

“The family that recites the Rosary together reproduces something of the atmosphere of the household of Nazareth: its members place Jesus at the centre, they share his joys and sorrows, they place their needs and their plans in his hands, they draw from him the hope and the strength to go on.”

– JOHN PAUL II, APOSTOLIC LETTER
ON THE ROSARY OF THE VIRGIN MARY



**Life Marriage
and Family Office**
CATHOLIC ARCHDIOCESE OF MELBOURNE

PO Box 146, East Melbourne,
Victoria 8002

TEL: 03 9287 5579

FAX: 03 9926 5617

EMAIL: lmf@cam.org.au

WEB: lmf.cam.org.au



**Happy families
pray together**

Rosary prayer card

Prayers of the Rosary

Why pray as a family?

We are all familiar with the old adage – the family that prays together, stays together. When teaching on the importance of family prayer, John Paul II emphasised the rosary which “by age old tradition, has shown itself particularly effective as a prayer which brings families together”. He noted that “today, families seldom manage to come together, and the rare occasions when they do, are often taken up with watching television.” He exhorted families to “rather fill their minds with different images” – images of our Redeemer and our Blessed Mother and by so doing “reproduce something of the atmosphere of the household of Nazareth.” Reflecting on the life of Jesus Christ through the rosary brings his truth and peace into our families and our homes.

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, 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 are 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.

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.

Fatima Prayer

O My Jesus, forgive us our sins, and save us from the fires of hell, and lead all souls to heaven, especially those who most need thy mercy.

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 valley of tears! Turn, then, thy most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

Verse: Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Concluding Prayer

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 by meditating upon 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.

The Mysteries of the Rosary

Joyful Mysteries

(Monday & Saturday)

1. The Annunciation (Lk 1:26-38)
2. The Visitation (Lk 1:40-42)
3. The Birth of Our Lord (Lk 2:1-20)
4. The Presentation of Our Lord (Lk 2:22-38)
5. The Finding of Our Lord in the Temple (Lk 2:41-50)

Sorrowful Mysteries

(Tuesday & Friday)

1. The Agony in the Garden (Mk 14:32-42)
2. The Scourging at the Pillar (Mt 27:11-26)
3. The Crowning With Thorns (Mt 27:27-31)
4. The Carrying of the Cross (Lk 23:26-32)
5. The Crucifixion & Death of Our Lord (Mk 15:23-29)

Glorious Mysteries

(Wednesday & Sunday)

1. The Resurrection (Lk 24:1-6)
2. The Ascension (Acts 1:6-11)
3. The Descent of the Holy Spirit (Acts 2:1-4)
4. The Assumption of Our Blessed Mother into Heaven (Jn 14:1-3)
5. The Coronation of Our Blessed Mother (Rev 12:1-17)

Luminous Mysteries

(Thursday)

1. The Baptism of Our Lord (Mt 3:13-17)
2. The Wedding Feast at Cana (Jn 2:1-12)
3. The Proclamation of the Kingdom of God (Mk 1:14-15)
4. The Transfiguration (Mk 9:2-7)
5. The Institution of the Eucharist (Lk 22:14-20)

How to Pray the Rosary

1. **Begin by making the Sign of the Cross**
 - Recite the Apostles’ Creed
 - Pray the Lord’s Prayer
 - Pray 3 Hail Marys
 - Pray the Glory Be
2. **For each mystery:**
 - Announce the mystery that is to be reflected upon
 - Pray the Our Father at the start of each decade
 - Pray 10 Hail Marys (one decade)
 - Finish the decade with Glory Be
 - After each decade pray the Fatima Prayer
3. **To conclude:**
 - After the five decades of the Rosary pray the Hail Holy Queen and concluding prayer

