

# The Holy Rosary

QUICK GUIDE

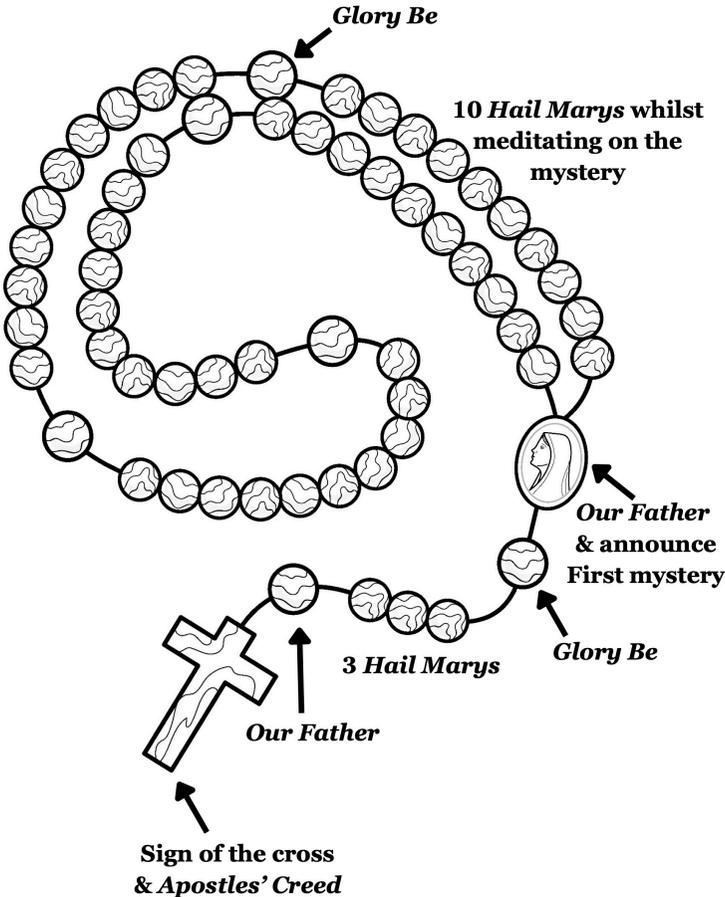
“  
All who recite  
the Rosary  
are my  
beloved  
children and  
the brothers  
and sisters of  
my only Son,  
Jesus Christ.”



ANASTASIA  
PRESS

# Praying the Rosary

1. Make the Sign of the Cross and pray the *Apostles' Creed*
2. Pray the *Our Father*
3. Pray three *Hail Marys* for Faith, Hope, and Charity
4. Pray the *Glory Be*
5. Announce the First Mystery and then pray the *Our Father*
6. Pray ten *Hail Marys* while meditating on the Mystery
7. Pray the *Glory Be*.
8. Announce the next Mystery; then pray the *Our Father* and repeat steps 6 through 8 as you continue through the remaining Mysteries.
9. Pray the closing prayer: *Hail Holy Queen*
10. Make the sign of the cross



# The Mysteries of the Rosary

## **The Joyful Mysteries**

*Traditionally prayed on Mondays and Saturdays*

1. The Annunciation  
Mary learns that she has been chosen to be the mother of Jesus.
2. The Visitation  
Mary visits Elizabeth, who tells her that she will always be remembered.
3. The Nativity  
Jesus is born in a stable in Bethlehem.
4. The Presentation  
Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. The Finding of Jesus in the Temple  
Jesus is found in the Temple discussing his faith with the teachers.

## **The Sorrowful Mysteries**

*Traditionally prayed on Tuesdays and Fridays*

1. The Agony in the Garden  
Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar  
Jesus is lashed with whips.
3. The Crowning With Thorns  
Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross  
Jesus carries the cross that will be used to crucify him.
5. The Crucifixion  
Jesus is nailed to the cross and dies.

## **The Glorious Mysteries**

*Traditionally prayed on Wednesdays and Sundays*

1. The Resurrection  
God the Father raises Jesus from the dead.
2. The Ascension  
Jesus returns to his Father in heaven.
3. The Coming of the Holy Spirit  
The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary  
At the end of her life on earth, Mary is taken body and soul into heaven.
5. The Coronation of Mary  
Mary is crowned as Queen of heaven and Earth.

## **The Mysteries of Light**

*Traditionally prayed on Thursdays*

1. The Baptism of Jesus in the River Jordan  
God proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana  
At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God  
Jesus calls all to conversion and service to the Kingdom.
4. The Transfiguration of Jesus  
Jesus is revealed in glory to Peter, James, and John.
5. The Institution of the Eucharist  
Jesus offers his Body and Blood at the Last Supper.

# Prayers of the Rosary

## **The Apostles Creed (*Credo*)**

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

## **Our Father (*Pater Noster*)**

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 (*Ave Maria*)**

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.

**Glory be to the Father (*Gloria Patri*)**

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 (*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.  
Pray for us O holy Mother of God,  
that we may be made worthy of the promises of  
Christ.