How to recite the Holy Rosary

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen. (As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

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. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, He shall 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.

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.

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.

O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

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 vale of tears. Turn, then, most gracious advocate, thine only-begotten Son by the Holy Spirit, and of the Father, and of the Holy Ghost. Conceived with the Virgin Mary; suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall 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.

On Monday and Saturday, meditate on the “Joyful Mysteries”
- First Decade (Steps 9-22): The Annunciation of Gabriel to Mary (Luke 1:26-38)
- Second Decade (Steps 23-36): The Visitation of Mary to Elizabeth (Luke 1:39-56)
- Fourth Decade (Steps 51-64): The Presentation of Our Lord (Luke 2:22-38)

On Thursday, meditate on the “Luminous Mysteries”
- First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
- Second Decade: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
- Third Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)
- Fourth Decade: The Transfiguration of Our Lord (Matthew 17:1-8)
- Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the “Sorrowful Mysteries”
- First Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)
- Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)
- Third Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)
- Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)
- Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the “Glorious Mysteries”
- First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)
- Fourth Decade: The Assumption of Mary into Heaven
- Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

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