

# The Complete Guide to Praying the Rosary

Use this guide to pray either the standard rosary or the Scriptural Rosary. To pray the standard rosary, simply omit the scripture verse before each Hail Mary.

All prayers needed are listed below this overview of the sequence of praying the rosary.

## Sequence for praying the rosary:

1. Decide which mysteries will be prayed. When praying the rosary in the traditional way, there are 3 sets of 5 mysteries. These sets are named Joyful, Sorrowful, and Glorious mysteries. When praying the rosary in the way approved by Pope John Paul II, there is a fourth set of 5 known as the Luminous mysteries. In private or public recitation of the rosary, any of the sets may be chosen. The table below suggests a method of selecting the mysteries according to the day of the week and the liturgical season.

What mysteries to say when:

Day	Su	M	T	W	Th	F	Sa
Trad	{A-L}J {L}S {E-A}G	J	S	G	J	S	G
Lum	G	J	S	G	L	S	J

{A-L}=Advent-Lent; {E-A}=Easter-Advent; {L}=During Lent; J=Joyful, S=Sorrowful, G=Glorious, L=Luminous

2. Announce intentions (for what shall we pray?), include intentions of the Holy Father;
3. **Sign of the Cross;**
4. **Apostle's Creed;**
5. **Our Father;**
6. 'For an increase of faith, hope, and charity;'
7. **Hail Mary** (3 times);
8. **Glory Be to the Father;**

## 9. **Fatima Prayer;**

10. For each of all 5 decades from the selected mysteries (from step 1):

- (a) announce the mystery;
- (b) **Our Father;**
- (c) (optional: scriptural verse followed by) **Hail Mary** (repeat this step 10 times);
- (d) **Glory be to the Father;**
- (e) **Fatima Prayer;**

## 11. **Concluding Prayers.**

Prayers to be used. When prayed as a group with a leader, the leader recites the part of the prayer up to the \*, then the rest of the group prays the remaining part of the prayer.

### **Sign of the Cross**

In the Name of the Father, ✠ and of the Son, and of the Holy Spirit. \* Amen.

### **Apostle's 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; the third day he rose again from the dead; he ascended into heaven, sits at the right hand of God, the Father almighty; from there he shall 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.

### **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 FIVE JOYFUL MYSTERIES

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### Hail Mary

Hail, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of your 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

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.

### Fatima Prayer

Oh 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.

### Concluding Prayers

Hail, Holy Queen, \* Mother of Mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us; and after this our exile, show to 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.

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 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.

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

### The First Joyful Mystery: The Annunciation

#### Our Father

The angel Gabriel was sent by God to a virgin; / and the virgin's name was Mary. (Lk 1:26–27) **Hail Mary**

‘Rejoice, so highly favored! / The Lord is with you.’ (Lk 1:28) **Hail Mary**

She was deeply disturbed by these words / and asked herself what this greeting could mean. (Lk 1:29) **Hail Mary**

But the angel said to her, ‘Mary, do not be afraid; / you have won God’s favor.’ (Lk 1:30) **Hail Mary**

‘Listen! You are to conceive and bear a son, / and you must name him Jesus.’ (Lk 1:31) **Hail Mary**

‘He will be great and will be called Son of the Most High; / and his reign will have no end.’ (Lk 1:32–33) **Hail Mary**

Mary said to the angel, ‘But how can this come about, / since I am a virgin?’ (Lk 1:34) **Hail Mary**

‘The Holy Spirit will come upon you / and the power of the Most High will cover you with its shadow.’ (Lk 1:35) **Hail Mary**

‘And so the child will be holy / and will be called Son of God.’ (Lk 1:35) **Hail Mary**

‘I am the handmaid of the Lord,’ said Mary / ‘let what you have said be done to me.’ (Lk 1:38) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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### The Second Joyful Mystery: The Visitation

#### Our Father

Mary set out at that time and went to the hill country. / And she went into Zechariah’s house and greeted Elizabeth. (Lk 1:39–40)

**Hail Mary**

Now as soon as Elizabeth heard Mary's greeting, the child leaped in her womb / and Elizabeth was filled with the Holy Spirit. (Lk 1:41) **Hail Mary**

She gave a loud cry and said, 'Of all women you are the most blessed, / and blessed is the fruit of your womb.' (Lk 1:42) **Hail Mary**

'Yes, blessed is she who believed / that the promise made her by the Lord would be fulfilled.' (Lk 1:45) **Hail Mary**

And Mary said: 'My soul proclaims the greatness of the Lord and my spirit exults in God my savior; / because he has looked upon his lowly handmaid.' (Lk 1:46–48) **Hail Mary**

**Hail Mary**

'Yes, from this day forward all generations will call me blessed, / for the Almighty has done great things for me.' (Lk 1:48–49) **Hail Mary**

**Hail Mary**

'Holy is his name, / and his mercy reaches from age to age for those who fear him.' (Lk 1:49–50) **Hail Mary**

'He has shown the power of his arm, / he has routed the proud of heart.' (Lk 1:51) **Hail Mary**

**Hail Mary**

'He has pulled down princes from their thrones / and exalted the lowly.' (Lk 1:52) **Hail Mary**

**Hail Mary**

'The hungry he has filled with good things, / the rich sent empty away.' (Lk 1:53) **Hail Mary**

**Hail Mary**

**Glory be to the Father... O my Jesus...**

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### **The Third Joyful Mystery: The Nativity**

#### **Our Father**

Now while Mary and Joseph were in Bethlehem / the time came for her to have her child. (Lk 2:6) **Hail Mary**

And she gave birth to a son, her firstborn, / and she wrapped him in swaddling clothes. (Lk 2:7) **Hail Mary**

And she laid him in a manger / because there was no room for them at the inn. (Lk 2:7) **Hail Mary**

In the countryside close by there were shepherds / and the angel of the Lord appeared to them. (Lk 2:8–9) **Hail Mary**

'Do not be afraid. Listen, I bring you news of great joy, / a joy to be shared by the whole people.' (Lk 2:10) **Hail Mary**

'Today in the town of David a savior has been born to you; / he is Christ the Lord.' (Lk 2:11) **Hail Mary**

'Glory to God in the highest heaven, / and peace to men who enjoy his favor.' (Lk 2:14) **Hail Mary**

And some wise men came from the east, / and going in they saw the child with his mother Mary. (Mt 2:1, 11) **Hail Mary**

And falling to their knees they did him homage. / Then they offered him gifts of gold and frankincense and myrrh. (Mt 2:11) **Hail Mary**

**Hail Mary**

And Mary kept in mind all these things / and pondered them in her heart. (Lk 2:19) **Hail Mary**

**Hail Mary**

**Glory be to the Father... O my Jesus...**

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### **The Fourth Joyful Mystery: The Presentation**

#### **Our Father**

Observing the Law of Moses, they took Jesus up to Jerusalem / to present him to the Lord. (Lk 2:22) **Hail Mary**

Now in Jerusalem there was a man named Simeon. / He was an upright and devout man. (Lk 2:25) **Hail Mary**

It had been revealed to him by the Holy Spirit that he would not see death / until he had set eyes on the Christ of the Lord. (Lk 2:26) **Hail Mary**

And when the parents brought in the child Jesus, he took him into his arms / and blessed God. (Lk 2:27–28) **Hail Mary**

‘Now, Master, you can let your servant go in peace, / just as you promised.’ (Lk 2:29)

**Hail Mary**

‘Because my eyes have seen the salvation / which you have prepared for all the nations to see.’ (Lk 2:30–31) **Hail Mary**

‘A light to enlighten the pagans / and the glory of your people Israel.’ (Lk 2:32)

**Hail Mary**

And he said to Mary his mother, ‘You see this child: he is destined for the fall and for the rising of many in Israel, / destined to be a sign that is rejected.’ (Lk 2:34) **Hail Mary**

‘And a sword will pierce your own soul too— / so that the secret thoughts of many may be laid bare.’ (Lk 2:35) **Hail Mary**

And they went back to Nazareth, and the child grew to maturity, and he was filled with wisdom; / and God’s favor was with him. (Lk 2:39–40) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fifth Joyful Mystery: The Finding of Jesus in the Temple**

**Our Father**

When Jesus was twelve years old, they went up to Jerusalem / for the feast of the Passover. (Lk 2:41–42) **Hail Mary**

When they were on their way home, the boy Jesus stayed behind in Jerusalem / without his parents knowing it. (Lk 2:43) **Hail Mary**

They went back to Jerusalem looking for him everywhere. / Three days later, they found him in the Temple. (Lk 2:45–46)

**Hail Mary**

He was sitting among the doctors, / listening to them, and asking them questions. (Lk 2:46) **Hail Mary**

And all those who heard him were astounded / at his intelligence and his replies. (Lk 2:47) **Hail Mary**

‘My child, why have you done this to us? / See how worried your father and I have been, looking for you.’ (Lk 2:48) **Hail Mary**

‘Why were you looking for me? / Did you not know that I must be busy with my Father’s affairs?’ (Lk 2:49) **Hail Mary**

But they did not understand / what he meant. (Lk 2:50) **Hail Mary**

He then went down with them and came to Nazareth / and lived under their authority. (Lk 2:51) **Hail Mary**

And Jesus increased in wisdom, in stature, and in favor / with God and men. (Lk 2:52)

**Hail Mary**

**Glory be to the Father... O my Jesus...**

**Concluding Prayers**

**THE FIVE SORROWFUL MYSTERIES**

**The First Sorrowful Mystery: The Agony in the Garden**

**Our Father**

Jesus came with them to Gethsemane. / And sadness came over him, and great distress. (Mt 26:36–37) **Hail Mary**

Then he said, ‘My soul is sorrowful to the point of death. / Wait here and keep awake with me.’ (Mt 26:38) **Hail Mary**

Then he withdrew from them, / and knelt down and prayed. (Lk 22:41) **Hail Mary**

‘Father, if you are willing, take this cup away from me. / Nevertheless, let your will be done, not mine.’ (Lk 22:42) **Hail Mary**

Then an angel appeared to him, / coming from heaven to give him strength. (Lk 22:43) **Hail Mary**

In his anguish / he prayed even more earnestly. (Lk 22:44) **Hail Mary**

And his sweat fell to the ground / like great drops of blood. (Lk 22:44) **Hail Mary**

Then he came back to his disciples and found them sleeping, / and he said, ‘So you had not the strength to keep awake with me one hour?’ (Mt 26:40) **Hail Mary**

‘You should be awake, / and praying no to be put to the test.’ (Mt 26:41) **Hail Mary**

‘The spirit is willing, / but the flesh is weak.’ (Mt 26:41) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Second Sorrowful Mystery: The Scourging at the Pillar**

**Our Father**

They had Jesus bound and handed him over to Pilate. / Pilate questioned him, ‘Are you the king of the Jews?’ (Mk 15:1–2)

**Hail Mary**

Jesus replied, ‘Mine is not a kingdom of this world; / but yes, I am a king.’ (Jn 18:36–37)

**Hail Mary**

‘I came into the world for this: to bear witness to the truth; / and all who are on the side of truth listen to my voice.’ (Jn 18:37)

**Hail Mary**

‘Truth?’ said Pilate, ‘What is that?’; / and with that he went out again to the Jews and said, ‘I find no case against him.’ (Jn 18:38)

**Hail Mary**

‘So I shall have him flogged and then let him go.’ / Pilate then had Jesus taken away and scourged. (Lk 23:16, Jn 19:1)

**Hail Mary**

Despised and rejected by men, / a man of sorrows. (Is 53:3) **Hail Mary**

Harshly dealt with, he bore it humbly, / like a lamb that is led to the slaughterhouse. (Is 53:7) **Hail Mary**

Yet he was pierced through for our faults, / crushed for our sins. (Is 53:5) **Hail Mary**

Ours were the sufferings he bore, / ours the sorrows he carried. (Is 53:4) **Hail Mary**

On him lies a punishment that brings us peace, / and through his wounds we are healed. (Is 53:5) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Third Sorrowful Mystery: The Crowning with Thorns**

**Our Father**

The soldiers led him away to the Praetorium. / Then they stripped him and dressed him up in purple. (Mk 15:16–17, Mt 27:28) **Hail Mary**

And having twisted some thorns into a crown they put this on his head / and placed a reed in his right hand. (Mt 27:29)

**Hail Mary**

To make fun of him they knelt to him / saying, ‘Hail, king of the Jews!’ (Mt 27:29)

**Hail Mary**

And they spat on him / and took the reed and struck him on the head. (Mt 27:30)

**Hail Mary**

Then Pilate took some water, washed his hands in front of the crowd / and said, ‘I am innocent of this man’s blood. It is your concern.’ (Mt 27:24) **Hail Mary**

Jesus then came out / wearing the crown of thorns and the purple robe. (Jn 19:5)

**Hail Mary**

‘Here is your king,’ said Pilate. / ‘Take him away!’ they said, ‘Crucify him!’ (Jn 19:15)

**Hail Mary**

‘Why, what harm has he done?’ / But they shouted all the louder, ‘Crucify him!’ (Mk 15:14) **Hail Mary**

‘Do you want me to crucify your king?’ / The chief priests answered, ‘We have no king except Caesar.’ (Jn 19:15) **Hail Mary**

So Pilate, anxious to placate the crowd, / handed him over to be crucified. (Mk 15:15)

**Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fourth Sorrowful Mystery: The Carrying of the Cross**

**Our Father**

‘If anyone wants to be a follower of mine, / let him renounce himself.’ (Lk 9:23)

**Hail Mary**

‘And take up his cross every day / and follow me.’ (Lk 9:23) **Hail Mary**

And carrying his own cross / they led him out to crucify him. (Jn 19:16; Mk 15:21)

**Hail Mary**

And they seized on a man, Simon from Cyrene, / and made him shoulder the cross and carry it behind Jesus. (Lk 23:26)

**Hail Mary**

‘Shoulder my yoke / and learn from me.’ (Mt 11:29) **Hail Mary**

‘For I am gentle / and humble in heart.’ (Mt 11:29) **Hail Mary**

‘And you will find rest for your souls. / Yes, my yoke is easy and my burden light.’ (Mt 11:29–30) **Hail Mary**

Large numbers of people followed him, / and of women too, who mourned and lamented for him. (Lk 23:27) **Hail Mary**

But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me; / weep rather for yourselves and for your children.’ (Lk 23:28) **Hail Mary**

‘For if men use the green wood like this, / what will happen when it is dry?’ (Lk 23:31)

**Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fifth Sorrowful Mystery: The Crucifixion**

**Our Father**

When they reached the place called The Skull, / they crucified him. (Lk 23:33)

**Hail Mary**

Jesus said, ‘Father, forgive them; / they do not know what they are doing.’ (Lk 23:34)

**Hail Mary**

One of the criminals crucified with him said, ‘Jesus, remember me / when you come into your kingdom.’ (Lk 23:39, 42; Mk 15:32)

**Hail Mary**

‘Indeed, I promise you,’ he replied / ‘today you will be with me in paradise.’ (Lk 23:43)

**Hail Mary**

Near the cross of Jesus stood his mother / and the disciple he loved. (Jn 19:25–26)

**Hail Mary**

Jesus said to his mother, ‘Woman, this is your son.’ / Then to the disciple he said, ‘This is your mother.’ (Jn 19:26–27)

**Hail Mary**

And from that moment / the disciple made a place for her in his home. (Jn 19:27)

**Hail Mary**

And a darkness came over the whole land, and the earth quaked; / and the veil of the Temple was torn in two. (Lk 23:44; Mt 27:51) **Hail Mary**

And Jesus cried out in a loud voice, / ‘Father, into your hands I commit my spirit.’ (Lk 23:46) **Hail Mary**

And bowing his head / he breathed his last. (Jn 19:30, Lk 23:46) **Hail Mary**

**Glory be to the Father... O my Jesus...**

**Concluding Prayers**

**THE FIVE GLORIOUS MYSTERIES**

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**The First Glorious Mystery: The Resurrection**

**Our Father**

‘I tell you most solemnly, you will be sorrowful, / but your sorrow will turn to joy.’ (Jn 16:20) **Hail Mary**

‘For I shall see you again, and your hearts will be full of joy, / and that joy no one shall take from you.’ (Jn 16:22) **Hail Mary**

At the first sign of dawn, they went to the tomb / with the spices they had prepared. (Lk 24:1) **Hail Mary**

And all at once the angel of the Lord, descending from heaven, / came and rolled away the stone and sat on it. (Mt 28:2)

**Hail Mary**

‘I know you are looking for Jesus, who was crucified. / He is not here.’ (Mt 28:5–6)

**Hail Mary**

‘He has risen from the dead. / Come and see the place where he lay.’ (Lk 24:6; Mt 28:6–7) **Hail Mary**

‘And now he is going before you to Galilee; / it is there you will see him.’ (Mt 28:7) **Hail Mary**

And the women came out from the tomb / filled with awe and great joy. (Mk 16:8; Mt 28:8) **Hail Mary**

‘I am the resurrection and the life. / If anyone believes in me, even though he dies he will live.’ (Jn 11:25) **Hail Mary**

‘And whoever lives and believes in me / will never die.’ (Jn 11:26) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Second Glorious Mystery: The Ascension**

**Our Father**

Jesus took them out as far as the outskirts of Bethany, / and lifting up his hands he blessed them. (Lk 24:50) **Hail Mary**

He said, ‘All authority in heaven and on earth / has been given to me.’ (Mt 28:18)

**Hail Mary**

‘Go, therefore / make disciples of all the nations.’ (Mt 28:19) **Hail Mary**

‘Baptize them / in the name of the Father and of the Son and of the Holy Spirit.’ (Mt 28:19) **Hail Mary**

‘And teach them to observe / all the commands I gave you.’ (Mt 28:20) **Hail Mary**

‘He who believes and is baptized / will be saved.’ (Mk 16:16) **Hail Mary**

‘He who does not believe will be condemned.’ (Mk 16:16) **Hail Mary**

‘And know that I am with you always; / yes, to the end of time. (Mt 28:20) **Hail Mary**

As he said this he was lifted up, / and a cloud took him from their sight. (Acts 1:9)

**Hail Mary**

And so the Lord Jesus was taken up into heaven; / there at the right hand of God he took his place. (Mk 16:19) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Third Glorious Mystery: The Descent of the Holy Spirit**

**Our Father**

When Pentecost day came around, / they had all met in one room. (Acts 2:1) **Hail Mary**

Suddenly they heard what sounded like a powerful wind from heaven, / the noise of which filled the entire house. (Acts 2:2)

**Hail Mary**

And something appeared to them that seemed like tongues of fire; / these separated and came to rest on the head of each of them. (Acts 2:3) **Hail Mary**

They were all filled with the Holy Spirit, / and began to speak about the marvels of God. (Acts 2:4, 11) **Hail Mary**

Now there were devout men living in Jerusalem / from every nation under heaven. (Acts 2:5) **Hail Mary**

And Peter stood up with the Eleven / and addressed them in a loud voice. (Acts 2:14)

**Hail Mary**

‘Repent and be baptized, / and you will receive the gift of the Holy Spirit.’ (Acts 2:38) **Hail Mary**

And they accepted what he said and were baptized. / That very day about three thousand were added to their number. (Acts 2:41) **Hail Mary**

Send forth your Spirit, and they shall be created; / and you shall renew the face of the earth. (Pentecost Alleluia) **Hail Mary**

Come, Holy Spirit, fill the hearts of your faithful; / and kindle in them the fire of your love. (Pentecost Alleluia) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fourth Glorious Mystery: The Assumption of Mary Into Heaven**

**Our Father**

‘Come then, my love, / my lovely one, come. (Sgs 2:10) **Hail Mary**

‘For see, winter is past, / the rains are over and gone.’ (Sgs 2:11) **Hail Mary**

‘Show me your face, let me hear your voice; / for your voice is sweet and your face is beautiful.’ (Sgs 2:14) **Hail Mary**

And the sanctuary of God in heaven opened. / Then came flashes of lightning and peals of thunder, (Rv 11:19) **Hail Mary**

Now a great sign appeared in heaven; / a woman, adorned with the sun. (Rv 12:1)

**Hail Mary**

She was standing on the moon, / with the twelve stars on her head for a crown. (Rv 12:1) **Hail Mary**

With jewels set in gold, and dressed in brocades, / the king’s daughter is led in to the king. (Ps 45:13–14) **Hail Mary**

May you be blessed, my daughter, by God Most High, / beyond all women on earth. (Judith 13:18) **Hail Mary**

The trust you have shown shall not pass from the memories of men, / but shall ever remind them of the power of God. (Judith 13:19) **Hail Mary**

You are the glory of Jerusalem! You are the great pride of Israel! / You are the highest honor of our people! (Judith 15:9)

**Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fifth Glorious Mystery: The Coronation of Mary as Queen of Heaven**

**Our Father**

Who is this arising like the dawn, / fair as the moon, resplendent as the sun? (Sgs 6:10)

**Hail Mary**

Like the rainbow gleaming against brilliant clouds, / like blossoms in the days of spring. (Sir 50:7–8) **Hail Mary**

‘I am the rose of Sharon, / I am the lily of the valleys.’ (Sgs 2:1) **Hail Mary**

‘My throne is in a pillar of cloud, / and for eternity I shall remain.’ (Sir 24:4,9)

**Hail Mary**

‘Approach me, you who desire me, / and take your fill of my fruits.’ (Sir 24:19)

**Hail Mary**

‘I am like a vine putting out graceful shoots, / my blossoms are sweeter than honey.’ (Sir 24:17,20) **Hail Mary**

‘And now, my children, listen to me; / listen to instruction and learn to be wise.’ (Prov 8:32–33) **Hail Mary**

‘Happy are those who keep my ways, / who day after day watch at my gates.’ (Prov 8:32,34) **Hail Mary**

‘For those who find me find life, / and win favor from the Lord.’ (Prov 8:35)

### **Hail Mary**

Hail, Queen of mercy, protect us from the enemy, / and receive us at the hour of death. (Queenship of the B.V.M., Gradual)

### **Hail Mary**

**Glory be to the Father... O my Jesus...**

### **Concluding Prayers**

## **THE FIVE LUMINOUS MYSTERIES**

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### **The First Luminous Mystery: The Baptism in the Jordan**

#### **Our Father**

“I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I.” (Mt 3:11) **Hail Mary**

“I am not worthy to loosen the thongs of his sandals.” (Lk 3:16) **Hail Mary**

“He will baptize you with the Holy Spirit and fire.” (Mt 3:11) **Hail Mary**

“His winnowing fan is in his hand to clear his threshing floor and to gather the wheat into his barn, but the chaff he will burn with unquenchable fire.” (Lk 3:17) **Hail Mary**

Then Jesus came from Galilee to John at the Jordan to be baptized by him. (Mt 3:13)

#### **Hail Mary**

John tried to prevent him, saying, ‘I need to be baptized by you, and yet you are coming to me?’ (Mt 3:14) **Hail Mary**

Jesus said to him in reply, ‘Allow it now, for thus it is fitting for us to fulfill all righteousness.’ (Mt 3:15) **Hail Mary**

After Jesus was baptized, he came up from the water and behold, the heavens opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. (Mt 3:16) **Hail Mary**

And a voice came from the heavens, saying, ‘This is my beloved Son, with whom I am

well pleased.’ (Mt 3:17) **Hail Mary**

‘Now I have seen and testified that he is the Son of God.’ (Jn 1:34) **Hail Mary**

**Glory be to the Father... O my Jesus...**

### **The Second Luminous Mystery: The Self-Manifestation at the Wedding of Cana**

#### **Our Father**

On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. (Jn 2:1–2)

#### **Hail Mary**

When the wine ran short, the mother of Jesus said to him, ‘They have no wine.’ (Jn 2:3) **Hail Mary**

[And] Jesus said to her, ‘Woman, how does your concern affect me? My hour has not yet come.’ (Jn 2:4) **Hail Mary**

His mother said to the servers, ‘Do whatever he tells you.’ (Jn 2:5) **Hail Mary**

Now there were six stone jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. (Jn 2:6) **Hail Mary**

Jesus told them, ‘Fill the jars with water.’ So they filled them to the brim. (Jn 2:7)

#### **Hail Mary**

Then he told them, ‘Draw some out now and take it to the headwaiter.’ So they took it. (Jn 2:8) **Hail Mary**

And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom... (Jn 2:9)

#### **Hail Mary**

...and said to him, ‘Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now.’ (Jn 2:10) **Hail Mary**

Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him. (Jn 2:11) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Third Luminous Mystery: The Proclamation of the Kingdom  
Our Father**

He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it is written: ‘The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor.’ (Lk 4:16–18) **Hail Mary**

‘He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.’ (Lk 4:18–19) **Hail Mary**

‘This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.’ (Mk 1:15) **Hail Mary**

‘Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and the Spirit. What is born of flesh is flesh and what is born of spirit is spirit.’ (Jn 3:5–6) **Hail Mary**

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. (Jn 3:16) **Hail Mary**

Whoever believes in the Son has eternal life, but whoever disobeys the Son will not see life, but the wrath of God remains upon him. (Jn 3:36) **Hail Mary**

Now someone approached him and said, ‘Teacher, what good must I do to gain eternal life?’

He answered him, ‘Why do you ask me about the good? There is only One who is good. If you wish to enter into life, keep the

commandments.’ (Mt 19:16-17) **Hail Mary**  
‘And everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life.’ (Mt 19:29) **Hail Mary**

Jesus said to him, ‘What is written in the law? How do you read it?’ He said in reply, ‘You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.’ He replied to him, ‘You have answered correctly; do this and you will live.’ (Lk 10:25) **Hail Mary**

“When the Son of Man comes in his glory, and all his angels with him, he will sit upon his glorious throne. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world.’” (Mt 25:31, 33–34) **Hail Mary**

**Glory be to the Father... O my Jesus...**

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**The Fourth Luminous Mystery: The Transfiguration  
Our Father**

After six days Jesus took Peter, James, and John and led them up a high mountain apart by themselves. (Mk 9:2) **Hail Mary**

And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. (Mk 9:2–3) **Hail Mary**

Then Elijah appeared to them along with Moses, and they were conversing with Jesus. (Mk 9:4) **Hail Mary**

Then Peter said to Jesus in reply, ‘Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah.’ (Mk 9:5) **Hail Mary**

While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. (Lk 9:34) **Hail Mary**

Then from the cloud came a voice that said, ‘This is my beloved Son, with whom I am well pleased; listen to him.’ (Mt 17:5)

**Hail Mary**

When the disciples heard this, they fell prostrate and were very much afraid. (Mt 17:6) **Hail Mary**

But Jesus came and touched them, saying, ‘Rise, and do not be afraid.’ (Mt 17:7)

**Hail Mary**

And when the disciples raised their eyes, they saw no one else but Jesus alone. (Mt 17:8) **Hail Mary**

As they were coming down from the mountain, Jesus charged them, ‘Do not tell the vision to anyone until the Son of Man has been raised from the dead.’ (Mt 17:9)

**Hail Mary**

**Glory Be to the Father... O my Jesus...**

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**The Fifth Luminous Mystery: The Institution of the Eucharist**

**Our Father**

Jesus said to them, ‘Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.’ (Jn 6:32–33)

**Hail Mary**

So they said to him, ‘Sir, give us this bread always.’ Jesus said to them, ‘I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.’ (Jn 6:34–35) **Hail Mary**

‘Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the

desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die.’ (Jn 6:47–50) **Hail Mary**

‘I am the living bread that came down from heaven; whoever eats this bread will live forever and the bread that I will give is my flesh for the life of the world.’ (Jn 6:51)

**Hail Mary**

The Jews quarreled among themselves, saying, ‘How can this man give us [his] flesh to eat?’ (Jn 6:52) **Hail Mary**

Jesus said to them, ‘Amen, amen I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.’ (Jn 6:53) **Hail Mary**

‘Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink.’ (Jn 6:54–55)

**Hail Mary**

‘Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.’

(Jn 6:56–57) **Hail Mary**

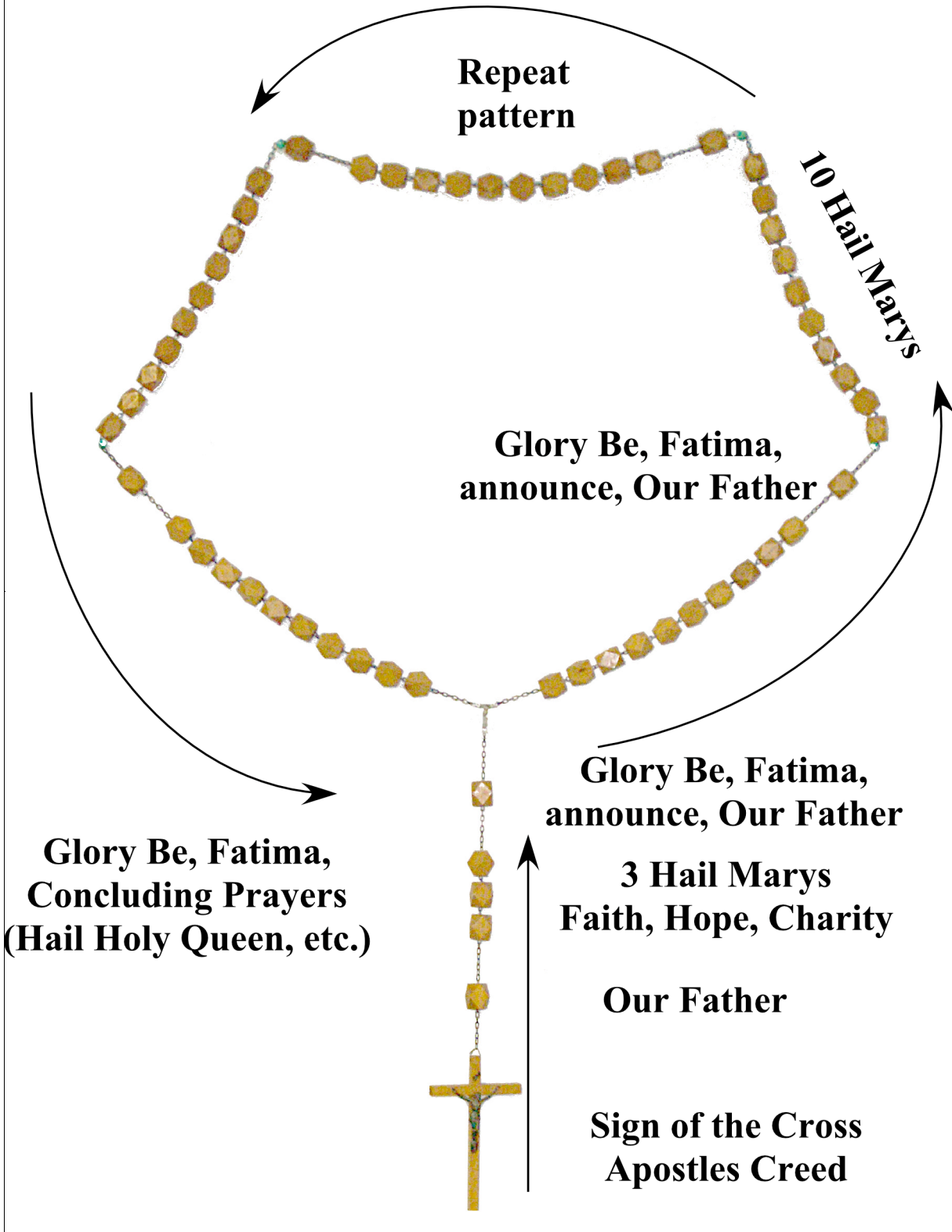
‘This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.’ (Jn 6:58) **Hail Mary**

Then many of his disciples who were listening said, ‘This saying is hard; who can accept it?’ As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, ‘Do you also want to leave?’ Simon Peter answered him, ‘Master, to whom shall we go? You have the words to eternal life.’ (Jn 6:60, 66–68) **Hail Mary**

**Glory Be to the Father... O my Jesus...**

**Concluding Prayers**

# Praying the Rosary with Rosary Beads



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