

## **PRAYING THE ROSARY**

**The Rosary is a Christocentric prayer with all the depth of the gospel message in its entirety. As Pope St John Paul II said, "To recite the rosary is nothing other than to contemplate with Mary the face of Christ".**

**The full prayers of the Rosary:**

**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 (The Lord's Prayer):**

**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 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.**

**The Glory Be (The Doxology):**

**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.**

**(These prayers are traditionally recited while meditating on the mysteries of the Rosary, which are divided into the Joyful, Sorrowful, Luminous and Glorious mysteries.)**

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**"O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of Thy mercy. Amen."**

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## [The Joyful Mysteries](#)

### 1 The Annunciation *Bible Text: Luke 1:26-38*

"And in the sixth month, the angel Gabriel was sent from God unto a city of Galilee, named Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary..."

**Reflection:** The Annunciation invites us to embrace God's plan for our lives with humility and trust, just as Mary did. It reminds us that God's call often comes unexpectedly, but His grace empowers us to respond with courage and faith.

**Prayer:** May we, like Mary, be open to God's will for us, and may His grace enable us to respond with joyful obedience. Amen.

### 2 The Visitation *Bible Text: Luke 1:39-56*

"In those days Mary arose and went with haste into the hill country, to a town in Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit, and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb! And why is this granted to me that the mother of my Lord should come to me? For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.'"

**Reflection:** The Visitation reveals Mary's selflessness and compassion as she rushes to assist her cousin Elizabeth in her time of need. It teaches us the importance of reaching out to others with love and support, especially during moments of joy or difficulty.

**Prayer:** Heavenly Father, may we, like Mary, be instruments of Your love and bring joy to those around us. Grant us the grace to serve others with humility and generosity. Amen.

### 3 The Nativity *Bible Text: Luke 2:1-20*

"In those days a decree went out from Caesar Augustus that all the world should be registered. This was the first registration when Quirinius was governor of Syria. And all went to be registered, each to his own town. And Joseph also went up from Galilee, from the town of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed, who was with child. And while they were there, the time came for her to give birth. And she gave birth to her firstborn son and wrapped him in swaddling clothes and laid him in a manger, because there was no place for them in the inn."

**Reflection:** The Nativity invites us to contemplate the humility and simplicity of Christ's birth. It reminds us that God chose to enter the world not in grandeur, but in poverty, showing His love and solidarity with all humanity.

**Prayer:** Heavenly Father, help us to recognize the presence of Your Son in the midst of our daily lives, especially in moments of simplicity and vulnerability. May we learn to embrace humility and welcome Jesus into our hearts. Amen.

#### **4 The Presentation Bible Text: Luke 2:22-38**

"Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, waiting for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. And he came in the Spirit into the temple, and when the parents brought in the child Jesus, to do for him according to the custom of the Law, he took him up in his arms and blessed God and said, 'Lord, now you are letting your servant depart in peace, according to your word; for my eyes have seen your salvation that you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel.'"

**Reflection:** The Presentation in the Temple underscores the fulfilment of ancient prophecies as Simeon and Anna recognize Jesus as the long-awaited Messiah. It teaches us the importance of patience and faithful anticipation in recognizing God's presence in our lives.

**Prayer:** Gracious God, like Simeon and Anna, may we eagerly await the fulfilment of Your promises and recognize Your presence in our midst. Grant us the faith to embrace Your salvation with joy and gratitude. Amen.

#### **5 The Finding of Jesus in the Temple Bible Text: Luke 2:41-52**

"Now his parents went to Jerusalem every year at the Feast of the Passover. And when he was twelve years old, they went up according to custom. And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the group, they went a day's journey, but then they began to search for him among their relatives and acquaintances..."

**Reflection:** The Finding of Jesus in the Temple illustrates the anxiety and concern of Mary and Joseph when they temporarily lost Jesus. It reminds us of the importance of seeking Jesus diligently in our lives and the reassurance of finding Him in His Father's house.

**Prayer:** Merciful Lord, when we feel lost or distant from You, guide us back into Your loving embrace. Help us to prioritize seeking You earnestly in our lives, knowing that You are always present, waiting to be found. Amen.

#### **Conclusion**

May the contemplation of these mysteries deepen our appreciation for the life and teachings of Jesus Christ and inspire us to walk in His footsteps. Amen.

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## 2. The Luminous Mysteries

### 1 The Baptism of Jesus in the Jordan *Bible Text: Matthew 3:13-17*

"Then Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, 'I need to be baptized by you, and do you come to me?' But Jesus answered him, 'Let it be so now, for thus it is fitting for us to fulfil all righteousness.' Then he consented. And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; and behold, a voice from heaven said, 'This is my beloved Son, with whom I am well pleased.'"

**Reflection:** The Baptism of Jesus in the Jordan symbolizes His identification with humanity and the beginning of His public ministry. It teaches us the importance of humility and obedience in fulfilling God's will.

**Prayer:** Gracious Father, as Jesus was baptized in the Jordan, may we also be washed clean of our sins and renewed by Your Spirit. Grant us the grace to walk in the footsteps of Your beloved Son, following Him faithfully all the days of our lives. Amen.

### 2 The Wedding at Cana *Bible Text: John 2:1-11*

"On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples. When the wine ran out, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'Woman, what does this have to do with me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Now there were six stone water jars there for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to the servants, 'Fill the jars with water.' And they filled them up to the brim..."

**Reflection:** The Wedding at Cana reveals Jesus' compassion and power as He performs His first public miracle at the request of His mother, Mary. It teaches us the importance of faith and obedience in experiencing the abundance of God's blessings.

**Prayer:** Heavenly Father, as You transformed water into wine at the wedding feast of Cana, transform our hearts and lives with Your grace. Help us to trust in Your providence and to follow Jesus' commandments with joyful obedience. Amen.

### 3 The Proclamation of the Kingdom *Bible Text: Mark 1:14-15*

"Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, and saying, 'The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.'"

**Reflection:** The Proclamation of the Kingdom marks the beginning of Jesus' public ministry, inviting all to repentance and belief in the gospel. It reminds us of the urgency of embracing God's reign in our lives and living according to His teachings.

**Prayer:** Merciful God, as Jesus proclaimed the arrival of Your kingdom, may we heed His call to repentance and faith. Grant us the grace to live as citizens of Your kingdom, spreading Your love and justice to all. Amen.

#### **4 The Transfiguration Bible Text: Luke 9:28-36**

**"Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem..."**

**Reflection: The Transfiguration reveals Jesus' divine glory and confirms His identity as the beloved Son of God. It offers a glimpse of the heavenly reality and strengthens the faith of His disciples for the trials ahead.**

**Prayer: Eternal God, as Jesus was transfigured before His disciples, illumine our minds and hearts with the light of Your truth. Grant us the courage to follow Him faithfully, even in the midst of life's challenges, knowing that You are always with us. Amen.**

#### **5 The Institution of the Eucharist Bible Text: Luke 22:14-20**

**"And when the hour came, he reclined at table, and the apostles with him. And he said to them, 'I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God.' And he took a cup, and when he had given thanks he said, 'Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.' And he took bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And likewise, the cup after they had eaten, saying, 'This cup that is poured out for you is the new covenant in my blood.'"**

**Reflection: The Institution of the Eucharist at the Last Supper establishes the sacrament of Holy Communion, where Jesus offers His body and blood for the salvation of humanity. It embodies His sacrificial love and invites us into intimate communion with Him.**

**Prayer: Heavenly Father, as Jesus instituted the Eucharist, may we partake of His body and blood with reverence and gratitude. Nourish us with the spiritual food of eternal life, and unite us in fellowship with Christ and one another. Amen.**

#### **Conclusion**

**May the contemplation of these luminous mysteries deepen our understanding of Christ's ministry and strengthen our commitment to follow Him faithfully. Amen.**

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### 3. The Sorrowful Mysteries

#### 1 The Agony in the Garden *Bible Text: Matthew 26:36-46*

"Then Jesus went with them to a place called Gethsemane, and he said to his disciples, 'Sit here, while I go over there and pray.' And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, 'My soul is very sorrowful, even to death; remain here, and watch with me.' And going a little farther he fell on his face and prayed, saying, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.'"

**Reflection:** The Agony in the Garden reveals the depth of Jesus' human suffering and His obedience to the Father's will. It teaches us the importance of surrendering our own desires to God's plan, even in the midst of intense anguish and struggle.

**Prayer:** Lord Jesus, as You agonized in the garden of Gethsemane, help us to entrust our lives completely to Your loving care. Grant us the strength to endure trials and tribulations with faith and obedience, knowing that Your will is always for our ultimate good. Amen.

#### 2 The Scourging at the Pillar *Bible Text: Matthew 27:26*

"Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified."

**Reflection:** The Scourging at the Pillar represents the brutal physical suffering endured by Jesus for the sake of our redemption. It reminds us of the extent of His sacrificial love and the price He paid for our salvation.

**Prayer:** Merciful Savior, as You endured the scourging at the pillar, heal the wounds of our sinfulness and grant us the grace to embrace the cross with humility and courage. May Your suffering and sacrifice be ever present in our hearts, leading us to repentance and renewal. Amen.

#### 3 The Crowning with Thorns *Bible Text: Matthew 27:27-31*

"Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, 'Hail, King of the Jews!' And they spit on him and took the reed and struck him on the head. And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him."

**Reflection:** The Crowning with Thorns symbolizes the mockery and humiliation inflicted upon Jesus by the soldiers. It challenges us to confront the ways in which we contribute to the suffering of others through our words and actions.

**Prayer:** Lord Jesus, as You endured the crown of thorns and the mockery of the soldiers, grant us the grace to stand firm in our faith amidst persecution and ridicule. Help us to recognize Your kingship and majesty, even in the midst of suffering and shame. Amen.

#### 4 The Carrying of the Cross *Bible Text: John 19:17*

**"And he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha."**

**Reflection:** The Carrying of the Cross symbolizes Jesus' willingness to bear the weight of our sins and to walk the path of suffering and sacrifice for our sake. It invites us to embrace our own crosses with patience and perseverance, trusting in God's grace to sustain us.

**Prayer:** Loving Savior, as You carried the cross to Golgotha, strengthen us to bear our own crosses with courage and faith. Help us to follow You with steadfast devotion, knowing that You are always with us, guiding and supporting us on our journey. Amen.

## **5 The Crucifixion Bible Text: Luke 23:33-46**

**"And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And Jesus said, 'Father, forgive them, for they know not what they do.' And they cast lots to divide his garments. And the people stood by, watching, but the rulers scoffed at him, saying, 'He saved others; let him save himself, if he is the Christ of God, his Chosen One!' The soldiers also mocked him, coming up and offering him sour wine and saying, 'If you are the King of the Jews, save yourself!' There was also an inscription over him, 'This is the King of the Jews.'"**

**Reflection:** The Crucifixion represents the climax of Jesus' redemptive mission, as He offers Himself as the perfect sacrifice for the forgiveness of sins. It reveals the depth of His love for humanity and His obedience to the Father's will, even unto death.

**Prayer:** Lord Jesus Christ, as You hung upon the cross for our salvation, pour out Your mercy upon us and upon the whole world. Grant us the grace to embrace the cross of suffering and to find hope in Your victory over sin and death. May Your sacrifice inspire us to live lives of love and selflessness, following Your example of sacrificial love. Amen.

## **Conclusion**

**May the contemplation of these sorrowful mysteries deepen our appreciation for the depth of Christ's love for us and inspire us to embrace the cross with faith and hope. Amen**

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## 4. The Glorious Mysteries

### 1 The Resurrection *Bible Text: Matthew 28:1-10*

"Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, 'Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you.' So, they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, 'Greetings!' And they came up and took hold of his feet and worshiped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me.'"

**Reflection:** The Resurrection of Jesus Christ is the cornerstone of the Christian faith, signifying His victory over sin and death. It brings hope and joy to all believers, affirming the promise of eternal life in Him.

**Prayer:** Lord Jesus, by Your resurrection, You have conquered death and opened the gates of heaven for all who believe in You. Grant us the grace to live in the light of Your victory, trusting in Your promise of eternal life. Amen.

### 2 The Ascension *Bible Text: Luke 24:50-53*

"And he led them out as far as Bethany, and lifting up his hands he blessed them. While he blessed them, he parted from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great joy, and were continually in the temple blessing God."

**Reflection:** The Ascension of Jesus into heaven marks His exaltation and reign as Lord over all creation. It assures us of His continued presence with us through the Holy Spirit and gives us hope of our own future glorification.

**Prayer:** Lord Jesus, as You ascended into heaven, You promised to be with us always. Grant us the grace to live in the power of Your Spirit, proclaiming Your gospel to the ends of the earth. Amen.

### 3 The Descent of the Holy Spirit *Bible Text: Acts 2:1-4*

"When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance."

**Reflection:** The Descent of the Holy Spirit at Pentecost empowers the disciples to fulfil the mission of the Church and spread the gospel to all nations. It inaugurates the age of the Spirit and invites us to open our hearts to His transforming presence.



**Prayer:** Holy Spirit, as You descended upon the apostles at Pentecost, fill us with Your gifts and fruits, empowering us to be bold witnesses of Christ's love and truth. Lead us in paths of righteousness and guide us in fulfilling Your purposes for our lives. Amen.

#### **4 The Assumption of Mary Bible Text: Revelation 12:1-6**

"And 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. She was pregnant and was crying out in birth pains and the agony of giving birth..."

**Reflection:** The Assumption of Mary into heaven, body and soul, honours her unique role as the Mother of God and Queen of Heaven. It affirms her holiness and assures us of her intercession and protection as our heavenly Mother.

**Prayer:** Holy Mary, as You are assumed into heaven, we entrust ourselves to Your loving care and protection. Intercede for us before Your Son, Jesus Christ, and lead us into the fullness of life with God. Amen.

#### **5 The Coronation of Mary Bible Text: Revelation 12:1**

"And 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."

**Reflection:** The Coronation of Mary as Queen of Heaven acknowledges her as the most exalted of all creatures and honours her fidelity to God's will. It invites us to emulate her virtues and seek her guidance in our journey of faith.

**Prayer:** Holy Mary, Queen of Heaven, as You are crowned with glory and honour, pray for us, Your children, that we may be faithful disciples of Your Son, Jesus Christ. Help us to follow Your example of humility and obedience, that we may one day share in Your eternal joy. Amen.

#### **Conclusion**

May the contemplation of these glorious mysteries deepen our love for Jesus and Mary, and inspire us to live as faithful witnesses of the gospel. Amen.

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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.

Pray for us, O 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 imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

