

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 Cashmore

More resources and a helpful video can be found at:
www.learntherosary.com

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.

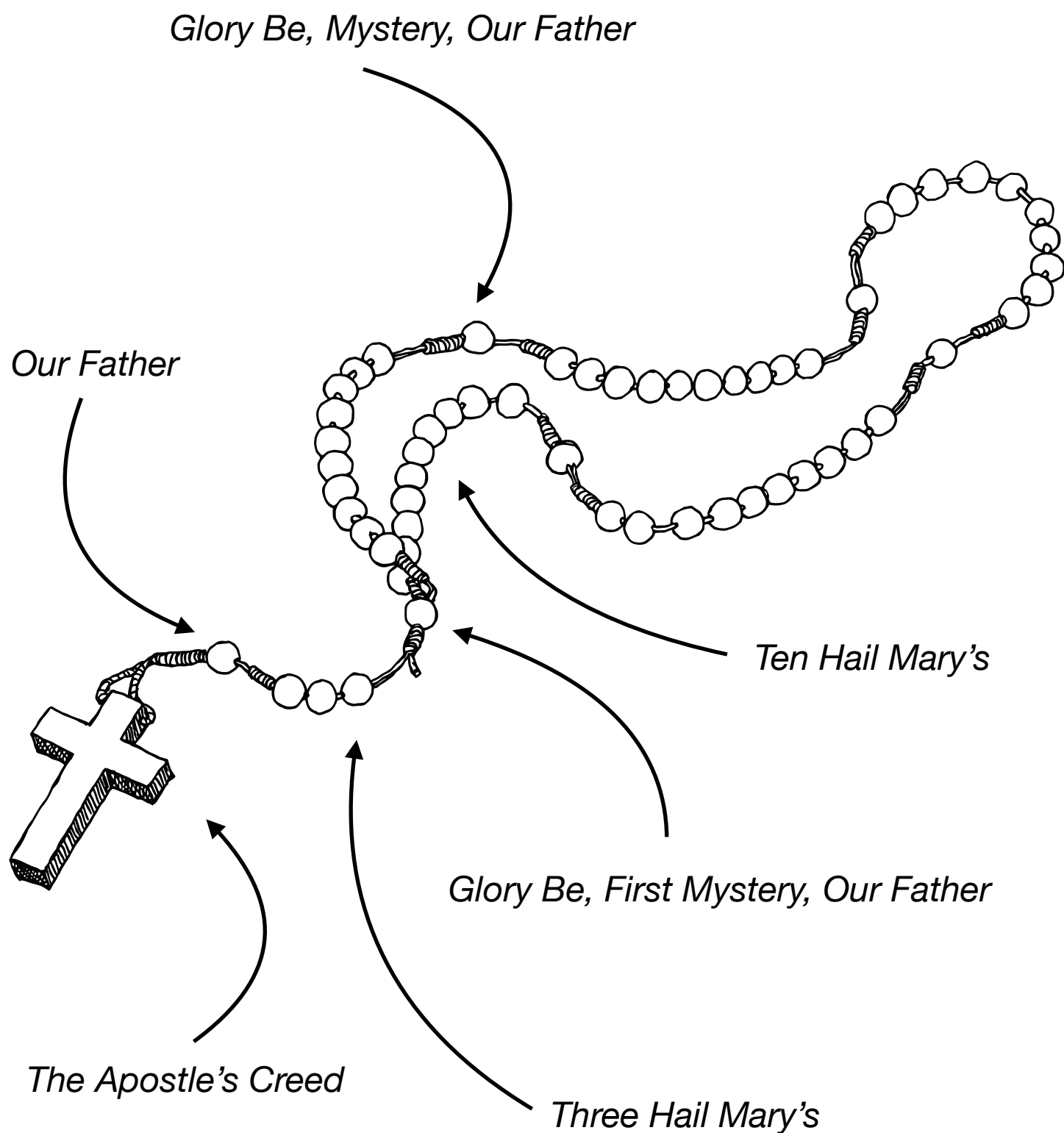
- 7. Pray the Our Father**
- 8. Pray a Hail Mary** on each bead of the decade (groups of 10 beads)
- 9. Pray the Glory Be**
- 10. Announce and read the Mystery**

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



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
East 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, but instead 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 rather than just sticking with one set.

The Joyful Mysteries

The First Mystery:

The Annunciation of Our Lord

Luke 1.31–32

‘And now, you will conceive in your womb and bear a son, and you will name him 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 ancestor David.’

The Second Mystery:

The Visitation

Luke 1.42–45

Elizabeth exclaimed with a loud cry, ‘Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.’

The Third Mystery:

The Nativity of Jesus

Luke 2.6–7

While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, 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

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.’ He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. Then he said to them, ‘I am deeply grieved, even to death; remain here, and stay awake with me.’ And going a little farther, he threw himself on the ground and prayed, ‘My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.’

The Second Mystery:

The Scourging at the Pillar

Matthew 27.25–26

Then the people as a whole answered, ‘His blood be on us and on our children!’ So Pilate released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

The Third Mystery:

The Crowning with Thorns

Matthew 27.28–29

The soldiers stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, ‘Hail, King of the Jews!’

The Fourth Mystery:

The Carrying of the Cross

John 19.16–18

Then Pilate handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them.

The Fifth Mystery:

The Crucifixion and Death

Luke 23.44–46

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' 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; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay.’

The Second Mystery:

The Ascension into Heaven

Luke 24.50–51

Then Jesus led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven.

The Third Mystery:

The Descent of the Holy Spirit

Acts 2.3–4

Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

The Fourth Mystery:

The Assumption of Mary

Judith 13.18

Then Uzziah said to her, ‘O daughter, you are blessed by the Most High God above all other women on earth; and blessed be the Lord God, who created the heavens and the earth, who has guided you to cut off the head of the leader of our enemies.

The Fifth Mystery:

The Coronation of Mary

Revelation 12.1

A great portent 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 John at the Jordan, 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 it is proper for us in this way to fulfil all righteousness.’ Then he consented. And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, ‘This is my Son, the Beloved, 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 in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, ‘They have no wine.’ And Jesus said to her, ‘Woman, what concern is that to you and to me? My hour has not yet come.’ His mother said to the servants, ‘Do whatever he tells you.’ Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, ‘Fill the jars with water.’ And they filled them up to the brim. He said to them, ‘Now draw some out, and take it to the chief steward.’ So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, ‘Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.’ Jesus did this, the first of his signs, in Cana of Galilee, and revealed 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 to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

The Fourth Mystery:

The Transfiguration of Our Lord

Luke 9.28–36

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

The Fifth Mystery:

The Institution of the Eucharist

Matthew 26.26–30

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from 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 never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.' When they had sung the hymn, they went out to the Mount of Olives.

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.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy;
our life, our sweetness and our hope.

To you do we cry,
poor banished children of Eve.

To you do we send up our sighs,
mourning and weeping
in this valley of tears.

Turn then, O most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show unto us the blessed fruit of your
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.

Prayer After The Rosary

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.