



## **INTRODUCTION TO THE SCRIPTURAL ROSARY AND HOW TO PRAY THE ROSARY**

St Louis de Montfort, in his book, “Secrets of the Rosary”, says, “Almighty God has given it to you (The Rosary) because He wants you to use it as a means to convert the most hardened sinners and the most obstinate heretics.” He begs us not to think of the Rosary as something of little importance. He also lists a series of benefits including: Victory over our enemies, purification of our souls, a perfect knowledge of Christ, facilitating the practice of virtue, setting us on fire with love for our Lord, and giving us all we need to pay our debts to God and our fellow man. St Maximilian Kolbe referred to the Rosary as a sword. It has traditionally been worn on the left side by Dominicans in the place men used to wear their swords. It’s a weapon that has been used by saints throughout the ages.

Donald Calloway MIC writes in his book, “Champions of the Rosary,” that meditating on the Mysteries is the heart and soul of the Rosary. It maximizes its effectiveness as a prayer.

The simple act of meditating on each Mystery can lead us to insights on our Faith, on Scripture, and in our lives. There are various ways to reflect on the Mysteries of the Rosary with some examples provided below:

1. Picture yourself as a spectator in the actual event and recall everything that was happening at the time based on Scripture.
2. Recall a short segment of Scripture related to the Mystery and focus on some element while asking the Holy Spirit for guidance as to why? For example in the Agony of the Garden, why did our Lord refer to his impending suffering as a cup?
3. Read Scripture from the Old Testament that prophesies or links to the Mystery and ponder its fulfillment.
4. Consider how the events of the Mystery might apply to something you, or someone you know is, currently facing.
5. Read or recite a different Scriptural passage prior to praying each Hail Mary (Scriptural Rosary format) (One advantage of the Scriptural Rosary format is that it helps us keep our minds focused during our prayers).

The Evangelization Team is therefore providing the attached list of Scriptural verses to assist everyone in their reflection and meditation on the Mysteries of the Rosary. You can select a verse at random or read them sequentially, starting with a new one each week.

The Mysteries are traditionally assigned to specific days of the week:

Monday: Joyful

Tuesday: Sorrowful

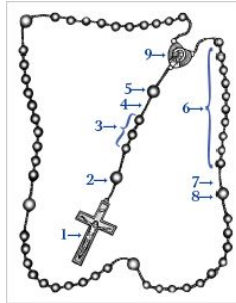
Wednesday: Glorious

Thursday: Luminous

Friday: Sorrowful

Saturday: Joyful

Sunday: Glorious



#### HOW TO PRAY THE ROSARY

1. Make the Sign of the Cross and say the "Apostles Creed" while holding the Cross
2. Say the "Our Father" on the 1st Bead
3. Say three "Hail Marys." One on each of the next 3 beads. *(Optional: Traditionally the 1st Hail Mary is for Faith, the 2nd for Hope, and the 3rd for Charity. Consider making a personal intention related to each virtue prior to saying the Hail Mary)*
4. Say the "Glory be to the Father." on the 5th and final bead of the Crucifix section.
5. Announce the First Mystery; *(Optional: read one of the Scriptural Verses)* then say the "Our Father."
6. Pray ten "Hail Marys." while meditating on the Mystery moving your fingers along the 10 beads in order. *(Optional: read one of the verses from Scripture listed under each Mystery prior to saying each Hail Mary-Scriptural Rosary)*
7. Say the "Glory be to the Father." on the individual bead after each decade. Then pray the following which was requested by Our Lady of Fatima: "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."
8. Announce the next Mystery and repeat the steps starting at number 5 above.
9. When you have completed the final decade, the "Glory Be" and "Fatima Prayer", then pray the 'Hail, Holy Queen' on the medal. *("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, O 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.")* Additionally, *(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 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.)*

We hope you will join us in praying the Rosary often and find these Scriptural guides helpful.

Yours in Christ,

**Holy Name of Mary RCC Evangelization Team**