

How to use the Rosary step by step

Explanation to why we use the Rosary:-

The **Rosary beads** are one of the most familiar and recognized symbols of Catholicism. According to Catholic tradition, the rosary was instituted by the Blessed Virgin Mary herself.

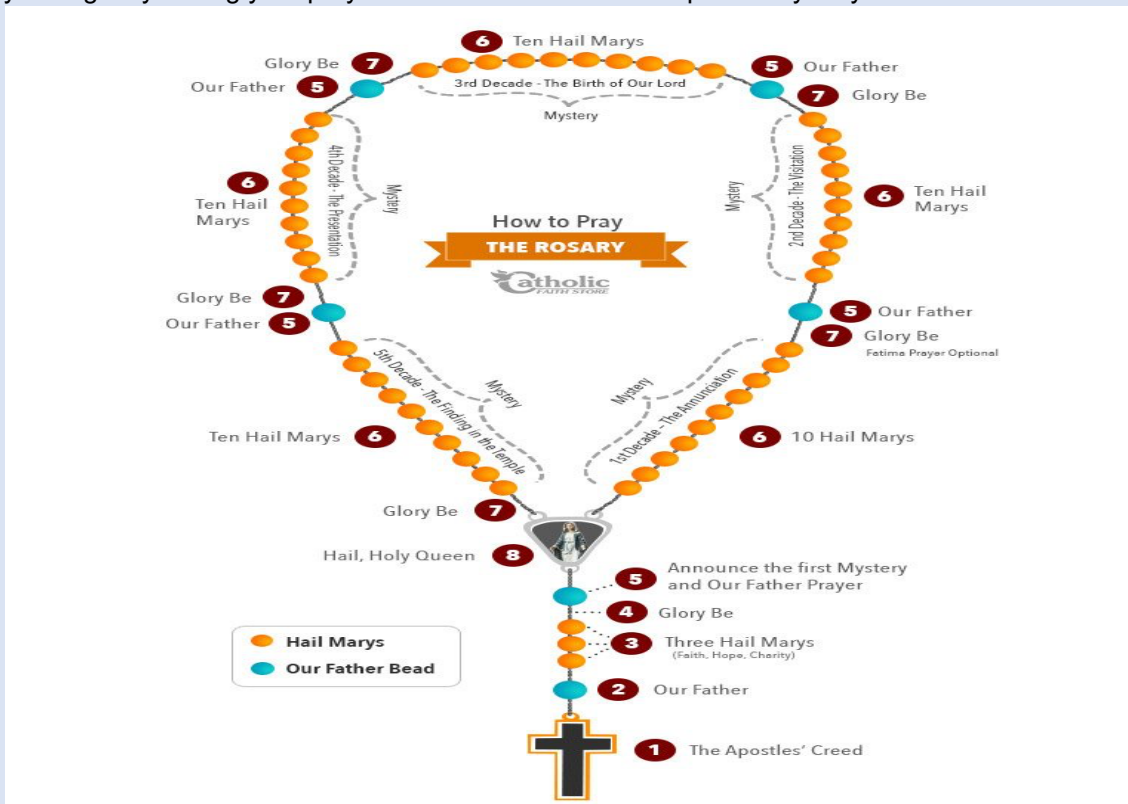
The main function of the rosary beads is to count prayers. The purpose of the Rosary is to help keep in memory certain principal events or mysteries in history. There are twenty mysteries reflected upon in the Rosary, and these are divided into five main mysteries which correspond to the five decades of the rosary. A decade is 10 beads

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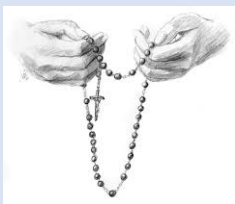
To share how we use the Rosary, we will follow The Joyful Mystery Set which includes the following:-

- The Annunciation
- The Visitation
- The Birth of Our Lord
- The Presentation
- The Finding in the Temple

you begin by stating your prayer intentions and state the specific Mystery set.



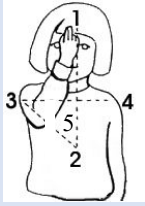
Step 1 - The starting point



Each one of us will hold the Rosary to what suites them. The main part is you follow the Rosary with your fingers as you say the prayers at certain points of the beads.

Make the Sign of The Cross with your right hand.

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1. In the name of the Father
2. and the Son
- 3 & 4 and the Holy Spirit
5. Amen

Hold the crucifix of the Rosary



Speak to our Lord through prayer with what are your prayer intentions:- Examples ask the Lord for what you need or for the needs of others. People may pray to help in finding a job, to heal the sick, for peace, for love or just to spend time in prayer and reflection.

Whilst holding the crucifix, pray the Apostles' Creed.

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; the third day He rose again from the dead; He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence 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.*

Step 2

The bead above the crucifix is called the Our Father bead.
Hold the bead and pray the Our Father 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.

Step 3

After the Our Father bead there are three beads, hold the first of these beads and say the Hail Mary prayer.



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 death.

Move up one more bead and say the second Hail Mary.
Move up one more bead and say a third Hail Mary.

Step 4



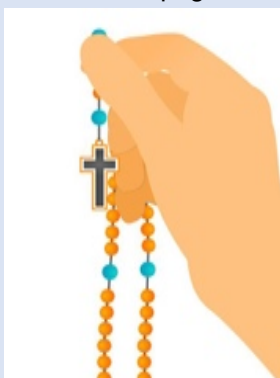
Hold the links after the Hail Mary bead and say the Glory Be prayer.

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.

Step 5

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Hold the Our Father bead and announce the first mystery. You may wish to follow the days as indicated on page ??????????



For Example: "The First Joyful Mysteries indicates
 1st - The Annunciation - (Luke 1:26-38)
 2nd - The Visitation - (Luke 1:39-56)
 3rd - The Birth of Our Lord - (Luke 2:1-21)
 4th - The Presentation - (Luke 2:22-38)
 5th - The Finding in the Temple - (Luke 2:41-52)

Followed by the pray "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.

Step 6



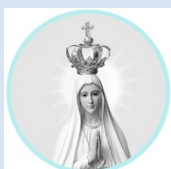
Move to the first decade of beads found to the right of the centrepiece. On each of the ten beads that follow, pray a Hail Mary while reflecting upon the mystery assigned to this decade (for the Joyful Mysteries, the first decade is a reflection on the Annunciation).

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 death.

Step 7

Hold the link after the Hail Mary bead and pray a 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.



Optional: **After each Mystery the "Fatima Prayer" may be said.**

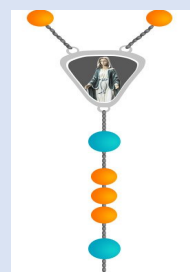
O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of thy mercy.

Step 8

For each of the remaining four decades you are going to repeat the steps for the Our Father, Hail Mary, Glory Be, and the Fatima prayers as you work your way to the end of the rosary.

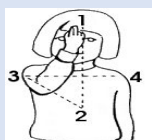
Step 9

Completing the 5th decade, hold the medal (or centrepiece) and pray the Hail, Holy Queen prayer.



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 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



Finish with the sign of the cross
In the Name of the Father, and of the Son and of the Holy Spirit. Amen

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The different Mysteries of the Rosary

The Joyful Mysteries. (The events in the birth of Christ)

Can be said on Monday, Saturday and Sundays of Advent

- 1st Mystery - The Annunciation - (Luke 1:26-38)
- 2nd Mystery - The Visitation - (Luke 1:39-56)
- 3rd Mystery - The Birth of Our Lord - (Luke 2:1-21)
- 4th Mystery - The Presentation - (Luke 2:22-38)
- 5th Mystery - The Finding in the Temple - (Luke 2:41-52)

The Sorrowful Mysteries. (The events surrounding Christ's Death)

Can be said on Tuesday, Friday and Sundays of Lent

- 1st Mystery - The Agony in the Garden - (Matt. 26:36-56)
- 2nd Mystery - The Scourging at the Pillar - (Matt. 27:26)
- 3rd Mystery - The Crowning with Thorns - (Matt. 27:27-31)
- 4th Mystery - The Carrying of the Cross - (Matt. 27:32)
- 5th Mystery - The Crucifixion - (Matt. 27:33-56)

The Glorious Mysteries. (The events surrounding Christ's resurrection)

Can be said on Wednesday and Sunday outside of Advent & Lent

- 1st Mystery - The Resurrection - (John 20:1-29)
- 2nd Mystery - The Ascension - (Luke 24:36-53)
- 3rd Mystery - The Descent of the Holy Ghost - (Acts 2:1-41)
- 4th Mystery - The Assumption of Our Lady
- 5th Mystery - The Coronation of Our Lady

The Luminous Mysteries. (The major events in the life of Christ)

Can be said on a Thursday

- 1st Mystery - The Baptism in the river Jordan - (Matt. 3:17)
- 2nd Mystery - The Wedding at Cana - (John 2:1-12)
- 3rd Mystery - The Proclamation of the Kingdom of God - (Mark 1:15)
- 4th Mystery - The Transfiguration - (Luke 9:29)
- 5th Mystery - The Institution of the Eucharist - (John 13:1)