

How to pray

THE ROSARY

with Fr. Matthew Cashmore



How to pray the rosary

When we pray the rosary we follow this simple structure:

- 1. Make the Sign of the Cross**
- 2. Say the Apostles' Creed**
- 3. Pray the Our Father** on the first bead
- 4. Pray a Hail Mary** on each bead in the first group of three
- 5. Pray the Glory Be** on the fifth bead
- 6. Announce and read the First Mystery**

The following pattern is then used for each decade.

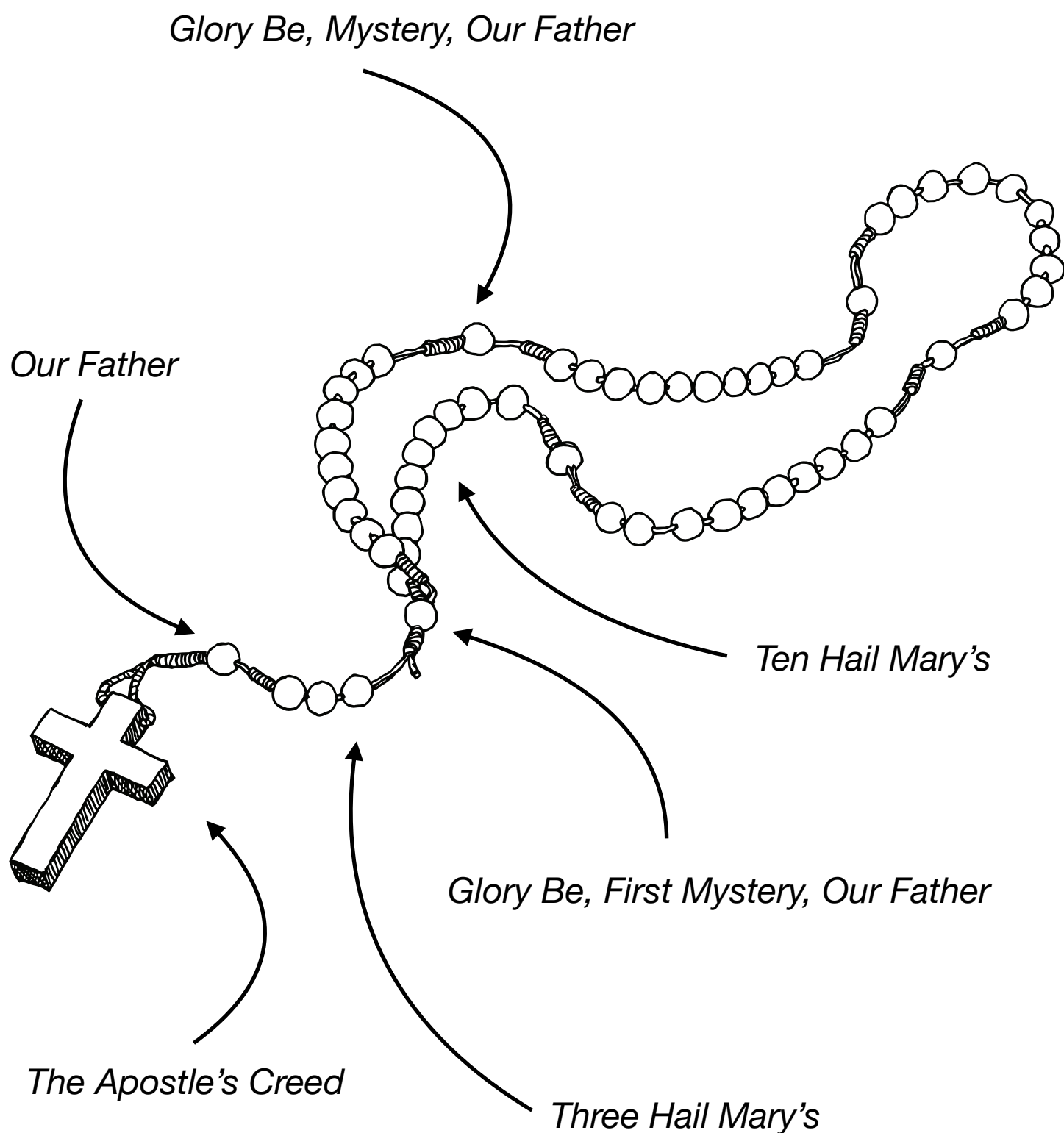
- 7. Pray the Our Father**
- 8. Pray a Hail Mary** on each bead of the decade (groups of 10 beads)
- 9. Pray the Glory Be**
- 10. Announce and read the Mystery**

The following prayers are used on the centrepiece after the final decade has been prayed.

- 11. Pray the Hail, Holy Queen**
- 12. Pray the Prayer After the Rosary**

The full text of these prayers are found at the back of this booklet

A more complete guide to the prayers and how to pray the rosary (along with a simple how-to video) can be found at www.learntherosary.com



What is the Rosary?

The rosary is the story of Jesus told through the New Testament. As we pray the rosary we are reliving and retelling the story of Christ from the moment the Angel Gabriel spoke to Mary to the day she became Queen of Heaven.

The 20 'mysteries' of the rosary lead us through Jesus birth, life, ministry, death and resurrection. It gives us a structure with which we can come to know and love scripture with a deeper and more powerful understanding.

It is for this reason that Our Mother has told us time and time again to pray the rosary. Our Lady wants us to come to know her son in a deep, personal and living way. Through the rosary she knows that we will find the answers to questions that would otherwise elude us.

The rosary remains the most personal and powerful way to come to know more about Jesus. It is a comfort in dark times, a light that shines a path before us on our journey towards Him.

The mysteries contained in this book open scripture for us through the powerful prayer of the rosary.

Fr. Matthew



The Mysteries

The mysteries are nothing more or less than a collection of scripture for us to read and reflect on as we pray the rosary.

They are designed to be said and prayed through each day. However, it is more common to pray one set of the mysteries each day. Here is a simple structure of how to do that.

Sunday

Advent, Christmas and time after Epiphany
Septuagesima and Lent
Eastertide and time after Pentecost

The Joyful Mysteries
The Sorrowful Mysteries
The Glorious Mysteries

<i>Monday</i>	The Joyful Mysteries
<i>Tuesday</i>	The Sorrowful Mysteries
<i>Wednesday</i>	The Glorious Mysteries
<i>Thursday</i>	The Luminous Mysteries
<i>Friday</i>	The Sorrowful Mysteries
<i>Saturday</i>	The Glorious Mysteries

It is not uncommon to only pray the rosary once a week. You should try to pray it each day if you can, but one of the wonderful things about the rosary is the flexibility. It can help you find a more structured way to pray if you are struggling to find the space and time.

The rosary can be said anywhere, with or without a set of beads. The important thing is to find the 15/20 minutes needed each day.

If you can't pray the rosary each day, or if you attend a rosary group once a week, you can cycle the prayers using the above structure. The really important thing is to ensure that you pray through ALL of the mysteries over time rather than just sticking with one set.

The Joyful Mysteries

The First Mystery:

The Annunciation of Our Lord

Luke 1.31–32

And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David.

The Second Mystery:

The Visitation

Luke 1.42–45

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.”



The Third Mystery:

The Nativity of Jesus

Luke 2.6–7

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 cloths and laid him in a manger, because there was no place for them in the inn.



The Fourth Mystery:

The Presentation in the Temple

Luke 2.22

And when the time came for their purification according to the Law of Moses, they brought him up to Jerusalem to present him to the Lord.

The Fifth Mystery:

The Finding in the Temple

Luke 2.46–47

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers.

The Sorrowful Mysteries

The First Mystery:

The Agony in the Garden

Matthew 26.36–39

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.

The Second Mystery:

The Scourging at the Pillar

Matthew 27.25–26

And all the people answered, “His blood be on us and on our children!” Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified.

The Third Mystery:

The Crowning with Thorns

Matthew 27.28–29

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!”

The Fourth Mystery:

The Carrying of the Cross

John 19.16–18

So they took Jesus, and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha. There they crucified him, and with him two others, one on either side, and Jesus between them.

The Fifth Mystery:

The Crucifixion and Death

Luke 23.44–46

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun's light failed. And the curtain of the temple was torn in two. Then Jesus, calling out with a loud voice, said, “Father, into your hands I commit my spirit!” And having said this he breathed his last.



The Glorious Mysteries

The First Mystery:

The Resurrection of Our Lord

Matthew 28.5–6

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.

The Second Mystery:

The Ascension into Heaven

Luke 24.50–51

Then 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.



The Third Mystery:

The Descent of the Holy Spirit

Acts 2.3–4

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.



The Fourth Mystery:

The Assumption of Mary

CCC, 974

The Most Blessed Virgin Mary, when the course of her earthly life was completed, was taken up body and soul into the glory of heaven, where she already shares in the glory of her Son's Resurrection, anticipating the resurrection of all members of his Body.

The Fifth Mystery:

The Coronation of Mary

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.

The Luminous Mysteries

The First Mystery:

The Baptism of the Lord in the River Jordan

Matthew 3.13–17

Then Jesus came from Galilee to the Jordan to John, to be baptised by him. John would have prevented him, saying, “I need to be baptised 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 baptised, 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.”

The Second Mystery:

The Self-Revelation of the Lord at the Wedding Feast of Cana

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. And he said to them, “Now draw some out and take it to the master of the feast.” So they took it. When the master of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the master of the feast called the bridegroom and said to him, “Everyone serves the good wine first, and when people have drunk freely, then the poor wine. But you have kept the good wine until now.” This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory. And his disciples believed in him.

The Third Mystery:

Our Lord Jesus Proclaims the Coming of the Kingdom of God

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.”

The Fourth Mystery:

The Transfiguration of Our Lord

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. Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, “Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah”—not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, “This is my Son, my Chosen One; listen to him!” And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

The Fifth Mystery:

The Institution of the Eucharist

Matthew 26.26–30

Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.”

Prayers of the rosary

Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe 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 to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the
Father,
and 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 the life everlasting.
Amen.

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.

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.

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.

Prayers after the rosary

Hail, Holy Queen

Hail, holy Queen, mother of Mercy.
Hail, 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 vale 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.

O God,
whose only-begotten Son,
by his life, death, and resurrection
has purchased for us
the rewards of eternal life;
grant, we beseech you,
that we who meditate on these mysteries
of the most holy Rosary
of the Blessed Virgin Mary,
may imitate what they contain,
and obtain what they promise;
through the same Christ our Lord.
Amen.

