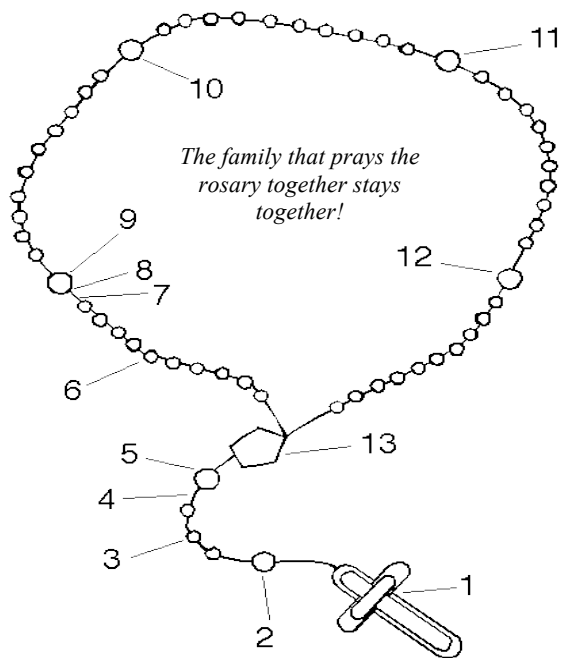


**The Holy Rosary** is a simple method of prayer and meditation in which Mary helps us to understand and contemplate the life of Jesus as found in Sacred Scripture (cf. Ps 34:14). By praying the Holy Rosary, we will imitate Mary, who pondered on these things in her heart (cf. Lk 2:19). In this way, our hearts can become holy like Mary's heart, which was always immaculate (cf. Lk 1:28) - without sin - and completely united to God.



### How to Pray the Rosary

- **Begin by making the Sign of the Cross:** “In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”
- **1) Pray the “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; 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.”
- **2) Pray one “Our Father” on the first bead:** “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.”
- **3) Pray three “Hail Mary’s” for an increase in the virtues of faith, hope, and charity:** “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”
- **4) Pray one “Glory be to the Father”:** “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.”

### Mysteries of the Holy Rosary

**Joyful Mysteries** - prayed Monday, Saturday, and Sundays of Advent

- The Annunciation – Lk 1:26-38
- The Visitation – Lk 1:39-56
- The Birth of Jesus – Lk 2:1-20
- The Presentation of Jesus in the Temple – Lk 2:22-40
- The Finding of Jesus in the Temple – Lk 2:41-51

**Sorrowful Mysteries** - prayed Tuesday, Friday, and Sundays of Lent

- The Agony in the Garden – Mt 26:36-56
- The Scourging at the Pillar – Mk 15:15
- The Crowning with Thorns – Mt 27:27-31
- The Carrying of the Cross – Jn 19:17
- The Crucifixion – Jn 19:18-30

**Luminous Mysteries** - prayed Thursday

- The Baptism of Jesus in the Jordan – Mt 3:13-17
- The Wedding Feast at Cana – Jn 2:1-11
- The Proclamation of the Kingdom of God - Mk 1:14-15
- The Transfiguration - Mt 17:1-9
- The Institution of the Holy Eucharist – Mt 26:17-30

**Glorious Mysteries** - prayed Wednesday and Sunday

- The Resurrection of Jesus – Jn 20:1-18
- The Ascension of Jesus – Lk 24:50-52
- The Descent of the Holy Spirit – Acts 1:13-14; 2:1-4
- The Assumption of Mary – Rev 12:1
- The Coronation of Mary – Judith 15:10

- **5 & 6) Announce the first Mystery of the Rosary,** pray one “Our Father” and then ten “Hail Mary’s”. While praying the Our Father and the Hail Mary’s, meditate on the Mystery of the Rosary.
- **7) Pray one “Glory Be”**
- **8) Pray the “Fatima Prayer”:** “O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into Heaven, especially those most in need of Thy mercy.”
- **9, 10, 11, 12) Announce the next Mystery of the Rosary** and repeat steps 5 through 8.
- **13) After five decades have been prayed, pray the “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.  
**P:** Pray for us, O holy Mother of God.  
**R:** That we may be made worthy of the promises of Christ.
- Pray one Our Father, Hail Mary, and Glory Be for the Holy Father’s intentions.
- Conclude with the Sign of the Cross.

Our Lady of Fatima Home Visitation Program  
[www.fatimahomevisitation.org](http://www.fatimahomevisitation.org)