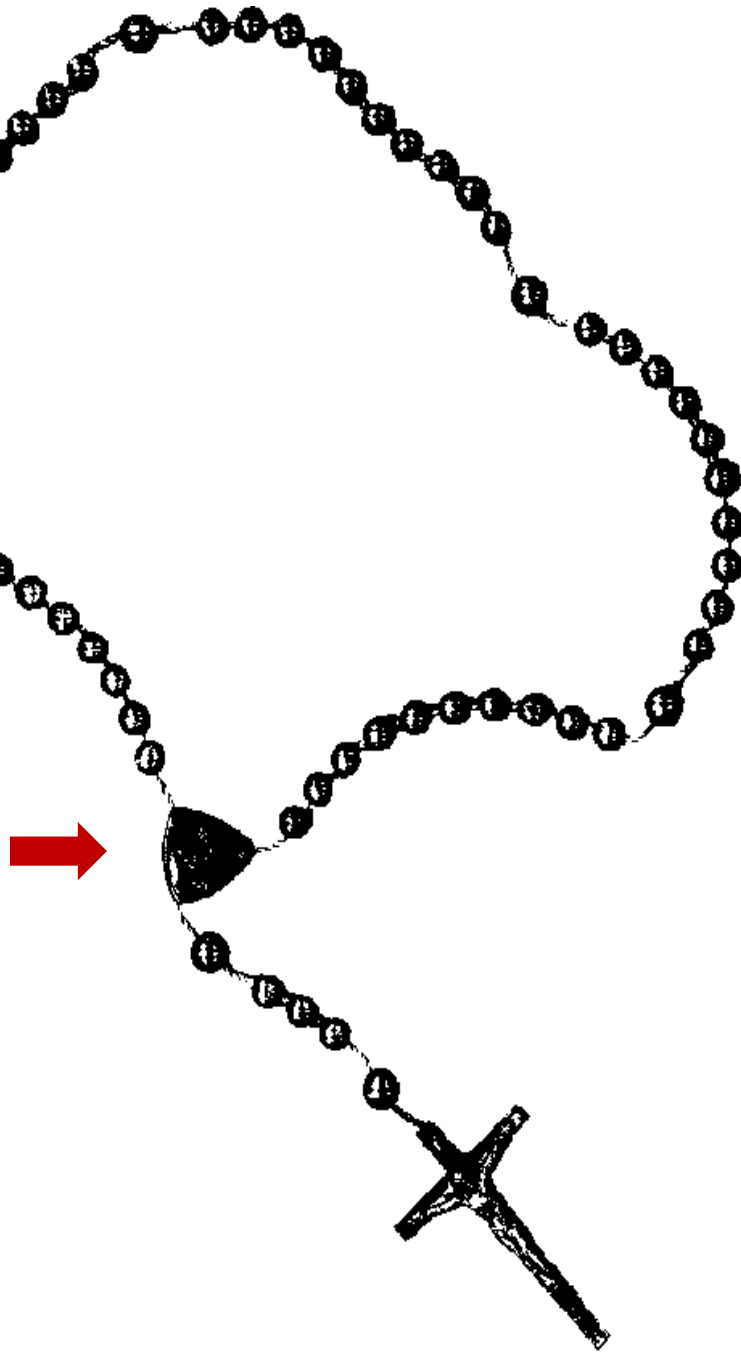


The Holy Rosary

After praying the 5 mysteries, hold the medal and pray the Hail Holy Queen and Concluding Prayer.

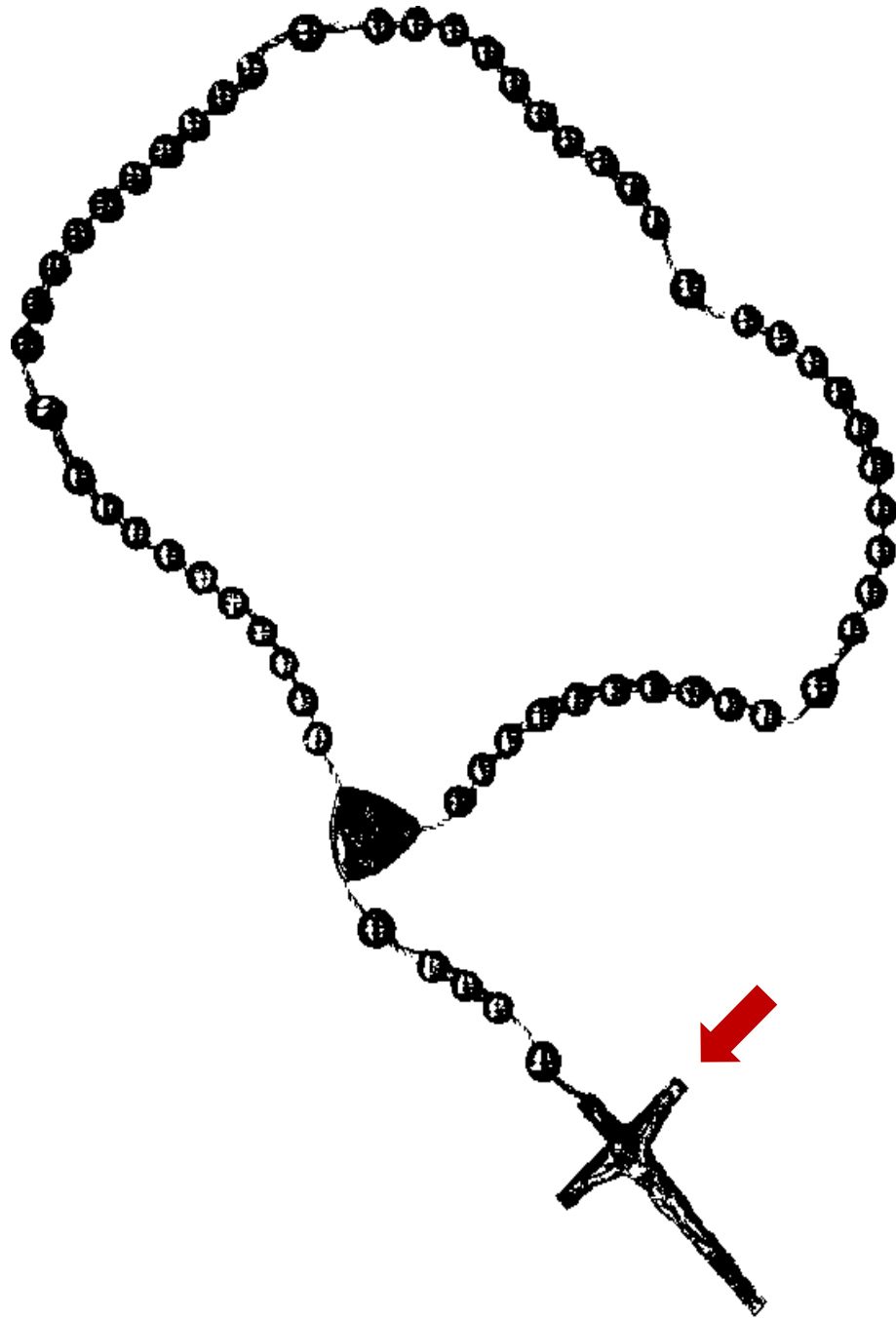
Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, thine eyes of mercy toward us. And after this our exile show unto 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. Amen.

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 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.



The Holy Rosary

Holding the crucifix, make the Sign of the Cross.





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