

PRAY THE ROSARY EVERYDAY!

- Our Lady of Fatima 1917 -

My daily devotion to Our Lady

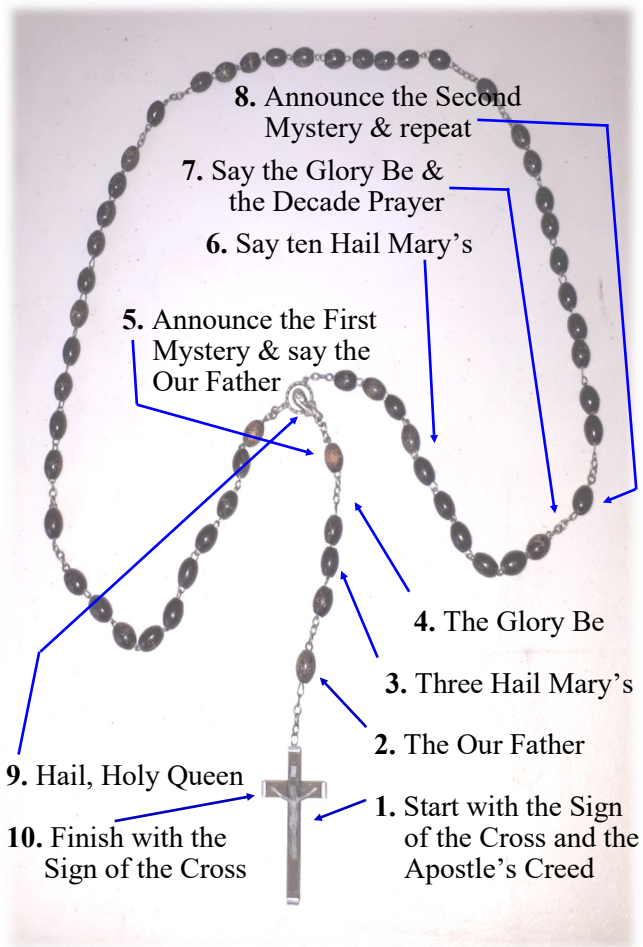
How to pray

The Rosary



1. Make the Sign ✠ of the Cross. Then, say the **Apostles' Creed**.
2. On the first bead say the **Our Father**.
3. On these 3 beads say **3 Hail Marys**.
4. Here, between the beads, say the **Glory be**.
5. Announce: "The **5 Joyful** (or **5 Sorrowful**, or **5 Glorious**) **Mysteries**. The first (Joyful) **Mystery**, The **Annunciation**." Then say the **Our Father**.
6. Say **10 Hail Marys**.
7. Between the beads, say the **Glory be** and the **Decade Prayer**.
8. Announce the second **mystery**, say the **Our Father**, and repeat steps 6 and 7. Then do the same with the remaining 3 decades.
9. After having finished all 5 decades, conclude by saying the **Hail Holy Queen** and the concluding prayer.
10. Finish with the **Sign ✠ of the Cross**.

Ad Jesum per Mariam



8. Announce the Second Mystery & repeat

7. Say the Glory Be & the Decade Prayer

6. Say ten Hail Mary's

5. Announce the First Mystery & say the Our Father

4. The Glory Be

3. Three Hail Mary's

2. The Our Father

9. Hail, Holy Queen

10. Finish with the Sign of the Cross

1. Start with the Sign of the Cross and the Apostle's Creed

THE MYSTERIES OF THE ROSARY

A Mystical Rose Tree

The Rosary as given in the year 1214 AD to St. Dominic by Our Lady, and to the Church, and as St. Louis De Montfort writes in *The Secret of the Rosary*, is divided into three parts: **1.** the **JOYFUL MYSTERIES** because of the joy they gave to the universe in the Incarnation and Birth of Our Lord and Saviour Jesus Christ; **2.** the **SORROWFUL MYSTERIES** because they show us Our Lord and Redeemer weighed down with sadness, covered with wounds, laden with insults, sufferings and torments; **3.** the **GLORIOUS MYSTERIES** because we meditate on Jesus and Mary in their triumph and glory.

According to ancient tradition, the Joyful Mysteries are offered on Mondays, Thursdays (and Sundays of Advent); the Sorrowful Mysteries are offered on Tuesdays, Fridays (and Sundays of Lent); the Glorious Mysteries are offered on Wednesdays, Saturdays and all other Sundays.

Another highly recommended holy practise is to offer up all 15 decades daily. The Joyful Mysteries in the morning, the Sorrowful Mysteries at midday and the Glorious Mysteries in the evening.

THE PRAYERS OF THE ROSARY

The Sign ✠ of the Cross: *With the Crucifix in your right hand touch your forehead saying, "In the Name of the Father"; touch your breast saying, "and of the Son"; touch your left shoulder, then your right saying, "and of the Holy Spirit. Amen."* Then kiss the Crucifix.

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.

THE 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.

THE HAIL MARY: Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst 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.

THE GLORY BE: 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 DECADE PRAYER (*always said in unison*):

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those most in need of Thy mercy.

The Hail Holy Queen (*always said in unison*):

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 towards 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 most 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 meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise. Through the same Christ, Our Lord. Amen.

THE JOYFUL MYSTERIES

Mondays, Thursdays (and Sundays of Advent)

1. The Annunciation of Our Lord:

And the angel having come to her, said, “*Hail, full of grace, the Lord is with thee. Blessed art thou among women (Lk 1:28).*”

Fruit of the Mystery: **Humility.**

I offer You, O Lord Jesus, this first decade in honour of your Incarnation in Mary's womb, and I ask of You, through this mystery and through her intercession, a profound humility.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Annunciation come down into my soul and make me truly humble.

2. The Visitation:

... and Elizabeth was filled with the Holy Spirit, and cried out in a loud voice: “*Blest are you among women and blest is the fruit of your womb (Lk 1:41-42).*”

Fruit of the Mystery: **True charity towards our neighbour.**

I offer You, O Lord Jesus, this second decade in honour of the Visitation of your blessed Mother to her cousin St. Elizabeth and the sanctification of St. John the Baptist, and I ask of You, through this mystery and through the intercession of your holy Mother, a perfect charity towards my neighbour.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Visitation come down into my soul and make me really charitable.

3. The Birth of Our Lord in a stable at Bethlehem:

And she gave birth to her first-born Son, and wrapped Him in swaddling clothes, and laid Him in a manger, because there was no room for them in the inn (*Lk 2:7*).

Fruit of the Mystery: **The spirit of poverty and humility.**

I offer You, O Lord Jesus, this third decade in honour of your Blessed Nativity, and I ask of You, through this mystery and through the intercession of your blessed Mother, detachment from things of this world, love of poverty and love of the poor.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Nativity come down into my soul and make me truly poor in spirit.

4. The Presentation of the Baby Jesus in the Temple and the Purification of Our Lady:

And after the days of her purification, according to the law of Moses, they took Him up to Jerusalem, to present Him to the Lord, as it is written in the law of the Lord: *“For every male opening the womb shall be called holy to the Lord (Lk 2:22-23).”*

Fruit of the Mystery: **Purity of heart and body.**

I offer You, O Lord Jesus, this fourth decade in honour of your Presentation in the Temple and the Purification of your holy Mother, and I ask of You, through this mystery and through her intercession, purity of body and soul.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Presentation and Purification come down into my soul and make me truly pure.

5. The Finding of the Child Jesus in the Temple:

And it came to pass, that, after three days, they found Him in the temple, sitting in the midst of the teachers, hearing them and asking them questions (Lk 2:46).

Fruit of the Mystery: *Zeal and love for true wisdom.*

I offer You, O Lord Jesus, this fifth decade in honour of your Finding in the Temple by Our Lady, and I ask of You, through this mystery and through her intercession, the gift of true wisdom.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Finding of Our Lord in the Temple come down into my soul and make me truly wise.

THE SORROWFUL MYSTERIES

Tuesdays, Fridays (and Sundays of Lent)

1. The Agony in the Garden:

And his sweat became as drops of blood, trickling down upon the ground. And when He rose up from prayer and came to his disciples, sorrowfully, He found them asleep (*Lk 22:44-45*).

Fruit of the Mystery: Sorrow of our sins and true contrition for them.

I offer You, O Lord Jesus, this sixth decade in honour of your Agony in the Garden of Olives, and I ask of You, through this mystery and through the intercession of your blessed Mother, perfect sorrow for my sins and the virtue of perfect obedience to your Holy Will.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord's Agony in the Garden come down into my soul and make me truly contrite and perfectly obedient to his Will.

2. The Scourging at the Pillar:

Then Therefore, Pilate took Jesus, and scourged Him (*Jn 19:1*).

Fruit of the Mystery: Mortification of the Five senses.

I offer You, O Lord Jesus, this seventh decade in honour of your bloody Scourging, and I ask of You, through this mystery and through the intercession of your holy Mother, the grace of mortifying my senses perfectly.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord's Scourging come down into my soul and make me truly mortified.

3. The Crowning with Thorns:

And the soldiers plating a crown of thorns, put it upon his head; and they put on Him a purple robe. And they came to Him and said: Hail, king of the Jews; and they gave Him blows (*Jn 19:2-3*).

Fruit of the Mystery: Contempt for worldly glory.

I offer You, O Lord Jesus, this eighth decade in honour of your cruel crowning with thorns, and I ask of You, through this mystery and through the intercession of your blessed Mother, a great contempt of the world.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord's Crowning with Thorns come down into my soul and make me despise the world.

4. The Carrying of the Cross:

And bearing his own cross, He went forth to that place which is called Calvary, but in Hebrew, Golgotha (*Jn 19:17*).

Fruit of the Mystery: Patient bearing of trials.

I offer You, O Lord Jesus, this ninth decade in honour of your Carrying of the Cross, and I ask of You, through this mystery and through the intercession of

your blessed Mother, to give me great patience in carrying my cross in your footsteps every day of my life.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord carrying his Cross come down into my soul and make me truly patient.

5. The Crucifixion and Death of Our Lord:

And crying with a loud voice, Jesus said: Father, into your hands I commend my spirit. Having said this, He expired (*Lk: 23:46*).

Fruit of the Mystery: Self-sacrifice for God and neighbour.

I offer You, O Lord Jesus, this tenth decade in honour of your Crucifixion and ignominious Death on the Cross, and I ask of You, through this mystery and through the intercession of your blessed Mother, a great horror of sin, a love of the Cross and the grace of a holy death for myself and for those who are now in their last agony.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Passion and Death of Our Lord and Saviour Jesus Christ, come down into my soul and make me truly holy.

THE GLORIOUS MYSTERIES

Wednesdays, Saturdays and Sundays.

1. The Resurrection of Our Lord:

And he said to them: Be not affrighted, you seek Jesus of Nazareth, who was crucified. He is risen, He is not here, behold the place where they laid Him (*Mk 16:6*).

Fruit of the Mystery: Faith.

I offer You, O Lord Jesus, this eleventh decade in honour of your glorious Resurrection, and I ask of You, through this mystery and through the intercession of your blessed Mother, a lively faith and fervour in your service.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord's Resurrection come down into my soul and make me really faithful.

2. The Ascension of Our Lord:

... and behold I am with you all days, even to the consummation of the world (*Mt 28:20*). And the Lord Jesus, after He had spoken to them, was taken up into Heaven, and is seated at the right hand of God (*Mk 16:19*).

Fruit of the Mystery: Steadfast Hope.

I offer You, O Lord Jesus, this twelfth decade in honour of your triumphant Ascension, and I ask of You, through this mystery and through the intercession of your blessed Mother, an ardent desire for Heaven, my true home.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Our Lord's Ascension come down into my soul and make me ready for Heaven.

3. The Descent of the Holy Spirit upon Our Lady and the Apostles at Pentecost:

And all were filled with the Holy Spirit, and began to speak in different tongues, according as the Holy Spirit gave them to speak (*Acts 2:4*).

Fruit of the Mystery: Courage to confess the Faith and zeal for the salvation of souls.

I offer You, O Lord Jesus, this thirteenth decade in honour of mystery of Pentecost, and I ask of You, through this mystery and through the intercession of your holy Mother, the divine Wisdom to know, enjoy and practise the truth and communicate it to others.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of Pentecost come down into my soul and make me truly fervent.

4. The Assumption of Our Lady:

And when she came out to him, they all blessed her with one voice, saying : You are the glory of Jerusalem, you are the joy of Israel; you are the honour of our people (*Judith 15:10*). And the temple of God was opened in Heaven: and the ark of his testament was seen in his temple, and there were flashes of lightning, and voices, and an earthquake, and heavy hail (*Apoc 11:19*).

Fruit of the Mystery: True devotion to Mary.

I offer You, O Lord Jesus, this fourteenth decade in

honour of the resurrection and triumphant Assumption of your holy Mother into Heaven, and I ask of You, through this mystery and through her intercession, the gift of true devotion to her to help me live and die holily.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Assumption of Our Lady come down into my soul and make me truly devoted to her.

5. The Coronation of Our Lady:

A great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars (*Apoc 12:1*);

Fruit of the Mystery: Final Perseverance.

I offer You, O Lord Jesus, this fifteenth decade in honour of the Coronation of your blessed Mother in Heaven, and I ask of You, through this mystery and through her intercession, perseverance in grace and a crown of glory hereafter.

Our Father, 10 Hail Mary's, Glory Be, O my Jesus ...

May the grace of the Mystery of the Coronation of the Blessed Virgin come down into my soul and make me truly live well and die well.

Hail, Holy Queen





Recitation of the Marian Rosary

(Rosarii Marialis Recitatio)

A *plenary indulgence* is granted, if the Rosary is recited in a Church or public Oratory or in a family group, a religious Community or pious Association; a *partial indulgence* is granted in other circumstances.

The name “Rosary,” however, is commonly used in reference to only a third part of the fifteen decades.

The gaining of the plenary indulgences is regulated by the following norms:

- 1) The recitation of a third part only of the Rosary suffices; but the five decades must be recited continuously.
- 2) The vocal recitation must be accompanied by pious meditation on the mysteries.
- 3) In public recitation the mysteries must be announced in the manner customary in the place; for private recitation, however, it suffices if the vocal recitation is accompanied by meditation on the mysteries.

[Enchiridion of Indulgences, 48]



Divine Mercy Press
Pascoe Vale South, Victoria 3044
Anno Domini 2019