

How to pray the Hail Mary Rosary — Step-by-Step

1. Make the **Sign of the Cross**.
2. Hold the crucifix and pray the **Apostles' Creed** (text provided below).
3. On the first large bead, pray the **Our Father**.
4. On the next three small beads, pray **three Hail Marys** (often offered for an increase in Faith, Hope, and Charity).
5. On the next large bead, pray the **Glory Be** and announce the first Mystery.
6. For each decade (there are five decades total) do the following:
 - Announce the Mystery and pause to reflect on it.
 - Pray **one Our Father** on the large bead.
 - Pray **ten Hail Marys** on the ten small beads while meditating on the Mystery.
 - Pray a **Glory Be** (and optional Fatima Prayer: "O my Jesus...").
7. Move to the next large bead, announce the next Mystery and repeat step 6 for all five decades.
8. After the five decades, pray the **Hail, Holy Queen** (Salve Regina) or another concluding Marian prayer.
9. Finish with the **Final Prayer to St. Joseph** or a short closing prayer, then make the **Sign of the Cross**.



Which Mysteries on Which Days (modern practice)

- **Joyful Mysteries** — Monday & Saturday.
- **Sorrowful Mysteries** — Tuesday & Friday.
- **Glorious Mysteries** — Wednesday & Sunday.
- **Luminous (Mysteries of Light)** — Thursday.

(If you prefer older customs: some pray the Joyful on Sundays outside of Advent/Christmas, and the Glorious during Easter — but the schedule above is the common contemporary practice.)

The Mysteries with a short reflection (1–2 sentences each)

Joyful Mysteries (Mon, Sat)

1. **The Annunciation** — The angel bids Mary to be the Mother of God; Joseph's silent fidelity figures in the mystery of obedient trust. *May we say "yes" to God's surprising invitations.*
2. **The Visitation** — Mary visits Elizabeth and brings Christ to another womb; the unborn John leaps for joy. *May our presence bring Christ's consolation to those in need.*
3. **The Nativity** — Jesus is born in poverty and humility; God's light enters the world quietly. *May we welcome Jesus with simple, generous hearts.*
4. **The Presentation** — Mary and Joseph present Jesus in the Temple, fulfilling the Law. *May we consecrate what we love to God in faithful obedience.*
5. **The Finding in the Temple** — Jesus, young, is found teaching in the Temple; the search ends in joy. *May we diligently seek Christ when He seems lost to us.*

Luminous Mysteries (Thurs)

1. **The Baptism of Jesus** — The Father proclaims Jesus beloved and the Spirit descends. *May we live as beloved children, led by the Spirit.*
2. **The Wedding at Cana** — Jesus changes water into wine, revealing compassion and glory. *May we trust Jesus to transform ordinary life.*
3. **The Proclamation of the Kingdom** — Jesus proclaims the Good News and calls for repentance. *May our hearts be open to conversion and new life.*
4. **The Transfiguration** — Christ's face shines on the mountain, revealing His glory. *May we be strengthened by glimpses of God's radiant presence.*
5. **The Institution of the Eucharist** — At the Last Supper Christ gives Himself as food and sacrifice. *May we receive Jesus with gratitude and live from His life.*

Sorrowful Mysteries (Tue, Fri)

1. **The Agony in the Garden** — Jesus prays in dark sorrow yet accepts the Father's will. *May we entrust our deepest fears to God's loving plan.*
2. **The Scourging at the Pillar** — Jesus endures bodily suffering for our redemption. *May we stand with the suffering and accept hardship with love.*
3. **The Crowning with Thorns** — Ridicule and mockery veil the King's glory. *May we choose humility and constancy when we are scorned.*
4. **The Carrying of the Cross** — Jesus bears the instrument of salvation; Simon and Veronica help along the way. *May we carry our crosses and help others shouldering theirs.*
5. **The Crucifixion and Death** — The Son gives Himself up out of love; salvation is accomplished. *May we remain faithful amid loss, trusting in God's redeeming love.*

Glorious Mysteries (Wed, Sun)

1. **The Resurrection** — Christ rises; death is conquered and hope is born anew. *May the risen life of Christ animate our daily living.*
 2. **The Ascension** — Jesus returns to the Father and promises the Spirit. *May our hearts long for heavenly things and faithful service on earth.*
 3. **The Descent of the Holy Spirit** — The Spirit fills the apostles and the Church is born. *May we be open to the Spirit's gifts and boldness.*
 4. **The Assumption of Mary** — Mary is assumed body and soul into heavenly life. *May we honor Mary's faithful "yes" and hope in our own resurrection.*
 5. **The Coronation of Mary** — Mary is crowned Queen of Heaven and intercedes for us. *May we rejoice in the glory that awaits the faithful.*
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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.*

***On the next page, you will find a visual representation of how to pray
 the Rosary with Rosary beads.***

HOW TO PRAY THE HOLY ROSARY



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JOYFUL MYSTERIES MONDAY & SATURDAY

- 1 The Annunciation of the Lord to Mary
- 2 The Visitation of Mary to Elizabeth
- 3 The Nativity of our Lord Jesus Christ
- 4 The Presentation of our Lord
- 5 Finding Jesus in the Temple at age 12

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 of Jesus
- 5 The Institution of the Eucharist

SORROWFUL MYSTERIES TUESDAY & FRIDAY

- 1 The Agony of Jesus in the Garden
- 2 The Scourging at the Pillar
- 3 Jesus is Crowned with Thorns
- 4 Jesus Carries the Cross
- 5 The Crucifixion of our Lord

GLORIOUS MYSTERIES WEDNESDAY & SUNDAY

- 1 The Resurrection of Jesus Christ
- 2 The Ascension of Jesus to Heaven
- 3 The Descent of the Holy Ghost
- 4 The Assumption of Mary into Heaven
- 5 Mary is Crowned as Queen of Heaven and Earth