

Mysteries of the Rosary

The Church has used three sets of mysteries for many centuries. In 2002 Pope John Paul II proposed a fourth set of mysteries—the Mysteries of Light, or Luminous Mysteries. According to his suggestion, the four sets of mysteries might be prayed on the following days: the Joyful Mysteries on Monday and Saturday, the Sorrowful Mysteries on Tuesday and Friday, the Glorious Mysteries on Wednesday and Sunday, and the Luminous Mysteries on Thursday.

The Joyful Mysteries

1. **The Annunciation**
Mary learns that she has been chosen to be the mother of Jesus.
2. **The Visitation**
Mary visits Elizabeth, who tells her that she will always be remembered.
3. **The Nativity**
Jesus is born in a stable in Bethlehem.
4. **The Presentation**
Mary and Joseph take the infant Jesus to the Temple to present him to God.
5. **The Finding of Jesus in the Temple**
Jesus is found in the Temple discussing his faith with the teachers.

The Mysteries of Light

1. **The Baptism of Jesus in the River Jordan**
God proclaims that Jesus is his beloved Son.
2. **The Wedding Feast at Cana**
At Mary's request, Jesus performs his first miracle.
3. **The Proclamation of the Kingdom of God**
Jesus calls all to conversion and service to the Kingdom.
4. **The Transfiguration of Jesus**
Jesus is revealed in glory to Peter, James, and John.
5. **The Institution of the Eucharist**
Jesus offers his Body and Blood at the Last Supper.

The Sorrowful Mysteries

1. **The Agony in the Garden**
Jesus prays in the Garden of Gethsemane on the night before he dies.
2. **The Scourging at the Pillar**
Jesus is lashed with whips.
3. **The Crowning With Thorns**
Jesus is mocked and crowned with thorns.
4. **The Carrying of the Cross**
Jesus carries the cross that will be used to crucify him.
5. **The Crucifixion**
Jesus is nailed to the cross and dies.

The Glorious Mysteries

1. **The Resurrection**
God the Father raises Jesus from the dead.
2. **The Ascension**
Jesus returns to his Father in heaven.
3. **The Coming of the Holy Spirit**
The Holy Spirit comes to bring new life to the disciples.
4. **The Assumption of Mary**
At the end of her life on earth, Mary is taken body and soul into heaven.
5. **The Coronation of Mary**
Mary is crowned as Queen of Heaven and Earth.

Praying the Rosary

Familiarize yourself and/or your group with the prayers of the Rosary.

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.
(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son,
by his life, Death, and Resurrection,
has purchased for us the rewards of eternal life,
grant, we beseech thee,
that while meditating on these mysteries
of the most holy Rosary of the Blessed Virgin Mary,
we may imitate what they contain
and obtain what they promise,
through the same Christ our Lord. Amen.*

