

# How to recite the Holy Rosary

## 1. SAY THESE PRAYERS...

**IN THE NAME OF THE FATHER...** who is God the Father, Almighty, Maker of Heaven and Earth, Father of our Lord Jesus Christ, the only Son, true and eternal, who with the Father together and from the Father, was begotten, not made, who is of the same substance as the Father, who is seated to the right of the Father, who will come to judge the living and the dead, and whose Kingdom will never end. Amen.

**THE VIRGIN MARY...** who was before all ages, born of the Holy Spirit and of the Holy Father, who with Christ the Son, together and from the Father, was consubstantial and co-eternal, who is seated to the right of the Father, who will come to judge the living and the dead, and whose Kingdom will never end. Amen.

**THE HOLY SPIRIT...** who proceeds from the Father and the Son, together and from the Father and the Son, who is of the same substance as the Father and the Son, who is seated to the right of the Father and the Son, who will come to judge the living and the dead, and whose Kingdom will never end. Amen.

**THE ANGELS...** who are pure spirits, created by God, who are obedient to His commands, who are ministers of His grace, who are helpers of our souls, who are witnesses of our sins, who are intercessors for us, who are glorified in Heaven, and who will come to judge the living and the dead, and whose Kingdom will never end. Amen.

**THE SAINTS...** who are those who have lived in the world, who have died in the Lord, who are glorified in Heaven, who are intercessors for us, who are witnesses of our sins, who are helpers of our souls, who are ministers of His grace, who are obedient to His commands, who are pure spirits, created by God, who are glorified in Heaven, and who will come to judge the living and the dead, and whose Kingdom will never end. Amen.

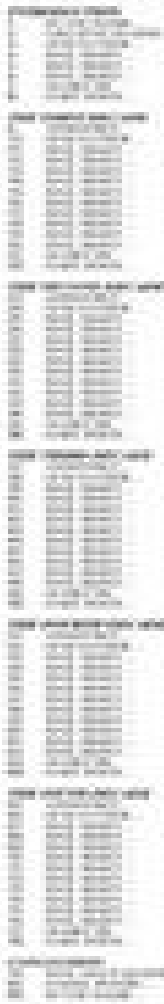
**THE SACRAMENTS...** which are outward signs, instituted by Christ, which are means of grace, which are necessary for our salvation, which are witnesses of our sins, which are helpers of our souls, which are ministers of His grace, which are obedient to His commands, which are pure spirits, created by God, which are glorified in Heaven, and which will come to judge the living and the dead, and whose Kingdom will never end. Amen.

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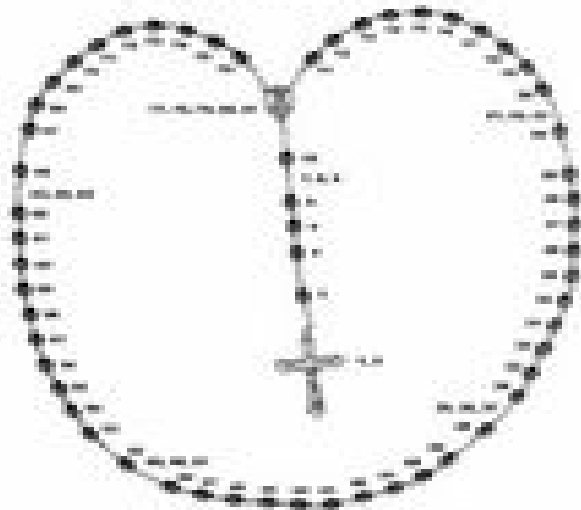
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## 2. IN THIS ORDER...



## 3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



## 4. AND SILENTLY REFLECTING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

- On Monday and Tuesday, meditate on the "Joyful Mysteries"**  
**1st Mystery (Luke 1:26):** the Annunciation of Gabriel to Mary (John 1:14)  
**2nd Mystery (Luke 1:31):** the Visitation of Mary to Elizabeth (John 1:14)  
**3rd Mystery (Luke 1:34):** the Birth of the Christ Child (John 1:14)  
**4th Mystery (Luke 1:35):** the Nativity of Christ (John 1:14)  
**5th Mystery (Luke 1:36):** the Flight into Egypt (John 1:14)
- On Wednesday, meditate on the "Sorrowful Mysteries"**  
**1st Mystery:** the Agony in the Garden of Gethsemane (John 1:14)  
**2nd Mystery:** the Scourging at Rome, when Christ was whipped (John 1:14)  
**3rd Mystery:** the Crowning with Thorns (John 1:14)  
**4th Mystery:** the Carrying of the Cross (John 1:14)  
**5th Mystery:** the Crucifixion, when Christ died for the World (John 1:14)
- On Thursday and Friday, meditate on the "Glorious Mysteries"**  
**1st Mystery:** the Ascension of Christ to the Father (John 1:14)  
**2nd Mystery:** the Descent of the Holy Spirit (John 1:14)  
**3rd Mystery:** the Ascension of the Virgin Mary (John 1:14)  
**4th Mystery:** the Assumption of the Virgin Mary (John 1:14)  
**5th Mystery:** the Coronation of the Virgin Mary (John 1:14)
- On Saturday and Sunday, meditate on the "Immaculate Mysteries"**  
**1st Mystery:** the Immaculate Conception of the Virgin Mary (John 1:14)  
**2nd Mystery:** the Birth of the Virgin Mary (John 1:14)  
**3rd Mystery:** the Childhood of the Virgin Mary (John 1:14)  
**4th Mystery:** the Annunciation of the Virgin Mary (John 1:14)  
**5th Mystery:** the Coronation of the Virgin Mary (John 1:14)

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