

## Tips for Praying the Rosary

The following tips may help you make the most of praying the Rosary:

- Try focusing more on the mysteries than on the actual prayers.
- Invoke the Holy Spirit before praying the Rosary.
- Avoid distractions by praying in a quiet location.
- Pray during times you are least likely to get interrupted or be distracted.
- Try saying a "Scriptural Rosary" to help you focus on the mysteries. When praying the Scriptural Rosary, there are 10 relevant Scripture quotes for each mystery of the Rosary. By focusing on these biblical passages, you may be more likely to avoid distraction.
- You may offer up your Rosary for a specific person, intention, etc. Even distractions may be offered up!
- When contemplating a mystery, try imagining that you were actually there when the event occurred.
- Pray the Rosary with your whole family, or try saying the Rosary in a group (i.e. after Mass).
- Take a moment at the beginning of each decade to reflect on the mystery it represents. This may help you focus on the mystery itself and avoid distractions.
- If Rosary beads are unavailable, try using your fingers to count.
- Make use of traditional artwork to focus your mind on the mysteries of the Rosary.
- Try following along with a good traditional book while praying the Rosary. Some have meditations, artwork, etc. Especially helpful may be traditional books written by saints devoted to the Rosary.
- If you are unable to pray a full Rosary on some occasion, you may pray as many decades as you can. Or, if you are new to the Rosary and wish to start slowly, you can begin by saying a decade (or two or three) each day.
- Keep praying and you'll get better with time. *Don't ever give up!* Even if you find that you are upset by distractions, be sure to persevere. You may even offer up the distraction itself! Should you find it difficult to pray the Rosary on your own, consider joining a group.

# The Mysteries of the Rosary

	Joyful Mysteries	Sorrowful Mysteries	Glorious Mysteries
<b>No. (#)</b>	<b>Mystery</b>	<b>Mystery</b>	<b>Mystery</b>
	Selected Virtue*	Selected Virtue*	Selected Virtue*
	Description	Description	Description
	Selected Scripture Reference(s)	Selected Scripture Reference(s)	Selected Scripture Reference(s)
<b>F I R S T</b>	<b>The Annunciation to Mary</b>	<b>The Agony in the Garden</b>	<b>The Resurrection of Our Lord Jesus</b>
	Humility	Contrition	Faith
	The angel Gabriel tells Mary that God wishes her to become the Mother of Jesus, and Mary humbly accepts	Our Savior sweats blood in the Garden of Gethsemane and is handed over by Judas	On Easter Sunday, Jesus rises from the dead
	LK 1:26-38	MT 26:36-56, MK 14:32-52, LK 22:39-53	MT 28:1-10, MK 16:1-14, LK 24:1-12
<b>S E C O N D</b>	<b>The Visitation</b>	<b>The Scourging of Jesus at the Pillar</b>	<b>The Ascension of Our Lord Jesus into Heaven</b>
	Charity	Purity	Hope
	Mary visits and assists her cousin Elizabeth, the mother of John the Baptist, in her time of need. Elizabeth calls Mary "blessed among women"	Jesus is stripped and repeatedly scourged	Forty days after his resurrection, Jesus ascends to heaven and sits at the right hand of God the Father
	LK 1:39-56	MT 20:17-19, MT 27:26, MK 10:32-34, MK 15:15, LK 18:31-33, JN 19:1	MK 16:19, LK 24:50-51, ACTS 1:6-11

	Joyful Mysteries	Sorrowful Mysteries	Glorious Mysteries
<b>T H I R D</b>	<b>The Nativity of Our Lord</b>	<b>The Crowning of Jesus with Thorns</b>	<b>The Descent of the Holy Spirit Upon the Apostles</b>
	Spirit of poverty	Courage	Charity / Love
	Mary gives birth to Jesus in a manger in Bethlehem	Jesus is ridiculed and a crown of thorns is placed on His head	The Holy Spirit is sent to Christ's Apostles and Disciples
	LK 2:1-20	MT 27:27-31, MK 15:16-20, JN 19:2-3	LK 24:49, ACTS 2:1-21
<b>F O U R T H</b>	<b>The Presentation of the Child Jesus in the Temple</b>	<b>The Carrying of the Cross</b>	<b>The Assumption of the Blessed Virgin Mary Into Heaven</b>
	Obedience	Patience	Devotion to Mary
	Jesus is presented to His Heavenly Father forty days after His birth, according to the law of Moses	Jesus is forced to carry His cross on the way to His crucifixion	Mary is assumed into Heaven, body and soul
	LK 2:22-39	MT 27:31-32, MK 15:20-22, LK 23:26-32, JN 19:16-17	See RV 12, PS 132:8
<b>F I F T H</b>	<b>The Finding of Our Lord Jesus in the Temple</b>	<b>The Crucifixion and Death of Our Lord Jesus</b>	<b>The Coronation of Our Lady as Queen of Heaven and Earth</b>
	Piety	Self-denial	Final Perseverance
	After an anxious three day search, Mary & Joseph find Jesus, at age 12, in the Temple with the teachers	After three hours and much agony, Jesus dies on the cross	Mary is crowned Queen of Heaven and Earth
	LK 2:41-52	MT 27:33-54, MK 15:22-39, LK 23:33-47, JN 19:18-30	See RV 12:1