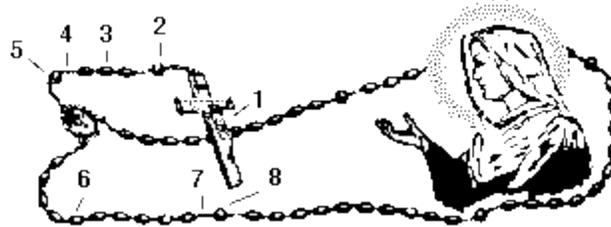


**How to Pray the Rosary** - The purpose of the Rosary is to help keep in memory certain principal events or mysteries in the history of our salvation, and to thank and praise God for them. There are twenty mysteries reflected upon in the Rosary, and these are divided into the five [JOYFUL MYSTERIES](#), the five [LUMINOUS MYSTERIES](#), the five [SORROWFUL MYSTERIES](#), and the five [GLORIOUS MYSTERIES](#).



1. Make the **Sign of the Cross** ["In the name of the Father..."](#)
2. Opening Prayer ["God of immeasurable and infinite goodness ..."](#)
3. Say the ["Apostles' Creed."](#)
4. Say one ["Our Father."](#)
5. Say three ["Hail Mary."](#)
6. Say one ["Glory be to the Father."](#)
7. Announce the First Mystery; then say the ["Our Father."](#)
8. Say ten ["Hail Mary."](#) while meditating on the Mystery.
9. Say one ["Glory be to the Father."](#)
10. Announce the Second Mystery; then say the ["Our Father."](#) Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.
11. Rosary Dedication
12. **The Litany of Blessed Virgin Mary**
13. **Hail Holy Queen**
14. **Memorare**
15. **After each decade** say the following prayer requested by the Blessed Virgin Mary at Fatima:  
"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."
16. As suggested by St. John Paul II the **Joyful** mysteries are said on Monday and Saturday, the **Luminous** on Thursday, the **Sorrowful** on Tuesday and Friday, and the **Glorious** on Wednesday and Sunday (with this exception: Sundays of Christmas season - The Joyful; Sundays of Lent - Sorrowful)

† In the name of the Father, and of the Son, and of the Holy Spirit, **Amen**

**Opening Prayer:** God of immeasurable and infinite goodness, we, who are sinners and humble servants are unworthy to stand and pray to you. But trusting in your unending mercy and love, joining with Mother Mary and all the saints we desire to pray the rosary interceding for the whole world meditating on the Divine Mysteries of the life of Jesus. Bless us O Lord to make this prayer with total concentration and devotion.

## 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; the third day He arose again from the dead; He ascended into Heaven, sits at the right hand of God, the Father Almighty, from thence He shall 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.

Say one ["Our Father."](#) three ["Hail Mary."](#) and one ["Glory be to the Father."](#)

### Joyful Mysteries: (Monday and Saturday)

- 1. The Annunciation of Our Lord.** *Oh Mary with Your "yes" You have opened heaven's ways, You have achieved the will of the Father. You will be blessed for ever: Your intercession is heard in Heaven, because You have accepted God's plan. Let us pray that we can say "yes" to the Father in every instance He ask it of us. Mary help us to be humble and obedient to God's will.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 2. The Visitation.** *Mary goes to visit Elisabeth: She carries God to Her cousin, for the love of Her brothers and neighbors. Lord help us to carry Christ to others, like Mary did. Let us ask Mary the gift of burning charity.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 3. The Nativity of Jesus.** *Infant Jesus in the manger. Mary, Joseph and the shepherds adore Him. Let us also adore Christ, the Son of God, in the silence of our soul and from the depth of our heart. Let us ask Mary to make us love Jesus more, and also the gift of poverty of spirit.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 4. The Presentation in the Temple.** *We need to pay attention to the voice of God, to discern His call and accept the mission He gave us. After the Simeon prophecy, Mary takes into Her Heart the wound of sorrow, but in the silence She accepts the will of Her Father.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 5. The Finding in the Temple.** *Let us think of how many times we have been far from Jesus; from that Jesus, who with so much love has died for us. Let us meditate that in the difficulties of life the only safety is finding Jesus and never again leaving his great love.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

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Say one ["Our Father."](#) three ["Hail Mary."](#) and one ["Glory be to the Father."](#)

### Luminous Mysteries: (Thursday)

- 1. The Baptism in the Jordan** *As soon as Jesus was baptized, the heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 2. The wedding at Cana** *When Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 3. The Proclamation of the Kingdom of God** *The preaching by which Jesus proclaims the coming of the Kingdom of God, calls to conversion and forgives the sins of all who draw near to him in humble trust the inauguration of that ministry of mercy which he continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation which he has entrusted to his Church*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 4. The Transfiguration** *The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him" and to prepare to experience with him the agony of the Passion, so as to come with him to the joy of the Resurrection and a life transfigured by the Holy Spirit.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 5. The Institution of the Eucharist** *Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" his love for humanity for whose salvation he will offer himself in sacrifice.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

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**Opening Prayer:** God of immeasurable and infinite goodness, we, who are sinners and humble servants are unworthy to stand and pray to you. But trusting in your unending mercy and love, joining with Mother Mary and all the saints we desire to pray the rosary interceding for the whole world meditating on the Divine Mysteries of the life of Jesus. Bless us O Lord to make this prayer with total concentration and devotion.

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Say one ["Our Father."](#) three ["Hail Mary."](#) and one ["Glory be to the Father."](#)

### Sorrowful Mysteries: (Tuesday and Friday)

- 1. The Agony in the garden** *In the forsaking prayer to the Father, Jesus found strength, trust, and an angel was sent to comfort Him. So Jesus will be our comforting angel. It's as He said to us: " Why do you worry in your difficulties? Be strong in me; look to your God in your most troubled hour, and you will be triumphant." Let us ask to forsake ourselves to God, to always do His will.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 2. The Scourging at the pillar** *How many pains, how many torments, and how many wounds on the body of Jesus? How much blood falls to the ground, while His tormenters laugh, insult him, and gather their strength to hit the innocent body of Jesus again? Let us ask to accept every insult for the love of our Lord, and also a true regret for our sins.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 3. The Crowning with thorns** *Think of the indignity, outrage, pain, and humiliation that Jesus suffered. They striped Him of every dignity; He was treated as the guilt of our worst sins. He seems to say to us: " Why do you despair when you suffer? Is that the way you love me? Meditate about my passions and find in them great riches." Let us ask the gift of patience to accept all humiliations, thinking of how Jesus suffered for us.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 4. The Jesus carrying of the cross** *Even if He had suffered just for you, Jesus would have accepted such pains, great is His love for you. Along the road to Calvary Jesus sees Mary, His Mother. Can we imagine the moment when Their eyes met? Oh how Her Heart must have ached. Let us pray to Mary for the grace to always accept our cross, so that Her and Jesus may bear it.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)
- 5. The Crucifixion and death** *Jesus wishes to see us close to His Mother; He wishes that, like children, we keep our hand in the hand of Mary. That is what He wants. He asks us to look to the heavenly Mother, that is depend on Her. He asks that we accept Our Lady as our true Mother, who will ignite in us a fervent love of Her Son. Mary, we trust in You, take us and put us in the refuge of Your Immaculate Heart, heal with Your humility our pride, that so often takes us far from God.*  
Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

† In the name of the Father, and of the Son, and of the Holy Spirit, **Amen**

**Opening Prayer:** God of immeasurable and infinite goodness, we, who are sinners and humble servants are unworthy to stand and pray to you. But trusting in your unending mercy and love, joining with Mother Mary and all the saints we desire to pray the rosary interceding for the whole world meditating on the Divine Mysteries of the life of Jesus. Bless us O Lord to make this prayer with total concentration and devotion.

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Say one ["Our Father."](#) three ["Hail Mary."](#) and one ["Glory be to the Father."](#)

### Glorious Mysteries: (Wednesday and Sunday)

- 1. The Resurrection of Our Lord** *The risen Jesus has proved that man, together with Him, can have power over sin and therefore death. Jesus, help raise us, deliver us from sin, from evil, give us Your light, give us Your joy. Rekindle inside us the love, the faith, the hopefulness, and the gift of prayer. Let us ask Mary for the gift of an unshakeable faith.*

Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

- 2. The Ascension into Heaven** *Jesus, You have not deserted Your apostles in anguish, but have given them the joy of knowing Jesus "glorified" over 40 days. After Your Ascension, You granted to all those who seek You the gift of receiving You in the Eucharist. Through Mary we trust in you. Mary, give us the gift of hope.*

Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

- 3. The Descent of the Holy Spirit** *Jesus, infuse us with the Comforter, the Holy Ghost, enlighten us with the light of Your Spirit, with His strength enter in the deepest parts of our hearts and heal us. Deliver us, fill up our hearts with Your love. Make us apostles of Yours, dear Lord. Let us ask Mary the gift of true love, the gift of prayer from the heart. "Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved Spouse."*

Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

- 4. The Assumption of Mary** *Now that Mary is raised into heaven, She prays for Her sons and daughters, those sons and daughters Jesus left Her when He was on the cross. Mary, pray for us, You know our fears, take us into Your Heart, the Heart of a Mother. Help us now and in the time of our death to be with You in Heaven. We ask of you a devotion to Your Immaculate Heart, where we may take refuge in times of trouble*

Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

- 5. The Coronation of Mary** *There appeared a great sign in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. Let us trust in Mary, Let us call to Her, let us love Her, let us confide in Her, because She gives Her all to us. We have a Mother in Heaven who is also a Queen; thus we need to turn to Her with full faith and hopefulness.*

Say one ["Our Father."](#) ten ["Hail Mary."](#) and one ["Glory be to the Father."](#)

## **Fifth Decade of the Rosary can be said in Malayalam**

[Malayalam of Our Father...]

Swargasthanaya, nangaludae pithavae.  
Angayudae naamam puchithamakanamae.  
Angayudae rajyam varenamae,  
Angayudae thirumanasseh  
swargathilae polae bhumiylumakanamae.

[Malayalam of Give us this day...]

Annannuvenda aaharam innu ngangalkku tharenamae  
ngangalodeh thettu chaiyunnarodeh ngangal kchemikkunnathu polae  
ngangaludae thettukal ngangalodu kchemikkenamae.  
Ngangalae pralobhanathil ulppedutharuthae  
thinmayil ninum ngangalae kathurakshikkenamae. Aamen. (1)

[Malayalam of Hail Mary...]

Swasthi nanma poorithe ninnodu koode nadhanum  
Sthreekalil anugraheetha nin kumaran eshuvum

[Malayalam of Holy Mary...]

Paparahithaya mary thampurante amma nee  
Paapikal njangalkku vendi prathikkenam eppozhum marana neerathum (10)

[Malayalam of Glory be to...]

Thathanum suputhranum than pavanathmanum mudha  
Sthothram ekidunnu nithya kalavum namosthuthe

## **Rosary Dedication**

St. Michael the Arch angel, St. Gabriel and St. Raphael the holy messengers of God, St. Joseph the great, St. Peter, St. Paul and St. John the disciples of our Lord, our beloved father St. Thomas, we humbly pray that though we are poor sinners, the prayers that we have recited, add unto your hymns and offer them at the foot of the Holy Mother of God.

## THE LITANY OF BLESSED VIRGIN MARY

Lord, have mercy.	Response: <b>Lord, have mercy.</b>
Christ, have mercy.	Response: <b>Christ, have mercy.</b>
Lord, have mercy.	Response: <b>Lord, have mercy.</b>
Christ, hear us.	Response: <b>Christ, graciously hear us.</b>
God the Father of Heaven,	Response: <b>HAVE MERCY ON US</b>
God the Son, Redeemer of the world,	Response: <b>HAVE MERCY ON US</b>
God the Holy Spirit,	Response: <b>HAVE MERCY ON US</b>
Holy Trinity, one God,	Response: <b>HAVE MERCY ON US</b>

Holy Mary, Response: **PRAY FOR US**

Holy Mother of God,	Mystical rose,
Holy Virgin of virgins,	Tower of David,
Mother of Christ,	Tower of ivory,
Mother of the Church,	House of gold,
Mother of divine grace,	Ark of the covenant,
Mother most pure,	Gate of heaven,
Mother most chaste,	Morning star,
Mother inviolate,	Health of the sick,
Mother undefiled,	Refuge of sinners,
Mother immaculate,	Comforter of the afflicted,
Mother most amiable,	Help of Christians,
Mother most admirable,	Queen of angels,
Mother of good counsel,	Queen of patriarchs,
Mother of our Creator,	Queen of prophets,
Mother of our Savior,	Queen of apostles,
Virgin most prudent,	Queen of martyrs,
Virgin most venerable,	Queen of confessors,
Virgin most renowned,	Queen of virgins,
Virgin most powerful,	Queen of all saints,
Virgin most merciful,	Queen conceived without original sin,
Virgin most faithful,	Queen assumed into heaven,
Mirror of justice,	Queen of the most holy rosary,
Seat of wisdom,	Queen of families,
Cause of our joy,	Queen of peace,
Spiritual vessel,	
Singular vessel of devotion,	

Lamb of God, who takes away the sins of the world. **Spare us, O Lord.**  
Lamb of God, who takes away the sins of the world. **Graciously hear us, O Lord.**  
Lamb of God, who takes away the sins of the world. **Have mercy on us.**

V. Pray for us, O holy Mother of God.  
**R. That we may be made worthy of the promises of Christ.**

### Let us pray.

Grant, we beseech you, O Lord God, that we, your servants, may enjoy perpetual health of mind and body; and by the intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow, and obtain eternal joy. Through Christ our Lord. Amen.

V. Pray for us, O Queen of the most holy Rosary.  
**R. That we may be made worthy of the promises of Christ.**

**Let us pray.**

O God, whose only-begotten Son, through his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that by 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

**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. Amen

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**MEMORARE**

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

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