



# **The Rosary**

## **Praying with Purpose**

*A Step-by-Step Guide to Praying the Rosary*

The Rosary isn't just a prayer, it's a journey through the life, love, and sacrifice of Jesus Christ, seen through the heart of His Blessed Mother. Each bead carries a story. Each mystery invites reflection, peace, and deeper faith.

Whether you're praying for healing, guidance, or gratitude, the Rosary centers your soul and reminds you that you're never alone, Mary walks beside you with every Hail Mary, leading you closer to her Son.

This guide was created to help you pray with intention and understanding. Whether you're just beginning or rediscovering this powerful devotion, you'll find simple steps, meditations, and the mysteries that shape our Catholic faith.

Take a deep breath. Hold your rosary. Let's pray together—one bead, one mystery, one act of love at a time.

# Prayers of the Holy Rosary

## Begin each prayer with the Sign of the Cross

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

## The Apostles' 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.

## The Lord's Prayer (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.

### **The 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 Thy mercy. Amen.

### **Hail, Holy Queen**

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness, and our hope.  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

# The Mysteries of the Holy Rosary

## **The Joyful Mysteries (Monday & Saturday)**

1. The Annunciation
2. The Visitation
3. The Nativity (Birth of Jesus)
4. The Presentation in the Temple
5. The Finding of Jesus in the Temple

## **The Sorrowful Mysteries (Tuesday & Friday)**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

## **The Glorious Mysteries (Wednesday & Sunday)**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven

## **The Luminous Mysteries (Thursday)**

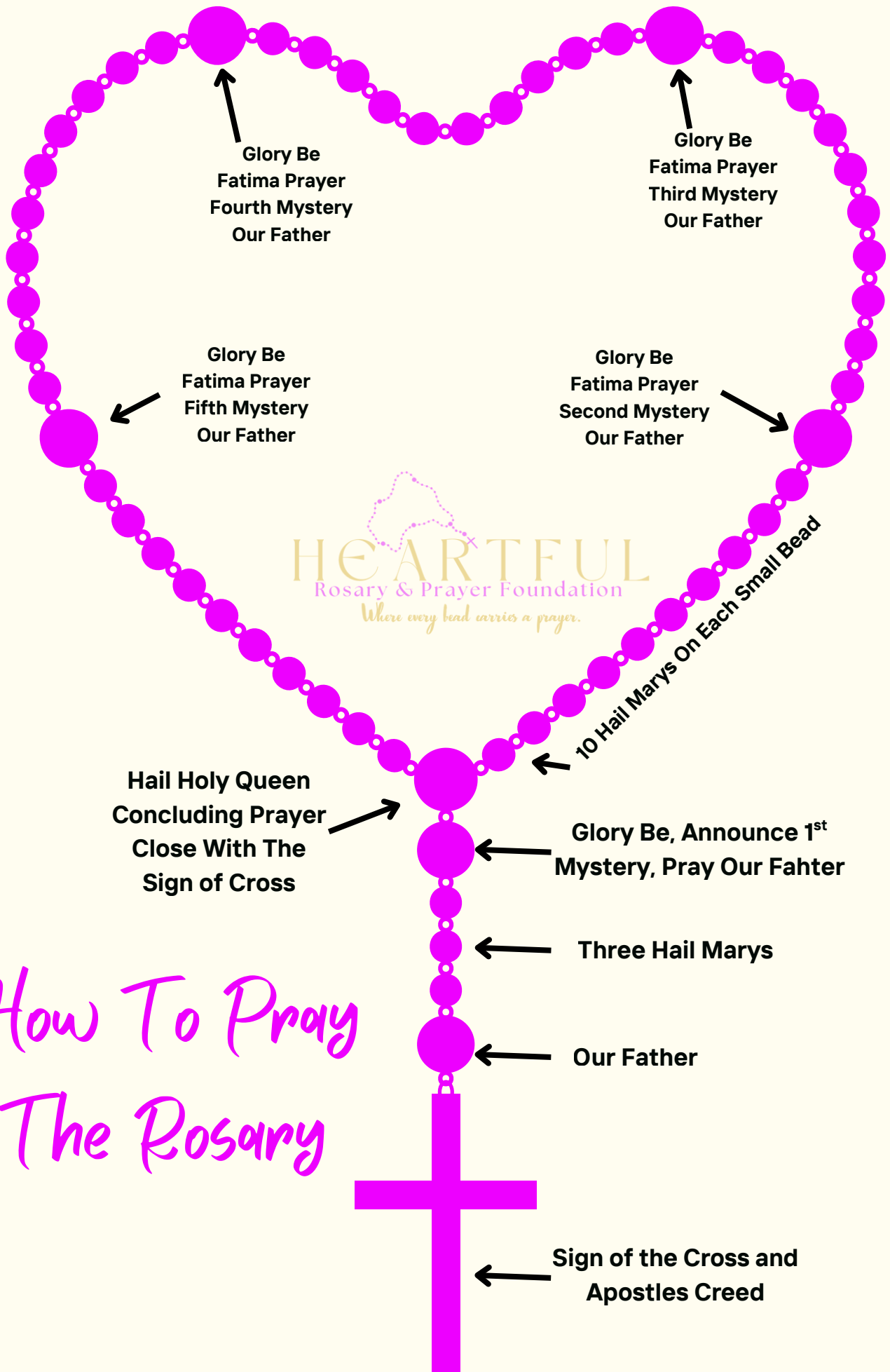
1. The Baptism of Jesus in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

## How to Pray the Rosary Step-by-Step

1. Begin with the Sign of the Cross.
2. Pray the Apostles' Creed on the crucifix.
3. Pray one Our Father on the first large bead.
4. Pray three Hail Marys on the next three small beads (for faith, hope, and charity).
5. Pray one Glory Be.
6. Announce the First Mystery, then pray one Our Father.
7. Pray ten Hail Marys while meditating on the mystery.
8. Pray one Glory Be and the Fatima Prayer.
9. Repeat for the remaining four decades, announcing each new Mystery.
10. After the fifth decade, pray the Hail, Holy Queen and finish with the Sign of the Cross.



***When you pray the Rosary, you hold Heaven in your hands.***



**HEARTFUL**  
Rosary & Prayer Foundation  
*Where every bead carries a prayer.*

# How To Pray The Rosary

# Litany of the Blessed Virgin Mary

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.

God, the Son, Redeemer of the world, have mercy on us.

God, the Holy Spirit, have mercy on us.

Holy Trinity, One God, have mercy on us.

Holy Mary, pray for us.

Holy Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of Christ, pray for us.

Mother of the Church, pray for us.

Mother of Divine Grace, pray for us.

Mother Most Pure, pray for us.

Mother Most Chaste, pray for us.

Mother Inviolable, pray for us.

Mother undefiled, pray for us.

Mother Most Amiable, pray for us.

Mother Most Admirable, pray for us.

Mother of Good Counsel, pray for us.

Mother of our Creator, pray for us.

Mother of our Savior, pray for us.

Virgin Most Prudent, pray for us.

Virgin Most Venerable, pray for us.

Virgin Most Renowned, pray for us.

Virgin Most Powerful, pray for us.

Virgin Most Merciful, pray for us.

Virgin Most Faithful, pray for us.



Mirror of Justice, pray for us.  
Seat of Wisdom, pray for us.  
Cause of our Joy, pray for us.  
Spiritual Vessel, pray for us.  
Vessel of Honor, pray for us.  
Singular Vessel of Devotion, pray for us.  
Mystical Rose, pray for us.  
Tower of David, pray for us.  
Tower of Ivory, pray for us.  
House of Gold, pray for us.  
Ark of the Covenant, pray for us.  
Gate of Heaven, pray for us.  
Morning Star, pray for us.  
Health of the Sick, pray for us.  
Refuge of Sinners, pray for us.  
Comforter of the Afflicted, pray for us.  
Help of Christians, pray for us.

Queen of Angels, pray for us.  
Queen of Patriarchs, pray for us.  
Queen of Prophets, pray for us.  
Queen of Apostles, pray for us.  
Queen of Martyrs, pray for us.  
Queen of Confessors, pray for us.  
Queen of Virgins, pray for us.  
Queen of All Saints, pray for us.  
Queen Conceived Without Original Sin, pray for us.  
Queen Assumed Into Heaven, pray for us.  
Queen of the Most Holy Rosary, pray for us.  
Queen of Families, pray for us.  
Queen of Peace, pray for us.

Lamb of God, who takes away the sins of the world, spare us, O Lord.  
Lamb of God, who takes away the sins of the world, graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world, have mercy on us.

Pray for us, O Holy Mother of God,  
That we may be made worthy of the promises of Christ.

### **Let us pray**

Grant, we beseech Thee, O Lord God, that we, Your servants, may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may we be delivered from present sorrow and obtain eternal joy. Through Christ our Lord. Amen.

### **Reflection**

The Litany of the Blessed Virgin Mary is more than a prayer — it is a song of love, trust, and devotion to our Heavenly Mother. Each title speaks of Mary's virtues, her strength, and her tender intercession for all who call upon her. When we pray this litany, we draw closer to her immaculate heart and find comfort under her protective mantle. Through her, we are led ever more deeply to her Son, Jesus Christ — our Redeemer and Prince of Peace. May every word lift your soul toward Heaven and fill your heart with renewed faith, hope, and love.

