

My 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 Joyful Mysteries of the Rosary

Each day, 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) **The Angel Gabriel announced to Mary that she would be the Mother of our Savior.** Mary said yes. Help me to say yes to God.



2) **Mary visits Elizabeth in her time of need.** Mary, teach me how to think about & help others.



3) **Jesus is born in Bethlehem.** Guide me to be thankful to God for our Savior.



4) **Jesus, You were presented in the Temple.** Help me to not be afraid and to give all of myself to You.

5) **Mary and Joseph searched for Jesus when He was 12 y/o.** Help me to always seek and find You in every situation.



- **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,

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.

Reflecting on one of the *Mysteries of Jesus’ life* and praying one decade of the Rosary (one *Our Father*, ten *Hail Mary’s* and one *Glory Be*) is the specific focus of this Prayer Card. 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, referred to as a 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 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 you. 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 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. God chose Mary to be the Mother of the Savior and some of the Mysteries focus on her significant role in His plan.

To be consistent, it is essential to choose a specific time that best fits your family life. 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.

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.

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 our Heavenly Father.

For further suggestions to understand better the *Mysteries of the Rosary*, go to www.dioc.org/deeper.