

# Saying The Rosary

## Make The Sign of the Cross

### Say 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.

Then say 1 x Our Father, 3 x Hail Mary, 1 x Glory Be to the Father

Choose which Mystery you wish to meditate upon, either the Joyful, the Glorious, or the Sorrowful:

**Joyful** – 1 The Annunciation; 2 The Visitation; 3 The Birth of Our Lord; 4 The Presentation in the Temple; 5 Finding Jesus in the Temple

**Glorious** – 1 The Resurrection of Jesus; 2 The Ascension of Jesus to Heaven; 3 The descent of the Holy Spirit; 4 The Assumption of the Blessed Virgin Mary; 5 The Coronation of the Blessed Virgin Mary

**Sorrowful** – 1 The Agony in the garden; 2 The Scourging of Jesus; 3 The Crowning with Thorns; 4 The Carrying of the Cross; 5 The Crucifixion and death of Jesus.

### Then, for example, with the Sorrowful mysteries, meditate on Jesus' Agony in the garden

And say 1 x Our Father on the large bead and follow by praying the Hail Mary on each of the next ten beads (decade) of your Rosary. At the end of each decade, the Fatima Prayer is recited:

**'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.'**

Continue onto the next mystery – The Scourging of Jesus,

and so forth until you have said all five decades on your beads, one for each mystery. Then complete your praying of the rosary. (Contd. over)

## PRAYERS AT THE END OF THE ROSARY

Hail, Holy Queen, Mother of Mercy; hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto 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 You, that while meditating on 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.

### Prayer to Saint Michael

**Saint Michael the Archangel, defend us in our hour of need; be our safeguard against the wickedness and snares of the devil; may God restrain him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, thrust Satan into hell and with him all evil spirits, who wander through the world for the ruin of souls. Amen.**

### The Memorare

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired with this confidence I fly to You, O Virgin of Virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the word incarnate, despise not my petition, but in Your mercy, hear and answer me. Amen.

(V) Queen of the Most Holy Rosary  
(R) Pray for us

(V) Immaculate Heart of Mary  
(R) Pray for us

(V) Our Lady of Fatima (V) Jesus, Mary and Joseph (X3)  
(R) Pray for us (R) Pray for us

(V) Our Lady of Lourdes  
(R) Pray for us

(V) Mary, Queen of Peace  
(R) Pray for us