

THE MYSTERIES OF THE HOLY ROSARY

Praying and focusing on the key events of Jesus’ life over a period of time will allow you to develop a deeper friendship with Jesus and come to recognize more and more how much He loves you. The following resources are meant to foster this process.

JOYFUL MYSTERIES

- 1) Luke 1:28-35, 38 The Annunciation - The angel Gabriel announces the Incarnation to Mary.
- 2) Luke 1:39-45 The Visitation - Mary visits Elizabeth in her time of need.
- 3) Luke 2:6-12 The Nativity - Jesus is born in Bethlehem.
- 4) Luke 2:25-32 The Presentation - Mary and Joseph present Jesus in the Temple.
- 5) Luke 2:41-4 The Finding in the Temple – Mary and Joseph find Jesus in the Temple.

LUMINOUS MYSTERIES

1. Matthew 3:13-17 The Baptism of the Lord – Jesus is baptized by John in the Jordan River.
2. John 2:1-11 The Wedding Feast at Cana – Christ changes water into wine at Mary’s request.
3. Mark 1:15, 2:3-12 The Proclamation of the Kingdom – Jesus announces the coming of the Kingdom and forgives sins.
4. Matthew 17:1-8 The Transfiguration – Jesus is transfigured, dazzling white, on Mount Tabor.
5. Matthew 26:26-32 The Institution of the Eucharist – At the Last Supper, Christ changes bread and wine into His Body and Blood.

SORROWFUL MYSTERIES

1. Luke 22:39-46 The Agony in the Garden – Jesus prays in Gethsemane on the night before His death.
2. Mark 15:6-15 The Scourging at the Pillar – Christ is scourged by the soldiers at Pilate’s command.
3. John 19:1-8 The Crowning with Thorns – Soldiers weave a crown of thorns and shove it in to Christ’s head.
4. John 19:16-22 The Carrying of the Cross – Jesus struggles up Calvary with His own cross on His shoulders.
5. John 19:25-30 The Crucifixion – Jesus is nailed to the cross and dies.

GLORIOUS MYSTERIES

1. Matthew 28:1-8 The Resurrection – Jesus rises from the dead on the third day after his Crucifixion.
2. Acts 1:8-11 The Ascension – Forty days after rising from the dead, Christ ascends into Heaven.
3. Acts 2:1-6, 38-41 The Descent of the Holy Spirit on Mary and the Apostles.
4. Revelation 12:1-3, 13-18 The Assumption – At the end of her life, Mary is taken body and soul into Heaven.
5. Revelation 12:1-5 The Coronation – Mary is crowned Queen of Heaven and earth.

Jesus’ love for you

In reflecting on the major events of Jesus’ life each day, you will come to recognize more how much Jesus loves you personally. You will also be guided by the Holy Spirit to make connections between each Mystery and your own life. Ask Him to help you see how this Mystery applies and gives guidance to your life right now.

Why focus on a Mystery of Christ’s Life and pray one decade of the Rosary each day?

- 1) To study the lives of Jesus and Mary as recalled in Scripture on a daily basis.
- 2) To develop / deepen your relationship with Jesus and Mary.
- 3) To learn how to make the connection between the Mystery and your personal life.
- 4) To grow in your awareness of how much Jesus and Mary love you.



Learning the Mysteries

- Pray a Decade of the Rosary every day in your home and at every appropriate opportunity. Focusing on one of the 20 Mysteries each day will help you to know and understand the major events of Jesus’ life. You will encounter Jesus and develop a true friendship with Him as you are inspired to make a connection between the Mystery and your own life.
- Look up the Scripture verses in your Bible as you reflect on a particular Mystery. See page 1 for the Scriptures.
- You are invited to pray a decade of the Rosary each day: announce the Mystery, read the Scripture for that Mystery, and pray a decade of the Rosary (one *Our Father*, 10 Hail Mary’s and one *Glory Be*) at a regularly planned prayer time.
- Suggested Schedule
Joyful Mysteries – the first 12 years of Jesus’ life (September/October & Advent: Dec.-Jan)
Luminous Mysteries – Jesus’ public ministry (November / mid January - Feb.)
Sorrowful Mysteries – the suffering and death of Jesus on the Cross (Lent)
Glorious Mysteries – the Resurrection of Jesus from the dead to the Crowning of Mary as Queen of Heaven and Earth (after Easter: April / May)
- Summer challenge: Seek to pray a decade of the Rosary each day, taking about 5 min.

Learning the Principles of adoration to the Blessed Trinity and our special devotion to Mary

- Jesus gave Mary to John the Apostle as his Spiritual Mother when He was dying on the Cross. (John 19: 25-27) It has always been believed that John represented each one of us. It is therefore appropriate for you to pray to Mary, asking her for help in all of your needs.
- Mary is your Spiritual Mother and your sign of comfort and hope. **The Blessed Mother’s basic task is always to draw people into deeper friendship with her Son.**
- The Rosary is a prayer in honor of the Blessed Virgin Mary, which repeats the privileged Marian prayer *Hail Mary*, in “decades” of ten prayers, which is preceded by the *Our Father* and concluded by the *Glory Be to the Father*, accompanied by meditation on the mysteries of Christ’s life. (*Catechism*, Glossary, p. 897)

- “Adoration” is the worship that is deserved and rightly offered to God, the Creator, alone. The adoration of our Heavenly Father, Jesus and the Holy Spirit is firmly rooted and grounded within the heart of the Church before any secondary veneration of Mary is progressively inspired and evoked by the Holy Spirit. However, “the Church’s devotion to the Blessed Virgin is intrinsic to Christian worship.” **Veneration”, that is, the special honor, devotion, reverence, and recognition of excellence we give to Mary**, God’s creature, deepens and points us toward a more perfect homage of God Himself. In appreciating and honoring Mary, the masterpiece, we give greater honor and glory to God, the Divine Artist. (See *Catechism of the Catholic Church* hereafter CCC paragraph 971)
- **Mary is your Spiritual Mother.** In the spiritual order, Mary became your mother in the order of grace as she fully cooperated with Christ in restoring supernatural life to souls.
- **Mary is your model of faith and charity.** You are invited to study the Faith, in an ongoing manner, and be committed to daily prayer in order to deepen your friendship with Jesus Christ. Further, you are to live out your faith by showing compassion and love toward others on a daily basis, especially those in need. You do this out of love for God. You are called to follow Mary’s example as she served Elizabeth in her old age.
- “Prayer is a vital necessity. Prayer and Christian life are inseparable.” (CCC 2744-2745)

Activities for Learning the Mysteries

- After reading the short Scripture passage, take a time of silence to reflect on how it relates to your life.
Journal these reflections.
For example: after reading the Bible passage about the Annunciation – the angel announcing to Mary that she would be the Mother of the Savior and how she gave her “yes” to God, you will want to reflect on what God is asking of you, and that you want to say “yes”, which may be difficult. At this time in your life, He might be asking you to forgive someone; or to befriend someone; or to help your parents in some way; or to pray for a neighbor who is sick etc.
- Pray the *Our Father*, *Hail Mary* and *Glory Be* a little slower, praying the prayers with your heart.
- Pray a decade of the Rosary with others. When praying the *Our Father*, *Hail Marys* and *Glory Be*, allow one person to lead and the others may respond by praying the second half of the prayer.
- When praying the Mysteries of the Rosary, which are the events of the lives of Jesus and Mary, it is helpful to be looking at Sacred Art. “A sacred image can express much more than what can be said in words, and be an extremely effective and dynamic way of communicating the Gospel message.” (Joseph Cardinal Ratzinger – Benedict XVI, Pope Emeritus, *Compendium of the Catechism of the Catholic Church*, p. xvii)



Jesus with the Apostles at the Last Supper

- You will want to pray from your heart, not just rattling words. “Prayer is internalized to the extent that you become aware of Him ‘to whom you speak.’” In the case of the *Hail Mary*, you are speaking with the person of Our Blessed Mother. In the *Our Father*, you are addressing our Heavenly Father. In the *Glory Be*, you are speaking with and praising the Father, the Son and the Holy Spirit. (*Catechism* 2700, 2704)



- Placing the one-page Prayer Card into a plastic sleeve, or laminating it will protect it for longer use.
- You are invited to make a request of Our Blessed Mother for a specific need before praying a *Hail Mary* or a decade of the Rosary. When a prayer is answered, it will make faith come alive for you and will help you to develop a relationship with Mary. At a time when you have a specific prayer that was answered, it is most helpful to share it with someone. You don't want to just ask for good things from Mary with no desire to speak with her and develop a friendship with her. Jesus honored His Mother. You are also called to honor her with a special devotion. (CCC 971)

Spiritual Comprehension – Do you understand?

- Meditating upon one of the *Mysteries of the Rosary* and then praying a decade of the Rosary, which includes one *Our Father* and ten *Hail Mary's*, is a form of prayer that you will want to understand well and develop a daily habit before you decide to go deeper with another prayer. Plan to spend an entire year praying a decade of the Rosary each day.

Encountering Jesus and/or Mary in Prayer

- Read the Scripture for each Mystery and take notice of a word or phrase that stood out for you. Allow some time of silence for them to think about why the word or phrase stood out for you.
Taking some quiet time to reflect on the Mystery of the Rosary takes it to the next level of a deep personal encounter.
As a further progression, provide silence so that you may have a “heart-to-Heart” conversation with Jesus or Mary.
- a personal application between what is taking place in the Scripture passage and your own life.

Scriptural Foundation of the *Our Father*, *Hail Mary* and *Glory Be*

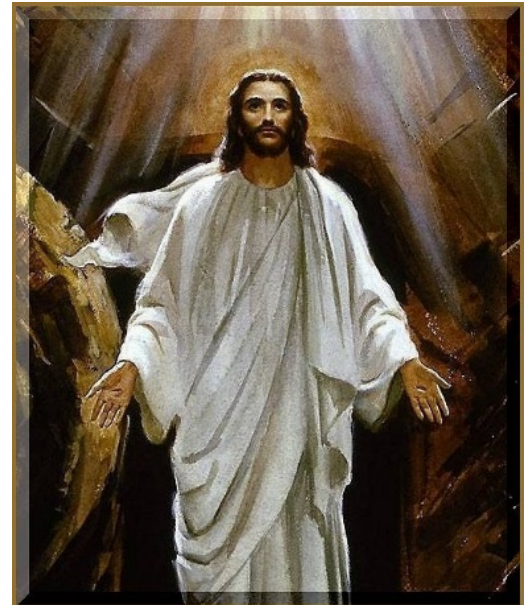
- Jesus taught the Apostles the *Our Father* as found in Matthew 6:5-15 & Luke 11:1-13.
- *Hail Mary*
 - **“Hail, full of grace, the Lord is with you.”**
The Catholic Church added Mary's name to the prayer. This is the greeting of the Angel Gabriel to Mary in **Luke 1:28**.
 - **“Blessed are you among women, and blessed is the fruit of your womb.”**
Luke 1:41, 42 Mary traveled in haste into the hill country to serve her cousin Elizabeth because Elizabeth was with child even though she was much older. The angel Gabriel

had told Mary this when he announced to her that she would be the Mother of Jesus. The bolded words are what Elizabeth said to Mary when she arrived at Elizabeth’s house. The Church added Jesus’ name to the prayer.

- **Holy Mary, Mother of God. (Luke 1:43)** Elizabeth said to Mary, “But who am I that the Mother of my Lord should come to me?” The words “Mother of my Lord” refer to Mary being the Mother of God.
- **Pray for us sinners, now and at the hour of our death. Amen.** By asking Mary to pray for us, we acknowledge ourselves to be her spiritual children who are in need of God’s help to avoid sin and break habits of sin. We address ourselves to the “Mother of Mercy” as she is the Mother of Jesus.

Glory Be to the Father, and to the Son, and to the Holy Spirit...

- All creation, including the angels give glory to God: “Glory to God in the highest, and on earth peace, good will toward men.” Luke 2:14
- “The only wise God, through Jesus Christ, be honor and glory forever and ever. Amen.” (Romans 16:27)
- “So whether you eat or drink or whatever you do, do it all for the glory of God.” **(1 Corinthians 10:31)**
- “That at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.” **(Philippians 2:10-11)**
- “Now unto God and our Father be glory for ever and ever. Amen.” Philippians 4:20



Jesus’ Resurrection from the dead

- “And has made us kings and priests unto God and His Father; to Him be glory and dominion for ever and ever. Amen.” Revelation 1:6
- “Saying with a loud voice, Fear God, and give glory to Him.” Revelation 14:7
- “Give glory to the LORD your God.” Jeremiah 13:16
- “The heavens declare the glory of God; the skies proclaim the work of His hands.” **(Psalm 19:1)**

Resources

- Let’s Pray (Not Just Say) The Rosary by Richard Rooney, SJ. Liguori Publications <http://www.liguori.org/catalogsearch/result/?cat=0&q=The+Rosary>(\$2.50)
- Praying the Rosary with the Family .25 cents www.catholiccompany.com