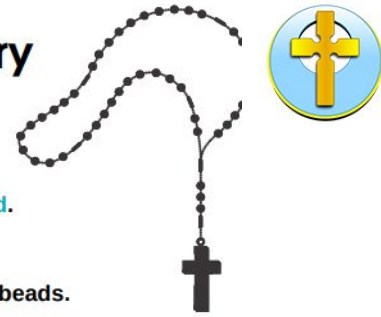


# St. Aidan's Catholic Primary School guide to praying the Rosary



## How to Pray 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.*
9. Conclude the Rosary with the **Sign of the Cross**.

## Sign of the Cross

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

## 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 the life everlasting.

Amen.

## 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.

## Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are thou amongst 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.

## 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.

## Hail, Holy Queen

Hail, holy Queen, Mother of mercy, hail, 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 vale 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 merciful, O loving, O sweet Virgin Mary!  
Amen.



# Mystery

These **Five Sorrowful Mysteries** are traditionally prayed during the season of Lent, on Sundays.

## The Agony in the Garden

"Then Jesus came with them to a place called Gethsemane, and he said to his disciples, 'Sit here while I go over there and pray.' He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, 'My soul is sorrowful even to death. Remain here and keep watch with me.' He advanced a little and fell prostrate in prayer, saying, 'My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.'" - Matthew 26:36-39

Fruit of the mystery: Obedience to God's Will

## The Scourging at the Pillar

"Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified." - Matthew 27:26

Fruit of the mystery: Mortification

## The Crowning with Thorns

"Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, 'Hail, King of the Jews!'" - Matthew 27:27-29

Fruit of the mystery: Courage

## The Carrying of the Cross

"They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. They brought him to the place of Golgotha (which is translated Place of the Skull)." - Mark 15:21-22

Fruit of the mystery: Patience

## The Crucifixion and Death

"When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, 'Father, forgive them, they know not what they do.'] They divided his garments by casting lots. The people stood by and watched; the rulers, meanwhile, sneered at him and said, 'He saved others, let him save himself if he is the chosen one, the Messiah of God.' Even the soldiers jeered at him. As they approached to offer him wine they called out, 'If you are King of the Jews, save yourself.' Above him there was an inscription that read, 'This is the King of the Jews.' Now one of the criminals hanging there reviled Jesus, saying, 'Are you not the Messiah? Save yourself and us.' The other, however, rebuking him, said in reply, 'Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied to him, 'Amen, I say to you, today you will be with me in Paradise.'

"It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, 'Father, into your hands I commend my spirit'; and when he had said this he breathed his last." - Luke 23:33-46

Fruit of the mystery: Sorrow for our Sins

