

# Praying the Holy Rosary

*The Holy Rosary is prayed by reflecting on the life of Christ, from His birth to His resurrection, and that of his Blessed Mother.*

*Each decade consists of the **Our Father**, ten **Hail Mary's** and the **Glory Be to the Father**, each being recited in honour of some mystery or life event also referred to as individual mysteries.*

*There are four sets of Mysteries, each are prayed on a specific day of the week during which we recite and call to mind the mystery or life event we intend to honour.*

## ***The Joyful Mysteries of the Rosary***

*Monday, Saturday and Sundays of Advent*

- I. The Annunciation*
- II. The Visitation*
- III. The Nativity*
- IV. The Presentation in the Temple*
- V. Finding the child Jesus in the Temple*

## ***The Glorious Mysteries of the Rosary***

*Wednesday and Sundays outside of Advent & Lent*

- I. The Resurrection*
- II. The Ascension of Christ into Heaven*
- III. The Descent of the Holy Spirit*
- IV. The Assumption of Our Lady*
- V. The Coronation of Our Lady*

## ***The Sorrowful Mysteries of the Rosary***

*Tuesday, Friday and Sundays of Lent*

- I. The Agony in the Garden*
- II. The Scourging at the Pillar*
- III. The Crowning with Thorns*
- IV. The Carrying of the Cross*
- V. The Crucifixion*

## ***The Luminous Mysteries of the Rosary***

*Thursday*

- I. The Baptism in the River Jordan*
- II. The Wedding at Cana*
- III. The Proclamation of the Kingdom of God*
- IV. The Transfiguration*
- V. The Institution of the Eucharist*



# Praying the Holy Rosary

## Step-By-Step

- 1 *Begin by holding the Crucifix of the Rosary  
Make the sign of the Cross  
then pray the Apostles' Creed*
  - 2 *On the single bead above the crucifix  
pray the Our Father*
  - 3 *On the next cluster of 3 beads  
pray 3 Hail Marys reflecting on the  
three virtues of Faith, Hope & Love/Charity*
  - 4 *On the chain after the 3 beads say  
the Glory Be*
  - 5 *On the next single bead announce  
and reflect on the first Mystery,  
and pray the Our Father*
  - 6 *Move to the first decade of beads  
On each of the 10 beads pray a Hail Mary  
while contemplating the first Mystery*
  - 7 *On the single bead pray the Glory Be  
& the Fatima Prayer  
then announce the next Mystery*
- For each of the remaining four decades  
repeat the steps for the Our Father,  
Hail Mary, Glory Be and the Fatima Prayer  
as you work your way to the end  
of the Rosary*
- 8 *Completing the 5<sup>th</sup> decade, hold the medal  
and pray the Hail, Holy Queen  
and end the Rosary with the Sign of the Cross*

