

My Family Prayer Time

Reflecting on one major event of Jesus’ life each day will help you to develop and deepen your friendship with Him. You will grow in your awareness of how much Jesus loves you. You will also be guided by the Holy Spirit to make connections between each Mystery and your own life.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

(Pray together aloud when praying with others)

Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me.

Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

The Sorrowful Mysteries of the Holy Rosary

Each day of Lent, focus on one Mystery of Jesus’ life by reading the text by the picture. Ask Jesus to show you how this Mystery applies to your life and gives guidance to you right now.



1. Jesus, You prayed and suffered a bitter **Agony in the Garden** because of my sins. Help me to be faithful to daily prayer.



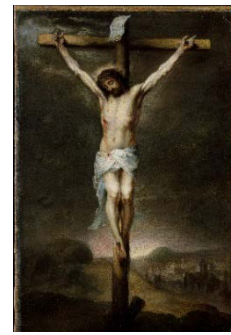
2. Jesus, You forgave those who **Scourged You at the Pillar**. Strengthen me to forgive others.



3. Jesus, You patiently endured the **Crowning with Thorns**. Help me to accept each person.



4. Jesus, **You carried the Cross**. Teach me how to give You my difficulties for peace in the world.



5. Jesus, **You died on the Cross** because You love me. Guide me to love every person.

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** one *Our Father*, ten *Hail Mary's* and one *Glory Be* from the heart.
- **CHOOSE** a word or phrase that stood out for you from the Mystery of Jesus’ life or the prayers. Silently think about it, speak to God about it, (share it aloud with those with whom you are praying.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for a request that is in your heart. (Share this aloud.) **Close with the Sign of the Cross.**



“Going Deeper in Prayer”

Dear Friend in Christ,

Thank you for your commitment to daily prayer. The grace that you are praying for in the first part, that of asking Jesus for the grace of a deeper experience of His personal love for you, is essential to developing a true relationship with Him. As you experience this love in any way, write it down. Thank the Jesus for this blessing in your life.

Learning about God needs to be accompanied by daily prayer in order for you to develop and grow in a personal friendship with Him. This relationship with the Son of God in turn strengthens you on the true path to happiness.

Why focus each day on one major event of Jesus’ life – Mystery of the Rosary?

In focusing on one Mystery of Jesus’ life and praying a decade of the Rosary each day, you will come to realize better how much God the Father loves you. Sin separated all of us from God and each of us needed a Savior. Jesus is your Savior. The Mysteries of the Rosary focus on key events in the life of Jesus:

- The Joyful Mysteries focus on the Incarnation and birth of Jesus – God becoming man to save you.
- The Luminous Mysteries are about the major events of Jesus public ministry.
- The Sorrowful Mysteries relate to Jesus’ Passion and death on the Cross. He died for you so that your sins could be forgiven.
- The Glorious Mysteries help you to understand Jesus’ Resurrection from the Dead, His Ascension into Heaven and the sending of God the Holy Spirit. The last two Glorious Mysteries focus on Mary. God chose Mary to be the Mother of the Savior and these Mysteries focus on her significant role in His plan.

It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. To be consistent, it is essential to choose a specific time that best fits your life, such as in the morning, in the evening or at bedtime.

Prayers for praying a Decade of the Rosary

The 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.

The 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.

The 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.

For further resources to understand better the *Mysteries of the Rosary*, go to diolc.org/deeper.