



St Luke's Church Jersey



Praying the Holy Rosary

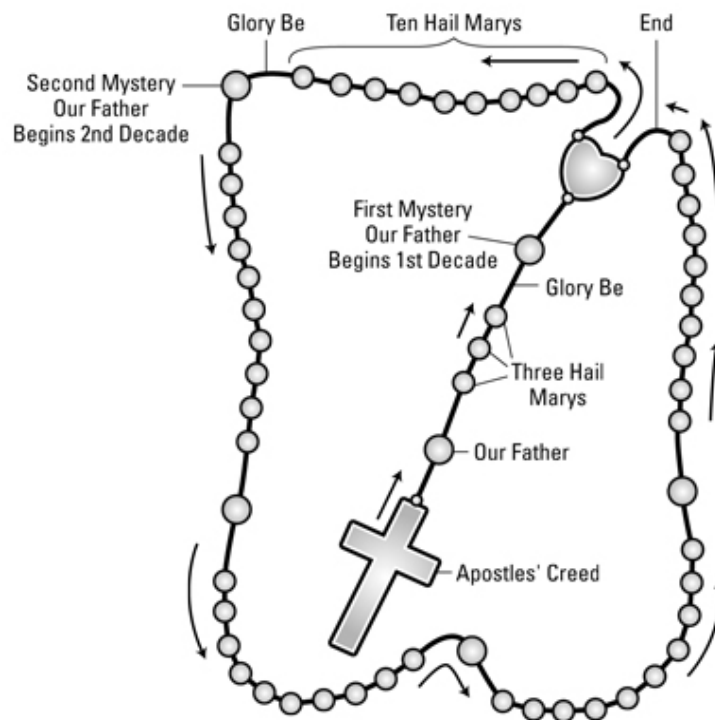
The Rosary: Where did it come from?

The beginnings of the rosary are found in the early Christian practice of reciting the 150 psalms from the bible, either daily or weekly, as a way of prayer. Those unable to recite the psalms began to recite 150 prayers, mainly the Our Father, often using beads to count the prayers. By medieval times, the custom of saying the 'Paternoster' beads was common in many countries of Europe. While saying the prayers it was customary to meditate on the mysteries of the life of Jesus, from his birth to his resurrection.

The rosary in its present form arose in late medieval Christianity when Mary, the Mother of Jesus, was seen as a guide to the mysteries of her Son. A decade of prayers called the Hail Mary was preceded by the Our Father. Meditation on the mysteries of Christ remained at the heart of the prayer.

Throughout the centuries, many saints and countless ordinary Christians have found the rosary to be a school of prayer and a source of spiritual blessing. It is both simple and profound. Not beyond anyone's reach, its repeated words bring peace to the soul. And the mysteries of Jesus that it recalls are also meant to live in our hearts; we ask to 'imitate what they contain and obtain what they promise, through Christ our Lord'.

How to pray the Rosary



As a prayer of faith, the rosary begins with two basic summaries of faith: the Sign of the Cross and the Apostle's Creed. These prayers invite us to believe in God, the Father, the Son and the Holy Spirit, and to remember God's plan of salvation proclaimed in the scriptures.

Note: if completing this devotion with others, it is customary for the leader to say the words in black, *the others joining in with the words in red.*

**Starting at the cross or crucifix
make the sign of the cross and say**

In the name of the Father and of the Son and of the Holy Spirit

then recite the Apostle's Creed:

I believe in God, the Father almighty, creator of heaven and earth.

I believe 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 the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and 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 the life everlasting. Amen.

continue with the Lord's Prayer on the first bead

*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.

For thine is the kingdom, the power, and the glory for ever and ever. Amen.

then say three Hail Marys on the next three beads

*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.

then a 'Glory Be' on the next bead

*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.*

Once complete, meditate upon the first mystery, say an Our Father (on the 'Glory Be' bead), followed by 10 Hail Marys and one Glory Be. Proceed in the same manner until all five decades have been said.

Finish with Hail Holy Queen

Hail, holy Queen, Mother of mercy, hail, 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 vale 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! Amen.

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 thee, that meditating upon these mysteries of the Holy Rosary of the Blessed Virgin Mary, may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

The Mysteries of the Rosary

The Joyful Mysteries	The Sorrowful Mysteries
<i>(Mondays and Saturdays)</i>	<i>(Tuesdays and Fridays)</i>
The Annunciation (<i>Lk 1:26-38</i>)	The Agony in the Garden (<i>Lk 22:39-46</i>)
The Visitation (<i>Lk 1:39-56</i>)	The Scourging (<i>Mt 27:26</i>)
The Birth of Jesus (<i>Lk 2:1-9</i>)	The Crowning with Thorns (<i>Mt 27:29-30</i>)
Presentation in the Temple (<i>Lk 2:22-39</i>)	The Carrying of the Cross (<i>Lk 23:26-32</i>)
The Finding in the Temple (<i>Lk 2:41-51</i>)	The Crucifixion (<i>Lk 23:33</i>)

The Glorious Mysteries	The Luminous Mysteries
<i>(Wednesdays and Sundays)</i>	<i>(Thursdays)</i>
The Resurrection (<i>Lk 24:1-8</i>)	The Baptism of Jesus (<i>Mt 3:1-17</i>)
The Ascension (<i>Lk 24:50-53</i>)	Wedding at Cana (<i>Jn 2:1-12</i>)
Descent of the Holy Spirit (<i>Acts 2:1-4</i>)	Proclamation of the Kingdom (<i>Mk 1:15</i>)
Assumption (<i>Ps 45:1-4; Lk 1:52; Rev 3:21</i>)	The Transfiguration (<i>Lk 9:28-36</i>)
The Coronation of Mary (<i>Rev 2:10; 12:1</i>)	The Institution of the Eucharist (<i>Jn 13:1-11; Mt 26:26-29</i>)

It is good to incorporate particular intercessions as each mystery is meditated upon and its decade prayed:

- the Shrine of Our Lady of Walsingham
- our parish
- those in any kind of need
- the sick
- the departed.