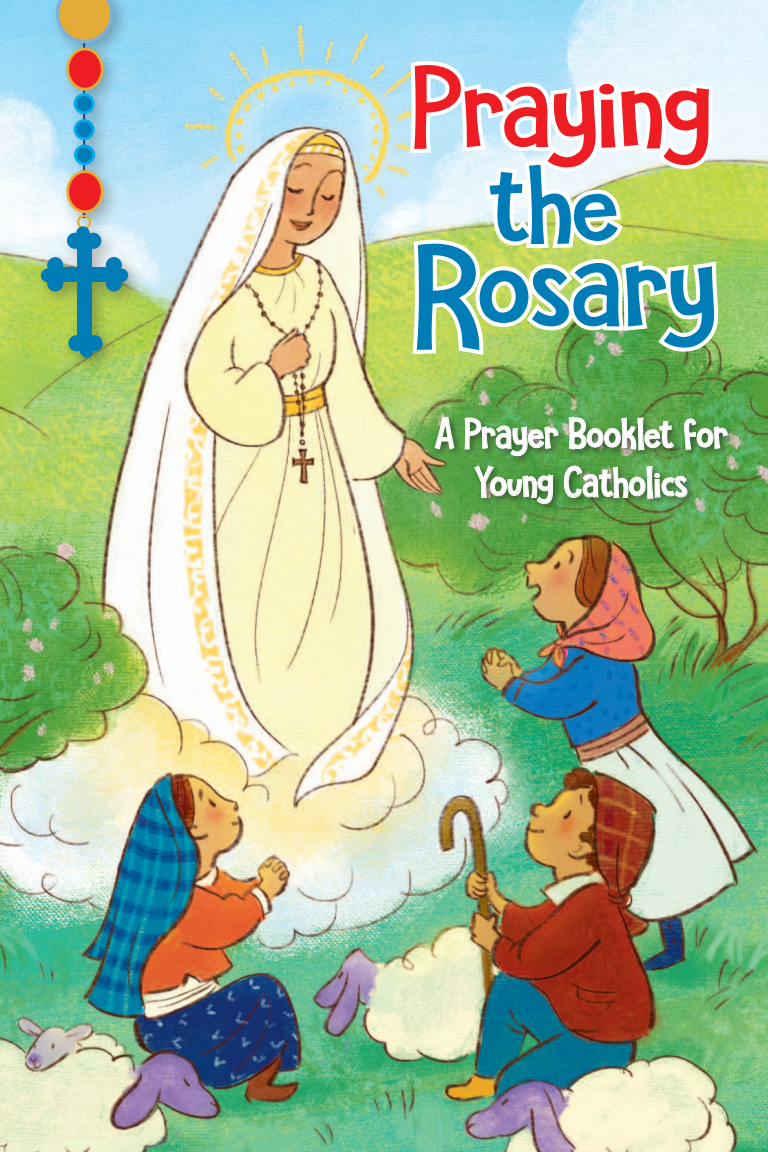


Praying the Rosary

A Prayer Booklet for
Young Catholics





The rosary is a special prayer that helps us to remember Jesus and his mother Mary. As we think about the special events of their lives, we can try to be like them and help others the way they helped persons. We repeat special prayers that keep our attention on God as we pray.

The rosary prayer has 5 sets of prayers (called **decades** [dek-aids] from the Latin word for 10).

The decade begins with:

- 1.) Our Father prayer, then
- 2.) 10 Hail Marys, and finally
- 3.) Glory Be prayer at the end.



And as we say these prayers, we think about important events in the lives of Jesus and Mary. These events are called **mysteries**, not because they are puzzles to be solved but because they need a lot of thought and prayer to understand them better.

We use a special set of beads to help us keep track of the prayers as we say them. Holding the beads frees us to think and pray more about the lives of Jesus and Mary and how we can be like them.

The Prayers of the Rosary

The rosary can be said by yourself or with your family or a group at school or at church. If prayed with a group, someone usually acts as the prayer leader. In the following prayers, the leader prays the words in **blue** and everyone else responds with the rest of the prayer.



The Sign of the Cross

(said to start the rosary prayer)

This prayer is a reminder that we are in God's presence and putting our attention on God.

**In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**



The Apostles' Creed

(said at first, holding the crucifix)



This is a very old summary of the beliefs that make us Christians. It has 3 main parts, one about God our Creator, the maker of all things, one about Jesus our Savior, who showed us how to live the way God wants, and one about God's Holy Spirit who is now making all things holy.

**I believe in God, the Father almighty,
creator of heaven and earth.**

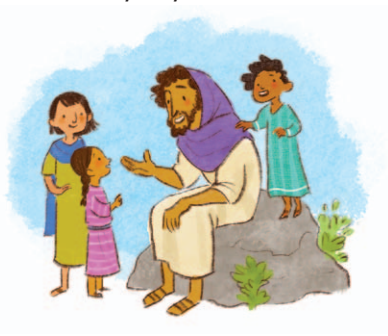
**I believe in Jesus Christ, his only son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen.

The Lord's Prayer/Our Father

(said holding the single large bead
before each decade)

This is the prayer Jesus taught us to pray. It first reminds us of what we want to do for God (respect God and do what God wants), and then what we want God to do for us (give us what we need and forgive us when we fail). It shows the way we become better friends with God every day.



**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

(said holding each of the 10 beads in the decade)

This is the prayer Jesus taught us to pray. It first reminds us of what we want to do for God (respect God and do what God wants), and then what we want God to do for us (give us what we need and forgive us when we fail). It shows the way we become better friends with God every day.



**Hail Mary, full of grace,
the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death. Amen.**

The Glory Be

(said at the end of each decade,
before the next Our Father)

*This is a short prayer of praise reminding us
to keep our attention on God when we pray.*

**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

(this prayer is optional and may be said after the
Glory Be at the end of each decade)

*This is a prayer that Mary asked us to say
when she appeared to 3 shepherd children
at Fatima in Portugal in 1917.*

**O my Jesus, forgive us our sins,
save us from the fires of hell;
lead all souls to heaven,
especially those who have
most need of your mercy.**

The Hail, Holy Queen

(said after the final decade)

*This prayer reminds us that Mary is our mother too
and we ask her to help us with all our troubles.*



**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 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, our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary. Amen.**

The Final Prayer

(said after the Hail, Holy Queen)

This final prayer reminds us to go now and live like Jesus and Mary in our everyday lives.



Pray for us, O holy Mother of God.

**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 while 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.**

The Mysteries of the Rosary

There are now 4 sets of 5 Mysteries: the 3 older sets of the Joyful, Sorrowful, and Glorious and the new Luminous Mysteries added by Pope John Paul II in 2002. These 20 Mysteries have been chosen because they are important events in the lives of Jesus and Mary.

This choice of mysteries shows how Jesus' life is the model for our lives as his followers: our entry into life at birth (Joyful Mysteries), our living like him (Luminous Mysteries) to our death (Sorrowful Mysteries) and then to new life with God forever (Glorious Mysteries).



Praying about them help us understand how Jesus came to our world to help us learn about God and make our world a better place for everyone by following God's ways. Each time we say the rosary we choose one set of Mysteries to pray about. The Bible verses for each show us where we can find out more about each Mystery.

Joyful Mysteries

The 5 Joyful Mysteries remember Jesus' birth & childhood.



1. The Annunciation

Mary is told she will be Jesus' mother
(Luke 1:26-38)



2. The Visitation

Mary visits her
cousin Elizabeth
(Luke 1:39-56)



3. The Nativity

Jesus is born in Bethlehem
(Luke 2:1-20)



4. The Presentation

Mary goes to the
Temple to offer a
gift to God
(Luke 2:22-38)



5. The Finding of Jesus in the Temple

Jesus begins his work for God at
age 12 (Luke 2:41-52)

Luminous Mysteries

The 5 Luminous Mysteries remember Jesus' work on earth.



6. The Baptism of Jesus

Jesus is empowered for his work for God
(Matthew 3:13-17)

7. The Wedding at Cana

Jesus changes water to wine
(John 2:1-12)



8. The Proclamation of the Kingdom

Jesus reveals God's presence with us
(Mark 1:15)

9. The Transfiguration

Jesus appears like he will be after his resurrection
(Luke 9:28-36)



10. The First Eucharist

Jesus shares the Last Supper with the disciples
(Matthew 26:26-29)

Sorrowful Mysteries

The 5 Sorrowful Mysteries remember Jesus' suffering & death



11. The Agony in the Garden

Jesus prays for strength in his suffering
(Matthew 26:36-56)

12. The Scourging at the Pillar

Jesus is whipped
(Matthew 27:20-26)

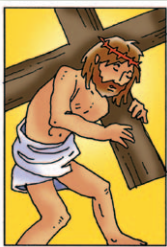


13. The Crowning with Thorns

Jesus has a thorny crown put on his head
(Mat 27:27-30)

14. The Carrying of the Cross

Jesus carries his cross to the execution place
(Matthew 27:31-33)

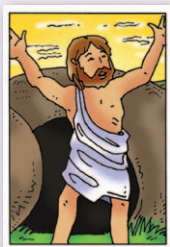


15. The Crucifixion

Jesus dies nailed to a cross
(Matthew 27:34-60)

Glorious Mysteries

The 5 Glorious Mysteries remember the fulfillment of God's saving plan.



16. The Resurrection

God gives Jesus a new kind of life
(John 20:1-18)

17. The Ascension

Jesus goes up to
heaven to be with
God (Acts 1:9-11)



18. The Descent of the Holy Spirit

The apostles are
empowered at
Pentecost
(Acts 2:1-11)



19. The Assumption of Mary

Mary is taken up to
heaven when she
dies (John 11:25-26)



20. The Crowning of Mary as Queen of heaven and earth (2 Corinthians 5:1-2)

How to Pray the Rosary

1. Make the **Sign of the Cross**.
2. Holding the crucifix, say the **Apostles' Creed**.
3. On the first bead, say an **Our Father**.
4. On each of the next 3 beads, say one **Hail Mary**.
5. Say the **Glory Be**.
6. For each of the 5 decades, **say the event or Mystery chosen to pray about** (or look up the story in a Bible and read it to learn more about what Jesus and Mary did), then say the **Our Father**.
7. For each of the 10 beads of the decade, say a **Hail Mary** while thinking about the chosen Mystery. Then say a **Glory Be**. (As an option, you may add the Fatima Prayer after each Glory Be.)
8. After saying all 5 decades, say the **Hail, Holy Queen**, and then the **Final Prayer**.
9. End with the **Sign of the Cross**.



