



LIFE TEEN GUIDE TO
PRAYING THE ROSARY!



Praying the Rosary

Sr Clare Crockett loved to pray the rosary and teach others to do the same. Do you know how to pray the Rosary? Maybe you could start praying one decade every day? A decade only takes about two minutes!

HOW TO PRAY THE ROSARY

Make the Sign of the Cross

The Apostle's 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.

Pray for the Pope's Intentions

Recite one Our Father, three Hail Mary's and a Glory Be.

For each decade:

Pray one Our Father, ten Hail Mary's and one Glory Be.

After each decade: Pray the Fatima Prayer.

Decide which mysteries you will be meditating on.

Announce the mystery before each decade

e.g. "The first Joyful Mystery, The Annunciation"



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The Rosary Prayers

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,

full of grace. The Lord is with thee. Blessed art thou amongst 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

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; lead all souls to heaven, especially those in most need of your mercy

"THERE IS NO PROBLEM, I TELL YOU, NO MATTER HOW DIFFICULT IT IS, THAT WE CANNOT SOLVE BY THE PRAYER OF THE HOLY ROSARY." - SR LUCIA OF FATIMA -

After five decades:

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 Oh Most 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 meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ our Lord.

May the Divine Assistance remain always with us - and may the souls of the faithful departed through the mercy of God, rest in peace.

THE JOYFUL MYSTERIES

- The Annunciation
- The Visitation
- The Birth of Jesus
- The Presentation of Jesus in the temple
- The Finding of the Child Jesus in the temple

THE LUMINOUS MYSTERIES

- The Baptism in the River Jordan
- The Wedding Feast at Cana
- The Proclamation of the kingdom of God and the call to conversion
- The Transfiguration
- The Institution of the Holy Eucharist

THE SORROWFUL MYSTERIES

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion & Death of our Lord

THE GLORIOUS MYSTERIES

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of Our Lady into Heaven
- The Coronation of Our Lady

MEDITATING ON THE MYSTERIES OF THE ROSARY HAS BEEN DESCRIBED LIKE FLICKING BACK THROUGH A PHOTO ALBUM OF JESUS AND MARY'S LIFE WITH OUR LADY, AND BEING ABLE TO PUT YOURSELF INTO THOSE SCENES TOO! WATCH FR PATRICK CAHILL EXPLAIN THIS ANALOGY IN THIS ASCEND YM CLIP ON YOUTUBE



CLICK THE LINKS ABOVE TO PRAY WITH THE YOUNG PEOPLE AT HOLY FAMILY MISSION!

