



How to
PRAY A
Better
ROSARY


ASCENSION
West Chester, PA

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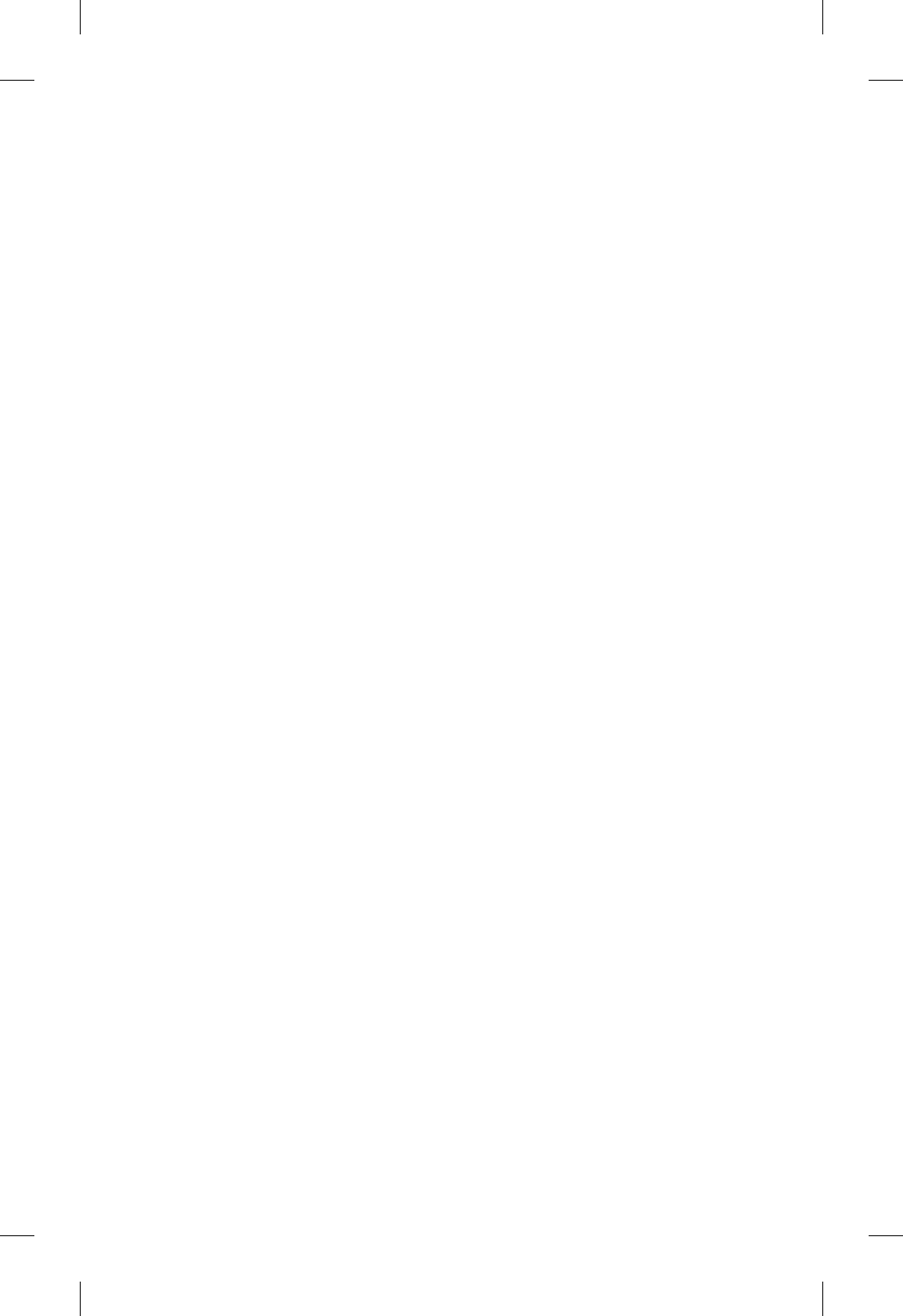
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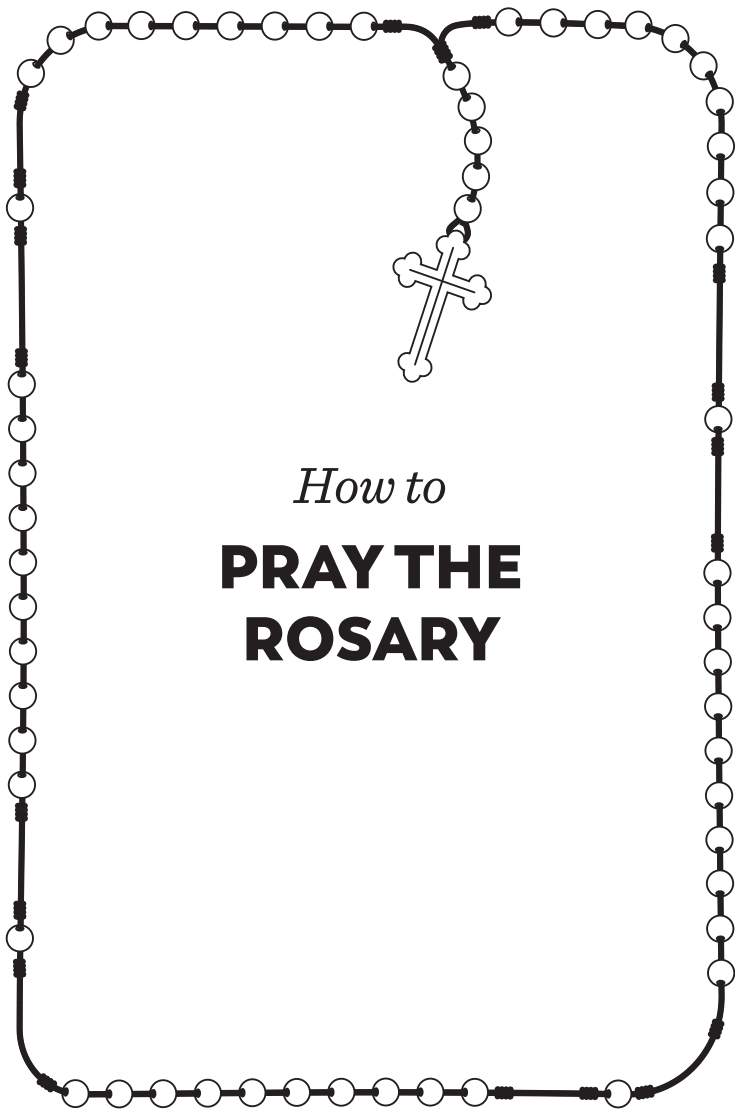
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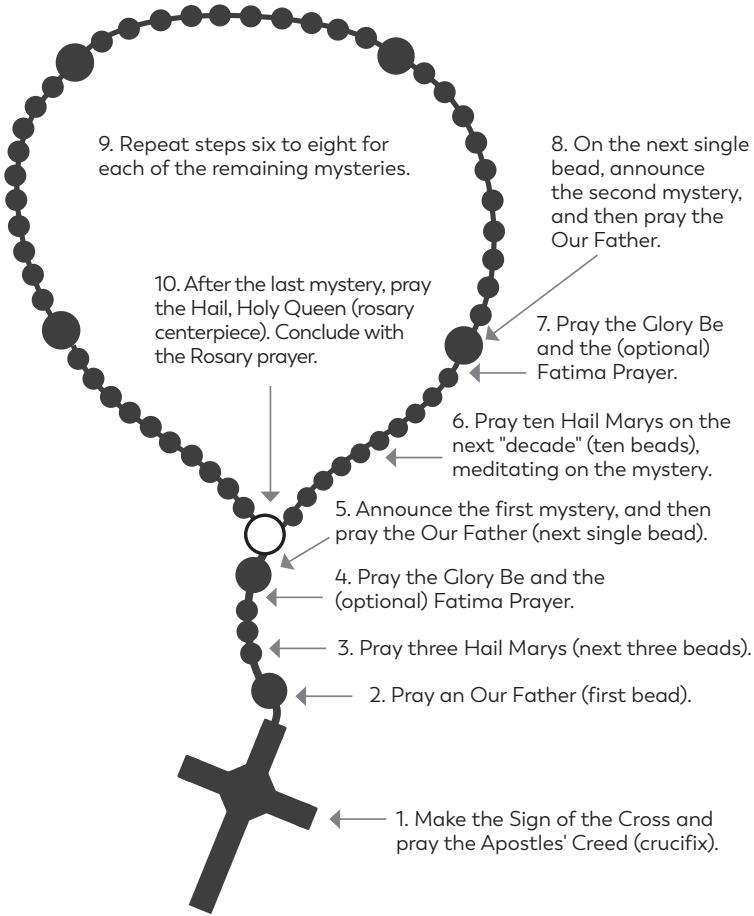
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How to

**PRAY THE
ROSARY**



Prayers of the Rosary

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 to 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

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

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

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.

FATIMA PRAYER

O 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.

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.

ROSARY PRAYER

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.

PRAYER TO ST. MICHAEL THE ARCHANGEL

(Note: This beautiful prayer is not part of the Rosary, but it is sometimes prayed at the conclusion of the Rosary.)

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl throughout the world seeking the ruin of souls. Amen.

Mysteries of the Rosary

WHEN TO PRAY EACH SET OF MYSTERIES

- **Sundays:** glorious mysteries*
- **Mondays:** joyful mysteries
- **Tuesdays:** sorrowful mysteries
- **Wednesdays:** glorious mysteries
- **Thursdays:** luminous mysteries
- **Fridays:** sorrowful mysteries
- **Saturdays:** joyful mysteries

**Optionally, the joyful mysteries may be prayed on Sundays in Advent, and the sorrowful mysteries may be prayed on Sundays in Lent.*

Joyful Mysteries



THE ANNUNCIATION

*We pray for a humble heart.*¹

Scripture: Luke 1:26–38

Mary is visited by the archangel Gabriel, who tells her God’s plan for her to become the mother of our Savior, Jesus Christ, and she says yes with all her heart.



THE VISITATION

We pray for a charitable heart.

Scripture: Luke 1:39–56

Filled with the Holy Spirit, Mary travels to see her cousin Elizabeth, who joyfully acknowledges Mary as blessed, affirming the divinity of the unborn Jesus.



THE NATIVITY

We pray for a heart poor in spirit.

Scripture: Luke 2:1–20

Mary gives birth to Jesus, the Son of God made man, laying him in a simple manger in Bethlehem as angels and shepherds glorify God.



THE PRESENTATION OF JESUS IN THE TEMPLE

We pray for a pure heart.

Scripture: Luke 2:22–39

Mary and Joseph present the infant Jesus in the Temple, where Simeon proclaims that Jesus is the long-awaited Messiah.



THE FINDING OF JESUS IN THE TEMPLE

We pray for conversion of heart.

Scripture: Luke 2:41–52

After searching for Jesus for three days, Mary and Joseph find him in the Temple, his Father's house, where he is talking with great understanding to the teachers.

1. Gifts we pray for in the joyful, sorrowful, and glorious mysteries are adapted from *Le Secret Admirable du Très Saint Rosaire* by St. Louis-Marie Grignon de Montfort.

Luminous Mysteries



THE BAPTISM OF JESUS

We pray for a heart faithful to our baptismal vows.

Scripture: Matthew 3:13–17

As Jesus begins his ministry, baptized by John the Baptist, the Holy Spirit descends upon him with the appearance of a dove, and the voice of the heavenly Father declares him beloved.



THE WEDDING AT CANA

We pray for a heart ready to do God's will.

Scripture: John 2:1–12

Mary asks Jesus to perform his first miracle, turning water into wine, which reveals Jesus' power and the importance of Mary's role in leading others to her son.



THE PROCLAMATION OF THE KINGDOM AND THE CALL TO CONVERSION

We pray for a heart filled with faith.

Scripture: Mark 1:14–15

Calling all to repent and believe in the Gospel, Jesus announces the arrival of God's Kingdom, as his teachings and miracles demonstrate God's mercy and love for all of us.



THE TRANSFIGURATION

We pray for a heart filled with hope.

Scripture: Matthew 17:1–13

Jesus takes Peter, James, and John up a mountain, where he is transfigured, shining with heavenly glory as he talks to Moses and Elijah, affirming his divinity and fulfillment of the Law and the Prophets.



THE INSTITUTION OF THE EUCHARIST

We pray for a heart filled with gratitude for the Holy Eucharist.

Scripture: Luke 22:14–23

On the night before his Crucifixion, Jesus shares the Last Supper with his Apostles, changing bread and wine into his Body, Blood, Soul, and Divinity as he institutes the Sacrament of the Holy Eucharist.

Sorrowful Mysteries



THE AGONY IN THE GARDEN

We pray for a contrite and obedient heart.

Scripture: Matthew 26:36–46

Jesus prays in the garden of Gethsemane before his arrest, demonstrating his profound obedience to the Father's will and revealing the depth of his human suffering.



THE SCOURGING AT THE PILLAR

We pray for a disciplined heart.

Scripture: Matthew 27:26

Jesus is brutally scourged and humiliated as he bears the weight of humanity's sins, proving his unconditional and sacrificial love for us.



THE CROWNING WITH THORNS

We pray for a detached heart.

Scripture: Matthew 27:27–31

Mocked and tortured by Roman soldiers, Jesus is crowned with thorns, and those who see him call for his crucifixion.



THE CARRYING OF THE CROSS

We pray for a patient heart.

Scripture: Matthew 27:32

Jesus carries the heavy Cross, showing his commitment to doing the Father's will as he endures suffering and humiliation on the path to Calvary.



THE CRUCIFIXION

We pray for a holy heart.

Scripture: Luke 23:33–46

Jesus, the Savior of the world, is nailed to the Cross and dies, offering himself with unconditional love and mercy for us as the ultimate sacrifice for our sins, while forgiving his persecutors and entrusting Mary and John to each other.

Glorious Mysteries



THE RESURRECTION

We pray for a faithful heart.

Scripture: Matthew 28:1–10

Jesus rises from the dead; he has defeated sin and death, offering hope and eternal life to all who believe in him.



THE ASCENSION

We pray for a heart ready for heaven.

Scripture: Luke 24:50–53

Telling his disciples to spread the Gospel and to baptize, Jesus ascends into heaven forty days after his Resurrection, returning to the Father.



THE DESCENT OF THE HOLY SPIRIT ON PENTECOST

We pray for a wise heart.

Scripture: Acts 2:1–13

As the Apostles are gathered in prayer with Mary, the Holy Spirit comes down upon them, strengthening them with gifts to proclaim the Gospel.



THE ASSUMPTION OF MARY

We pray for a heart devoted to Mary.

Scripture: Luke 1:46–56

Mary is taken body and soul into heaven by God's grace, affirming her unique role as the immaculate Mother of God and anticipating the resurrection of all believers at the end of time.



THE CORONATION OF MARY AS QUEEN OF HEAVEN AND EARTH

We pray for final perseverance of heart.

Scripture: Revelation 12:1–5

Mary is crowned Queen of Heaven and Earth by her son, Jesus Christ, as the exalted mother of the King.

This is the end of the sample, purchase to see more