How to Pray the Rosary

The Rosary has five decades. Each is one Our Father, ten Hail Marys and a Glory Be, prayed while you picture a moment from the life of Christ.

1 Begin with the Sign of the Cross and say the Apostles' Creed on the crucifix.

2 On the first large bead, say the Our Father.

3 On the next three small beads, say three Hail Marys for faith, hope and love.

4 Say the Glory Be.

5 Announce the first mystery of the day and say the Our Father on the large bead.

6 On the ten small beads, say ten Hail Marys while meditating on the mystery.

7 Say the Glory Be, then the Fatima Prayer.

8 Repeat steps 5, 6 and 7 until all five mysteries are complete.

9 Conclude with the Hail Holy Queen and the closing prayer, then the Sign of the Cross.

WHICH MYSTERIES TO PRAY

The Mysteries by Day

DAY	MYSTERIES
Sunday	Glorious
Monday	Joyful
Tuesday	Sorrowful
Wednesday	Glorious
Thursday	Luminous
Friday	Sorrowful
Saturday	Joyful

The Joyful Mysteries

1. The Annunciation Luke 1:26-38
2. The Visitation Luke 1:39-56
3. The Nativity Luke 2:1-20
4. The Presentation in the Temple Luke 2:22-38
5. The Finding in the Temple Luke 2:41-52

The Sorrowful Mysteries

1. The Agony in the Garden Luke 22:39-46
2. The Scourging at the Pillar Mark 15:15
3. The Crowning with Thorns Matthew 27:27-31
4. The Carrying of the Cross John 19:17
5. The Crucifixion Luke 23:33-46

The Glorious Mysteries

1. The Resurrection Luke 24:1-12
2. The Ascension Acts 1:9-11
3. The Descent of the Holy Spirit Acts 2:1-13
4. The Assumption of Mary Luke 1:46-55
5. The Coronation of Mary Revelation 12:1

The Luminous Mysteries

1. The Baptism of the Lord Matthew 3:13-17
2. The Wedding at Cana John 2:1-12
3. The Proclamation of the Kingdom Mark 1:14-15
4. The Transfiguration Matthew 17:1-8
5. The Institution of the Eucharist Luke 22:19-20

Prayers of the Rosary

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.

He 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 into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

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.

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 Fatima Prayer

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

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you do we cry,
poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

Closing Prayer

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

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 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.