



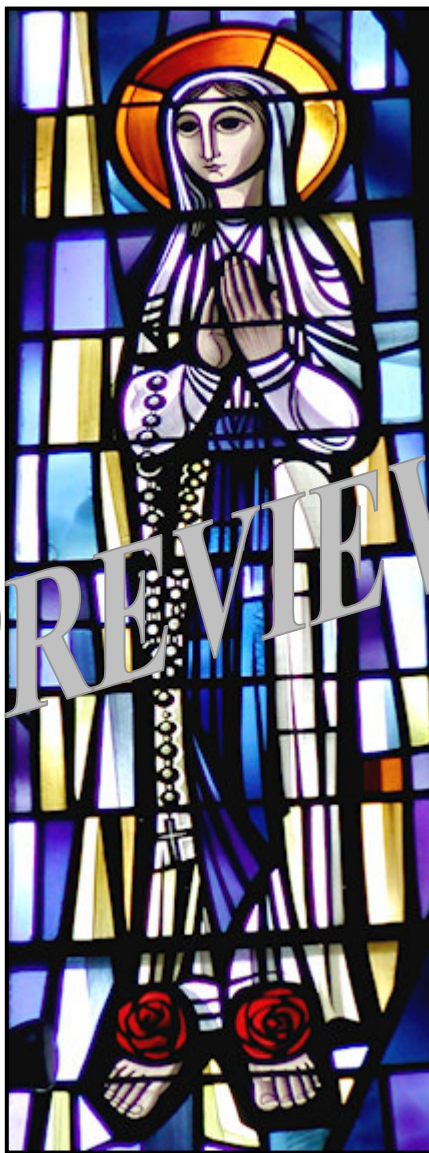
## Praying the Rosary

### Q: Why pray the Rosary?

**A:** There is much prayer power in the Rosary, because you are offering up the sacrifice of your time. You are sending it into the immaculate and loving heart of the Blessed Mother of Christ, who adds her prayers to yours and sends them to his Sacred Heart that was pierced for love of you. Jesus then intercedes for you in unity with the Holy Spirit and the Father, all of Whom love you dearly and care about your prayer requests much more than you do! As you pray, trust God and let him decide the best way and timing to respond to your requests.

### Q: Why should we pray to Mary when we can go directly to God?

**A:** Think of how often you ask your friends to add their prayers to yours. Mary is a friend you have in Heaven. She is closer to God than anyone else, because when she was conceived in her mother's womb, God created her to be full of grace. Therefore, since you enlist the prayers of your sinful friends here on earth, why not also ask for the prayer support of one who is closer to God than any other human being?



### Q: When was the Rosary invented? It's not in the Bible.

**A:** The command to pray is in the Bible, but there are endless ways to pray. The Rosary relies on prayers that come directly from scripture: the "Our Father" taught by Jesus, the two basic parts of the "Hail Mary", and the meditations upon the life of Christ, for example.

The Rosary is a "prayer of the people" that developed over time and was designed to be easily adopted by both illiterate and educated Christians. The method of praying a formula of prayers using beads for keeping track of one's place began with pious devotions very early in Church history. In the fourth century, a Christian ascetic named Paul the Hermit made a habit of repeating 300 prayers, according to a set form, every day. To record his progress, he gathered up three hundred pebbles and threw one away as each prayer was finished. Other ascetics devised similar ways of numbering their prayers.

In monastic orders, monks recited all 150 chapters in the Book of Psalms, sometimes dividing them into three sets of 50 Psalms each. Lay brothers,

most of whom were illiterate, substituted a simple form of prayer, usually the "Our Father".

Counting beads on a string became popular by the 11th century. In the mid-12th century, the Hail Mary as a salutation (not a prayer) came into widespread use, accompanied by genuflecting or making some other external act of reverence for Christ.

The additional practice of meditating on certain definite mysteries about Christ and our redemption began with Dominic of Preasia, a Carmusian monk and ascetical writer (1172-1461) and, by the end of the 15th century, many varieties of meditations prevailed. Eventually, the mysteries were narrowed down to three, to teach our most important doctrines, and were promoted by popes; Pope John Paul II added a fourth set.

The word "rosary" comes from *rosarius*, meaning a garland or bouquet of roses. An early legend says that this name came from Mary herself during an apparition when she took rosebuds from the lips of a young monk as he recited the Hail Marys; she wove them into a garland and placed them upon her head.

**Q: Why say the same words over and over again? Isn't this babbling?**

**A:** It can be babbling, but it doesn't have to be. Repeated words make it easier to meditate; we can focus on the mysteries of God's Kingdom while also being aware of the words we're using to connect us to that Kingdom. We can use the time to learn from the mysteries or we can allow our minds to wander and see where God leads us.

**Q: What are the mysteries of the Rosary?**

**A:** There are four sets of mysteries. The first (the Joyful Mysteries) draw our attention to the beginning of Christ's life on earth.

The second (the Sorrowful Mysteries) help us realize the immense passionate love that Jesus

had for us as he suffered and died to heal us and set us free from sin.

The third (the Luminous Mysteries) covers the earthly ministry of Jesus.

The fourth (the Glorious Mysteries) teaches about the resurrection power of the Christian life.

In each set, there are five mysteries or lessons for learning about the Kingdom of God. The goal is to be inspired to connect more fully to God's love and open ourselves to his power.

**Q: Why ten Hail Marys for each mystery? Why five mysteries for each Rosary?**

**A:** The numbers come from the book of Psalms. For centuries, people used only three sets of mysteries. The Luminous Mysteries are a recent invention by Pope John Paul II. Because there are 150 Psalms, people prayed 150 Hail Marys (ten for each mystery, times five mysteries, times three sets of mysteries).

**Q: Must we say the prayers exactly the way they are written?**

**A:** No. God is not a legalist. The Rosary is not a magic formula. God answers our prayers because we've turned to him and he loves us and the people for whom we are praying, and because what we ask for is good and in line with his promises in Scripture, not because we do a Rosary. If you want to add some of your own, extra prayers to the Rosary, let yourself be moved by the Holy Spirit and add those prayers!

## The Good News Rosary

### BEGIN YOUR PRAYER:

I offer up this Rosary for \_\_\_\_\_; I do this with full confidence in God's wisdom and unconditional love, because:

#### 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.  
 He ascended into Heaven and is seated  
 at the right hand of God, the Father almighty.  
 From thence 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 life everlasting.  
 Amen.

#### 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.

#### For the gift of Faith from the Holy Spirit:

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.

#### For the gift of Hope from Jesus Christ:

Hail Mary, full of grace...

#### For the gift of Love from God the Father:

Hail Mary, full of grace...

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!

**Oh my Jesus**, forgive us our sins,  
 save us from the fires of hell;  
 lead all souls to Heaven,  
 especially those most in need  
 of Your Mercy.

#### AFTER STATING EACH MYSTERY'S INTENTION:

1. One "Our Father..."
2. Ten "Hail Mary..."
3. One "Glory be..."
4. One "Oh my Jesus..."

#### AFTER THE 5 MYSTERIES:

**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 O 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! Pray for us, O holy Mother of God  
 that we may be made worthy of the  
 promises of Christ!

## The Joyful Mysteries

### 1. THE ANNUNCIATION

In the name of the Father, and the Son, and the Holy Spirit, I ask for the grace to hear You calling me. Help me to say "yes" to whatever it is You have gifted me for, because You have chosen me to be Your partner in ministry. Especially help me to say "yes" to following Your will in the situation I'm currently in, of \_\_\_\_\_.

### 2. THE VISITATION

In the name of the Father, and the Son, and the Holy Spirit, I ask for the grace to be a friend and encourager to all those around me. Help me to share in their joys, as Mary did with Elizabeth, and help me to give them Your Love, as Mary still does today, especially with \_\_\_\_\_.

### 3. THE BIRTH OF JESUS

In the name of the Father, and the Son, and the Holy Spirit, I ask for the grace to receive a new birth of Jesus in all the areas of my life that have not totally been given over to Him. Help me to identify those areas and turn them over to You. Right now, I especially ask Jesus to become present in my \_\_\_\_\_.

### 4. THE PRESENTATION OF JESUS

In the name of the Father, and the Son, and the Holy Spirit, I ask for the grace to present Jesus to the people around me, not so much by talking about Him as by the way I live my life. Help me to purify my life so that I can be a better reflection of Jesus' goodness and caring love. Help me to more compassionately let Jesus shine through me, especially when I am around \_\_\_\_\_.

### 5. FINDING JESUS IN THE TEMPLE

In the name of the Father, and the Son, and the Holy Spirit, I ask for the grace to seek out and find Jesus whenever my troubles get so distracting that I no longer see Him. Help me to know that He is always present with me, helping me, guiding me, and compassionately loving me, especially in the difficulties of \_\_\_\_\_.

## The Luminous Mysteries

### 1. THE BAPTISM OF JESUS

"Jesus came from Galilee to John at the Jordan to be baptized by him.... After Jesus was baptized, he came up out of the water, and the heavens opened up for him, and he saw the Spirit of God descending upon him like a dove. A voice came from the heavens, saying, 'This is my beloved Son, with whom I am well pleased.'" (Matt. 3:13,17)

The Lord Jesus came to each of us in our baptisms. When you were baptized, the Holy Spirit descended upon you, and the Father said, "This is my beloved child, with whom I am well pleased!" Thus, you became the light of Christ to shine in the world. You have been invested with the mission of this light!

### 2. JESUS REVEALS HIMSELF IN THE MIRACLE AT CANA



"On the third day, there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When they ran out of wine, the mother of Jesus said to him, 'They have no wine.' Jesus replied, 'Woman, how does your concern affect me? My hour has not yet come.' His mother said to the servers, 'Do whatever he tells you.' ... And when the headwaiter tasted the water that had become wine, without knowing where it came from..., [he] called the bridegroom and said to him, '... you have kept the good wine until now.' Jesus did this as the first of his signs and so revealed his glory, and his disciples began to believe in him." (John 2:1-11)

We glow brighter with the light of Christ when we obey the instructions He gives to us. Even when the task doesn't make sense, if we "do whatever" He tells us, He reveals His glory in us and through us.

### 3. JESUS PREACHES THE GOOD NEWS

"Jesus came to Galilee proclaiming the gospel of God: 'This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the good news.' " (Mark 1:14-15)

Jesus has proclaimed the kingdom of God to you, and you have said "yes" to the Good News and "no" to sin. Every moment that you live, He is breathing into you the divine power of the Holy Spirit as He sends you forth into a world of sin, and every time you get hurt, He asks you to reveal His light by forgiving the sinners and doing good to them in His name.

### 4. THE TRANSFIGURATION OF JESUS

"Jesus took Peter, John, and James and went up the mountain to pray. While he was in prayer, his face changed in appearance and his clothing became dazzling white. Two men were conversing with him, Moses and Elijah, appearing in glory and speaking of the exodus that he was going to accomplish in Jerusalem. Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him.... While he was still

speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, 'This is my chosen Son; listen to him.' " (Luke 9:29-35)

The uncreated light of glory within Christ Jesus is also within you. It's revealed to the world every time you suffer for the sake of loving others and offer your pain to Jesus for their healing and redemption. By doing good when it's difficult, you get purified from your own sinfulness, and your light grows stronger. Thus so closely united to Jesus, you enter into the joy of His resurrection.

### 5. THE INSTITUTION OF THE EUCHARIST

"When he had washed the feet of his disciples and put his garments back on, he reclined at table again and said to them, 'Do you realize what I have done for you? You call me "teacher" and "master," and rightly so, for indeed I am. If I, therefore,... have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do.... I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another.' " (John 13:12-15, 34-35)

In loving all others unconditionally, the way Jesus has given you His love, you enlighten the world. As you humble yourself to serve others, as He serves you, His light spreads, and so the world becomes a better place. You have become Eucharist. With Jesus, you are the light of the world. You make a difference!

## The Sorrowful Mysteries

using quotes from Saints

### 1. THE AGONY IN THE GARDEN

St. Alphonsus said: "He saw himself affronted by his own disciples. One of them betrays and sells him for thirty pieces. Another denies him many times, protesting publicly that he knows him not; and thus attesting that he was ashamed to have known him in the past. The other disciples, then, at seeing him taken and bound, all fly and abandon him."

For all those times I've betrayed You, Lord Jesus, denied knowing You, felt ashamed to show my Christianity, or abandoned Your guidance because I didn't like it, I pray: Our Father...

### 2. THE SCOURGING

The Blessed Mother told St. Bridget: "Then led to the pillar, My Son stripped himself, and he himself stretched his hands to the pillar, which his enemies pitilessly bound. They scourged his body pure from all spot or stain... His whole body lacerated with scourges tipped with sharp points turned back, not pulling out, but ploughing up... His body bruised and beaten to the very ribs so that the ribs could be seen... His very flesh was furrowed with the thongs. My Son stood thus, all bloody, all torn, so that no soundness could be found on him nor any spot to scourge."

For all those times I have hurt others and in so doing have scourged You, my Lord Jesus, I pray: Our Father...

### 3. CROWNED WITH THORNS

St. Alphonsus said: "This torture of the crown of thorns was one most full of pain, inasmuch as they everywhere pierced into the Sacred Head of the Lord, the most sensitive part...it was also that torture of his Passion which lasted the longest, as Jesus suffered from the thorns up to His death."

For all those times I have let worldly wisdom, hatred, prejudice, materialism and greed, selfishness and carnal desires pierce my thoughts, to You my Lord Jesus, I pray: Our Father...

### 4. CARRYING THE CROSS

St. Alphonsus said: "So drained of blood is he and wearied out with his torments ... he can scarcely stand. Behold him, all torn with wounds.... Look at him as he goes along, with body bent double, with knees all of a tremble, dripping with blood; and so painful is it to him to walk, that at every step he seems ready to die."

For all those times I have sinned and added to the weight of Your cross, O My Jesus, I pray: Our Father...

### 5. THE CRUCIFIXION

St. Augustine said: "Among all the different kinds of death, there was none worse."

For the power of love You had for me, which kept You on the cross, that I should be healed by that love; for the passionate love You had for me, in which You died so that I might receive eternal life, I pray with inadequate gratefulness: Our Father...

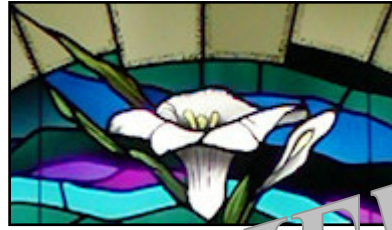


## The Glorious Mysteries

### 1. THE RESURRECTION OF JESUS

As it says in , "Christ has been raised from the dead....

For just as in Adam all die, so too in Christ shall all be given life." Pray the "Our Father" slowly, intending to and meaning each word. Give special emphasis to "Forgive us our trespasses as we forgive those who trespass against us." We admit that because of our sinfulness, we merit death from Adam and we need God's forgiveness. But we enter into Christ's resurrection and receive eternal life as we forgive others, for it is in giving that we receive. Did Mary forgive those who tortured and killed her Son? She held no grudges as she wept at the foot of the cross and then as she held the lifeless body of Jesus in her arms. Her soul proclaimed the resurrection glory of God as she made the decision to forgive.



### 2. THE ASCENSION OF JESUS

As it says in Rev. 12:1-10, "She gave birth to a son.... Her child was snatched up to God and His throne.... Now have salvation and power come ... and the authority of Christ the Anointed One." Even though Mary was the mother of Jesus and he respected her authority as a parent, she freely gave herself over to His authority from the moment she said "yes, let it be done to me as the Father wills" and Jesus was conceived by the power of the Holy spirit. How fully have we let Jesus be in authority over us? Let us ask the Blessed Mother to help us put aside our own will when it conflicts with His.

### 3. THE DESCENT OF THE HOLY SPIRIT

As it says in Luke 1:39-56, "Elizabeth was filled with the Holy Spirit and cried out ... 'Blessed are you among women, and blessed is the fruit of your womb. How does it happen that the mother of my Lord should come to me?' " It is only through the Holy Spirit that we are able to become aware of Mary's presence in our lives. She cares about us as much as our own mothers have

and even more, because she was and is full of grace and full of love. She knows each of us by name. She is glad to be asked to pray for us. She wants to help. She is constantly working on our behalf behind the scenes of our everyday lives. To know this more clearly, we need to ask the Holy Spirit to reveal her to us.

### 4. THE ASSUMPTION OF MARY

As it says in Rev. 12:1-10, "A great sign appeared in the sky, a woman clothed with the sun, with the moon beneath her feet." Because Mary was full of grace, she overcame all temptations to sin. When she reached the end of her earthly life, her full level of holiness enabled her to immediately receive her glorified body, i.e., the restored unaffected-by-sin body like we shall all receive at the Second Coming of Christ. Because Mary did not succumb to death by sinning, her flesh never lost its eternal life, and thus she was "assumed" or transferred bodily to heaven. May her example of holiness assist us in our journey toward heaven. Let us ask her to share with us the grace that helped her to resist sin.

### 5. THE CROWNING OF MARY

As it says in Psalm 45:10-16, "The queen stands at your right hand, arrayed in gold." As our holy queen, Mary cares for us and intercedes for us to the King. She knows the King's desires intimately, so when we need help in discerning our Father's plan, we can ask her to reveal it to us. When we stray from the Kingdom, she points the way home. We would do well to acknowledge her queenship and her motherly authority over us, obediently trusting her the way a child trusts its Mama.