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How to pray the rosary pdf

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earth and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered now the Pontius Pilate, was crucified, died, and was buried, He descended into hell; the third day He arose again from the dead; He ascended into Heaven, seated 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. Glory Be Glory be to the Father, the Son, and the Holy Spirit. As it was, in the beginning, is now and ever shall be, world without end. Amen. O My Jesus (The Fatima Prayer) O my Jesus, forgive us our sins. Save us from the fires of hell. Take all souls into heaven, especially, those most in need of thy mercy. Amen. Hail Mary Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst 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. Hail Holy Queen 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 unto 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. Let Us Pray (The Rosary Prayer) Let us Pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise, through Christ our Lord. Amen. Most Sacred Heart of Jesus, have mercy on us. Immaculate Heart of Mary, pray for us. How to Pray the Rosary: The Mysteries of the Rosary Here's a great print-friendly PDF Mysteries of the Rosary Guide. The Mysteries of the Rosary are specific scenes from the life of Mary and Jesus. We announce these scenes before we begin each decade, and then meditate on that scene as we pray through our Hail Mary's. There are 20 mysteries in total, and they are grouped into themes - The Glorious Mysteries, The Joyful Mysteries, the Sorrowful Mysteries, and the Luminous Mysteries. The Catholic tradition is to pray the Rosary Mysteries on certain days of the week, and at certain times of the year. Trying to memorize what mysteries are prayed on what day? Here's a quick tip to do that. The Glorious Mysteries The Five Glorious Mysteries are traditionally prayed on the Wednesdays and Sundays outside of Lent and Advent. The First Mystery: The Resurrection The Second Mystery: The Ascension The Third Mystery: The Descent of the Holy Spirit The Fourth Mystery: The Assumption The Fifth Mystery: The Coronation of Mary The Joyful Mysteries The Five Joyful Mysteries are traditionally prayed on the Mondays, Saturdays, and Sundays of Advent The First Mystery: The Annunciation The Second Mystery: The Visitation The Third Mystery: The Nativity The Fourth Mystery: The Presentation in the Temple The Fifth Mystery: The Finding of the Child Jesus in the Temple The Sorrowful Mysteries The Five Sorrowful Mysteries are traditionally prayed on the Tuesdays, Fridays, and Sundays of Lent. The First Mystery: The Agony in the Garden The Second Mystery: The Scourging at the Pillar The Third Mystery: The Crowning with Thorns The Fourth Mystery: The Carrying of the Cross The Fifth Mystery: The Crucifixion and Death The Luminous Mysteries The Five Luminous Mysteries, instituted by Pope John Paul II in 2002, are traditionally prayed on Thursdays. The First Mystery: The Baptism of Christ in the Jordan The Second Mystery: The Wedding Feast at Cana The Third Mystery: Proclamation of the Kingdom The Fourth Mystery: The Transfiguration The Fifth Mystery: The Institution of the Eucharist When you announce the Mystery, take a moment to reflect on the scene, and then begin the decade with the scene in mind. Corresponding scripture can also be read before during each mystery announcement to help picture the corresponding scene. A sample list of scripture for each Rosary can be found here. Meditation is the Key When Catholics recite the twelve prayers that form a decade of the rosary, they meditate on the mystery or scene associated with that decade. If they merely recite the prayers, whether vocally or silently, they're missing the essence of the rosary. Critics, not knowing about the meditation part, imagine the rosary must be boring, uselessly repetitious, and meaningless. The Rosary is not meant to be a 'vain repetition,' but when we simply recite the words of the Rosary, shutting off our mind, the prayer can become very hallow. It's meant to be so much more than a series of words! The Rosary is a prayer, and to that end, meant to bring us into deeper relationship with our Lord. "In the Rosary, we not only say prayers, we think them." - Venerable Fulton Sheen To enable the Rosary to be a prayer, we have to turn it into a meditative prayer. As we announce each mystery, the following Our Fathers and Hail Mary's are meant to invite us into reflecting on that mystery in a deeper way. Father Peyton explains in his book, The Family That Prays Together Stays Together, that the Rosary is more than a series of prayers to be recited. Rather, it is "a series of thoughts to be dwelt on, to be turned over in the mind, to be applied in daily life." This can be a concept understand, but it's the key to unleashing the power of the Rosary. When praying the Rosary, try to let the words flow past you, almost like a chant - allowing your mind to enter into prayer. Saint Josemaria Escriva, the founder of Opus Dei, explains this practice. "For a Christian, vocal prayer must spring from the heart, so that while the Rosary is said, the mind can enter into contemplation of each one of the mysteries." St. Josemaria Escriva, also provides another simple, but often overlooked suggestion. He encourages us to pronounce each Our Father and Hail Mary clearly and without rushing. In doing so, we will better express our love for Mary and Jesus. When praying the Rosary, it's easy to fall into the trap of mumbling and our rushing through the prayers. We were given these special prayers. Remembering that the Our Father was handed down to us from Jesus and that the Hail Mary is taken directly from Scripture should help us to understand the power and holiness of these words, and enter into a prayerful state. Bonus: How to Really Pray the Rosary, Video by Ascension Presents How to Pray the Rosary: Free Printable Rosary Guides: How to Pray the Rosary Guide - PDF File The Prayers of the Rosary - PDF File Mysteries of the Rosary Guide - PDF File The Rosary Card - Built For Convenience As you learn how to pray the Rosary, check out our Rosary Cards. They are designed for convenience (same size as a Credit Card) and make it much easier to pray the Rosary often. Please let me know how your journey with how to pray the Rosary is going, I'd love to hear from you. Send me a message an email at: brennan@everydayprayerco.com Need a Rosary to get started? Check out our Wallet Rosary Cards. It'll make sure you are never without the Rosary. We have both Men's Rosaries and Women's Rosaries. Get inspired by our daily Rosary quotes: InstagramCheck out our Catholic Street Apparel And don't forget about our free Rosary Guide Download. Keep Praying!

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