

The Rosary

TEACHER RESOURCE

The Rosary is a prayer that invites us to meditate on stories from the Gospel and important moments in the lives of Jesus and His mother Mary.

The Rosary begins by praying the Apostles Creed. In this prayer, we summarize the essential beliefs of our Catholic faith and give our assent to them. Then, we pray an Our Father, reciting the words given to us by Christ when He taught us to pray. Next, we pray the Hail Mary three times. The Hail Mary repeats the words of the Angel Gabriel's greeting to Mary at the Annunciation of Jesus' birth and Elizabeth's greeting to Mary at the Visitation. The prayer also asks for Mary's motherly intercession in our lives. We conclude the beginning of the Rosary by praying a Glory Be, praising the most Holy Trinity.

There are four sets of Mysteries: Joyful, Luminous, Sorrowful, and Glorious. There are five Mysteries in each set. Each Mystery of the Rosary focuses on one event in Jesus' life or in the life of the Blessed Mother. For each Mystery of the Rosary, we pray an Our Father, ten Hail Marys, and a Glory Be. Some conclude each mystery by reciting the Fatima Prayer, a brief prayer the Blessed Mother, in a vision, requested be recited while praying the Rosary. The repetition of the prayers of the rosary is meant to lead us into contemplation of each mystery and draw us into the silence of our heart where we meet and listen to our Lord. The Rosary concludes by praying the Hail, Holy Queen. The rosary can be prayed alone or with a group of people.

Mysteries of the Rosary

Joyful Mysteries

(Traditionally prayed on Mondays, Saturday, and Sundays during Advent)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation of Jesus at the Temple
5. The Finding of Jesus in the Temple

Luminous Mysteries

Traditionally prayed on Thursday

1. The Baptism of Jesus in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful Mysteries

Traditionally prayed on Tuesdays, Fridays, and Sundays during Lent

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of our Lord

Prayers of the Rosary

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 sits 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

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.

Glorious Mysteries

Traditionally prayed on Wednesdays and Sundays not during Advent or Lent

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

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.

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.

Fatima Prayer

O My Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those who are in most need of Thy mercy. Amen.

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.

Prayer After the Rosary

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 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.



Coronation of the Virgin, by Diego Velázquez.

How to Pray the Rosary

The bead diagram to the right shows the numbers that correspond to each prayer or set of prayers. Note that each set of 10 beads, which begin with the large beads, is called a “decade.”

- 1 Make the Sign of the Cross, say the Apostles’ Creed.
- 2 Pray the Our Father.
- 3 Pray 3 Hail Marys, praying for the virtues of Faith, Hope, and Charity.
- 4 Recite the Glory Be.
- 5 Announce the First Mystery, pray the Our Father, then pray 10 Hail Marys (one for each bead) while meditating on the First Mystery, then recite the Glory Be and the (optional) Fatima prayer.
- 6-9 Repeat the same sequence for the remaining decades, meditating on the Second, Third, Fourth, and Fifth Mysteries.
- 10 Pray the Hail Holy Queen and the Prayer after the Rosary.

