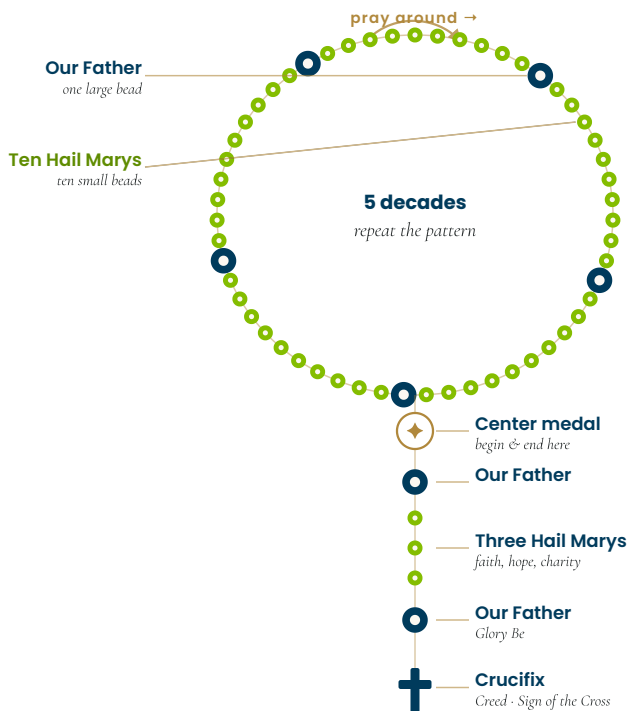




*A Simple Step-by-Step Guide to Prayer*

# How to Pray the Rosary

The Rosary is a meditative prayer that walks us through the life of Jesus with Mary. Through repeated prayer and reflection on the mysteries of Christ, the Rosary helps us slow down, listen to God, and grow closer to Him.



## The parts of the Rosary

- 1 Crucifix**  
Sign of the Cross · Apostles' Creed
- 2 Introductory beads**  
Our Father · three Hail Marys · Glory Be
- 3 Center medal**  
Begin & end the Rosary here
- 4 The five decades**  
One Our Father & ten Hail Marys each
- 5 Closing prayers**  
Hail Holy Queen · final prayer

*The Rosary contains five decades. Each decade focuses on a mystery from the life of Jesus.*

# Begin at the crucifix

Hold the crucifix and the first few beads. These opening prayers prepare your heart before you enter the first decade.



## AT THE CRUCIFIX

### Sign of the Cross & Apostles' Creed

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

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 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.



## FIRST LARGE BEAD

### 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.



## THREE SMALL BEADS — for Faith, Hope, and Charity

### Hail Mary **x3**

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.



## NEXT LARGE BEAD

### Glory Be & 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, save us from the fires of hell, and lead all souls to Heaven, especially those most in need of Thy mercy.

*You are now entering the first decade →*

## Pray each decade the same way

A decade is one large bead followed by ten small beads. You will repeat this same simple pattern five times — once for each mystery.



 Repeat for all five decades

### ◆ AFTER THE FIFTH DECADE · AT THE CENTER MEDAL

## Closing prayers

### 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.

### Closing Prayer

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.

*Conclude with the Sign of the Cross.*

# The Rosary at a glance

Keep this page nearby as you pray. Match the bead in your hand to the prayer beside it.



## Crucifix

Sign of the Cross · Apostles' Creed



## Large bead

Our Father



## Small bead

Hail Mary



## End of each decade

Glory Be · Fatima Prayer



## Center medal

Hail Holy Queen · Closing Prayer

## The order of prayer

1. Sign of the Cross & Apostles' Creed
2. Our Father
3. Three Hail Marys
4. Glory Be
5. Announce the 1st mystery · Our Father
6. Ten Hail Marys
7. Glory Be & Fatima Prayer
8. Repeat for the 2nd–5th mysteries
9. Hail Holy Queen & Closing Prayer
10. Sign of the Cross

# The mysteries of the Rosary

Each day of the week has its own set of mysteries — moments from the life of Jesus and Mary to reflect on as you pray.

## Joyful

MONDAY & SATURDAY

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

## Sorrowful

TUESDAY & FRIDAY

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

## Glorious

WEDNESDAY & SUNDAY

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

## Luminous

THURSDAY

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist



*However you pray, pray slowly and without worry. The Rosary is not about getting the words perfect — it is time spent with God. Come as you are.*