

My Daily 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 Glorious Mysteries of the Holy Rosary

During the Easter Season, 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.



Jesus, You rose from the dead three days after You died on the Cross for my sins. Sunday is the feast of the Resurrection. Help me to go to Mass every Sunday.



Forty days after rising from the dead, **Jesus ascended into Heaven**. Strengthen me to know and believe that You are with us in the Eucharist.



The Holy Spirit descended on Mary and the Apostles. God the Holy Spirit, transform me into a courageous disciple of Jesus.



Mary was taken body & soul into Heaven. As my spiritual Mother, pray for me that I will be faithful to Jesus.

Mary was crowned Queen of Heaven & earth. Mary, guide me on the path to Heaven.



- **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.**



Dear Friend in Christ,

Learning about Jesus needs to be accompanied by daily prayer in order for you to grow in a deeper, personal friendship with Him. This relationship with the Son of God in turn strengthens you on the true path to happiness. As you speak with Jesus each day in prayer, you will come to recognize more how much He loves you and find **peace** and **calm** in the midst of life's difficulties.

It is not uncommon to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with Jesus.

When you pray for something, you can trust that God will answer every prayer in a way that is best for you. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

Why focus each day on one major event (a Rosary Mystery) of Jesus' life?

In focusing on one Mystery of Jesus' life and praying a decade of the Rosary each day, you will come to realize better and better how much Jesus loves you. Sin separated you from God and you 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 us. The Luminous Mysteries are about the major events of Jesus public ministry. The Sorrowful Mysteries relate Jesus' Passion and death on the Cross. He died for each one of us so that our sins could be forgiven. The Glorious Mysteries help us 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, at a meal time; in the evening; 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 better understand the *Mysteries of the Rosary*, go to diolc.org/deeper.

