



The Most Holy Rosary

STANDARD ORDER OF PRAYERS & MEDITATIONS

The 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, 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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there 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 life everlasting. Amen.

The Fundamental Prayers

The Our Father (The Lord's 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. Amen.

The 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. Amen.

Three Beads for the Theological Virtues:

- *For an increase in Faith:* 1 Hail Mary...
- *For an increase in Hope:* 1 Hail Mary...
- *For an increase in Charity:* 1 Hail Mary...

The 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.

The Fatima Prayer: O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy.

Decade Sequence (Repeated 5 times per Mystery set)

1. Announce the Mystery and meditate on its virtue • 2. Pray **1 Our Father** • 3. Pray **10 Hail Marys** • 4. Pray **1 Glory Be** • 5. Pray **1 Fatima Prayer**.

1. The Annunciation *(Fruit: Humility)*

The Archangel Gabriel announces to Mary that she is to become the Mother of God, and she humbly gives her consent: "Behold the handmaid of the Lord."

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

2. The Visitation *(Fruit: Love of Neighbor)*

Mary visits her cousin Elizabeth who is pregnant with John the Baptist, and Elizabeth exclaims: "Blessed art thou among women."

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

3. The Nativity *(Fruit: Poverty of Spirit)*

Jesus Christ is born in a humble manger in Bethlehem, while choirs of angels sing glory to God in the highest.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

4. The Presentation *(Fruit: Obedience)*

Mary and Joseph present the infant Jesus in the Temple of Jerusalem in accordance with the Law of Moses, where Simeon praises God.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

5. The Finding in the Temple *(Fruit: Joy in Finding Jesus)*

After three agonizing days of searching, Mary and Joseph find the boy Jesus in the Temple sitting among the teachers, listening and asking questions.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

The Luminous Mysteries (Mysteries of Light)

Thursdays

1. The Baptism in the Jordan *(Fruit: Openness to the Holy Spirit)*

Jesus is baptized by John in the Jordan River; the Holy Spirit descends like a dove, and the Father proclaims: "This is my beloved Son."

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

2. The Wedding at Cana *(Fruit: To Jesus through Mary)*

At Mary's intercession, Jesus performs His first public sign by transforming water into wine at the wedding feast.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

3. The Proclamation of the Kingdom *(Fruit: Repentance and Trust)*

Jesus proclaims the Kingdom of God and calls all people to conversion, forgiving the sins of all who draw near to Him in faith.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

4. The Transfiguration *(Fruit: Desire for Holiness)*

Jesus is transfigured before Peter, James, and John on Mount Tabor; His face shines like the sun and His garments become dazzling white.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

5. The Institution of the Eucharist *(Fruit: Eucharistic Adoration)*

At the Last Supper, Jesus gives us His Body and Blood under the appearances of bread and wine, establishing the Holy Sacrifice of the Mass.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

The Sorrowful Mysteries

Tuesdays & Fridays

1. The Agony in the Garden *(Fruit: Sorrow for Sin)*

In the Garden of Gethsemane, Jesus suffers deep agony for our sins, sweating drops of blood as He prays: "Not My will, but Thine be done."

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

2. The Scourging at the Pillar *(Fruit: Purity / Mortification)*

By order of Pontius Pilate, Jesus is stripped and mercilessly scourged with whips at the pillar to expiate our sins of the flesh.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

3. The Crowning with Thorns *(Fruit: Moral Courage)*

Cruel soldiers place a crown of sharp thorns on the sacred head of our Lord and mockingly hail Him as King of the Jews.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

4. The Carrying of the Cross *(Fruit: Patience)*

Exhausted and beaten, Jesus willingly shoulders the heavy burden of the cross and walks the painful way to Mount Calvary.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

5. The Crucifixion and Death *(Fruit: Salvation / Forgiveness)*

Nailed to the cross between two thieves, Jesus forgives His executioners, gives us Mary as our Mother, and breathes His last.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

The Glorious Mysteries

Wednesdays & Sundays

1. The Resurrection *(Fruit: Faith)*

On the third day, Jesus rises triumphant from the tomb, overcoming sin and death to offer us the promise of eternal life.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

2. The Ascension *(Fruit: Hope)*

Forty days after His Resurrection, Jesus ascends into heaven before the eyes of the Apostles to take His seat at the Father's right hand.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

3. The Descent of the Holy Spirit *(Fruit: Wisdom & Zeal)*

Ten days after the Ascension, the Holy Spirit descends in tongues of fire upon Mary and the Apostles gathered in the Upper Room.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

4. The Assumption of Mary *(Fruit: Grace of a Happy Death)*

At the close of her earthly life, the Blessed Virgin Mary is taken up body and soul into heavenly glory by Almighty God.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

5. The Coronation of Mary *(Fruit: Trust in Mary's Intercession)*

Mary is crowned Queen of Heaven and Earth by the Most Holy Trinity, reigning as our advocate and loving Queen Mother.

1 Our Father • 10 Hail Marys • 1 Glory Be • Fatima Prayer

Hail, Holy Queen (Salve Regina)

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.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Concluding Prayer

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 Most 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.

Litany of the Blessed Virgin Mary (Litany of Loreto)

Lord, have mercy on us.	Christ, have mercy on us.
Lord, have mercy on us.	Christ, hear us.
God the Father of Heaven,	<i>have mercy on us.</i>
God the Son, Redeemer of the world,	<i>have mercy on us.</i>
God the Holy Spirit,	<i>have mercy on us.</i>
Holy Trinity, One God,	<i>have mercy on us.</i>
Holy Mary,	<i>pray for us.</i>
Holy Mother of God,	<i>pray for us.</i>
Holy Virgin of virgins,	<i>pray for us.</i>
Mother of Christ,	<i>pray for us.</i>
Mother of the Church,	<i>pray for us.</i>
Mother of divine grace,	<i>pray for us.</i>
Mother most pure,	<i>pray for us.</i>
Mother most chaste,	<i>pray for us.</i>
Mirror of justice,	<i>pray for us.</i>
Seat of wisdom,	<i>pray for us.</i>
Cause of our joy,	<i>pray for us.</i>
Mystical rose,	<i>pray for us.</i>
Tower of David,	<i>pray for us.</i>
Ark of the covenant,	<i>pray for us.</i>
Gate of Heaven,	<i>pray for us.</i>
Morning star,	<i>pray for us.</i>
Health of the sick,	<i>pray for us.</i>
Refuge of sinners,	<i>pray for us.</i>
Comforter of the afflicted,	<i>pray for us.</i>
Help of Christians,	<i>pray for us.</i>
Queen of Angels,	<i>pray for us.</i>
Queen of Patriarchs,	<i>pray for us.</i>
Queen of Apostles,	<i>pray for us.</i>
Queen conceived without original sin,	<i>pray for us.</i>
Queen assumed into Heaven,	<i>pray for us.</i>
Queen of the most holy Rosary,	<i>pray for us.</i>
Queen of Peace,	<i>pray for us.</i>

Lamb of God, who takest away the sins of the world: Spare us, O Lord. Hear us, O Lord. Have mercy on us, O Lord.

The Memorare: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.