

# Sisters of the Eucharistic Heart of Jesus

Serving at St. Mary & St. Paul Parishes · Western Skagit County, WA

---

## How to Pray the Holy Rosary

A Complete Guide with Mysteries & Prayers

---

### The Rosary

The Rosary is a Scripture-based prayer that leads us through the life of Christ as seen through the eyes of the Blessed Virgin Mary. Begin by holding the crucifix and praying the Apostles' Creed, then move along the beads as outlined below.

### Opening Prayers

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.

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 (×3): Hail Mary, full of grace, the Lord is with thee. Blessed art 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.

### Each Decade

1. Announce the Mystery
2. Our Father
3. Ten Hail Marys
4. Glory Be
5. Fatima Prayer: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of Thy mercy. Amen.



## **The Joyful Mysteries (Monday & Saturday)**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of Jesus in the Temple

## **The Luminous Mysteries (Thursday)**

1. The Baptism of Jesus in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## **The Sorrowful Mysteries (Tuesday & Friday)**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

## **The Glorious Mysteries (Wednesday & Sunday)**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven

## **Closing Prayer — Hail, Holy Queen**

*Hail, Holy Queen, Mother of Mercy, 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, 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 clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.*

---

sisters@stmaryparish.org · For personal devotional use