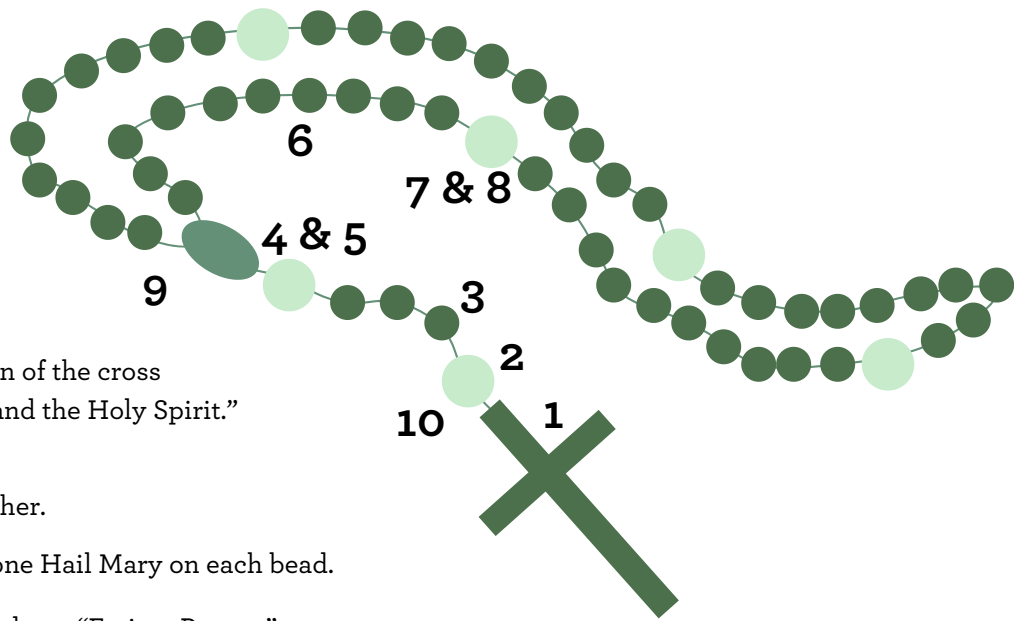


# How to Pray the Holy Rosary



1. Holding the crucifix make the sign of the cross  
“in the name of the Father, the Son and the Holy Spirit.”  
Pray the Apostles’ Creed.

2. On the first bead: say one Our Father.

3. On the three grouped beads: say one Hail Mary on each bead.

4. On the chain: say one Glory Be and one “Fatima Prayer.”

*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.*

5. On the next single bead, enunciate the First Mystery that you are observing, then say one Our Father.

6. On the first set of ten beads: say one Hail Mary on each bead (total of ten).

7. On the chain say one Glory be, one Fatima Prayer.

8. On the next bead, enunciate the Second Mystery that you are observing and continue following steps 5-7 until you have reflected on all five Mysteries.

## **Steps 5-7:**

Enunciate the Mystery

Say One Our Father,

Ten Hail Mary’s,

One Glory Be,

One Fatima Prayer.

*\*The Mysteries of the Holy Rosary, representing the birth, life and death of Jesus as remembered by his mother, are meant to be meditated upon while praying. There are twenty Mysteries of the rosary divided into four categories; Joyful, Luminous, Sorrowful and Glorious, As suggested by Pope John Paul II the Joyful are to be said on Monday and Saturday, the Luminous on Thursday, the Sorrowful on Tuesday and Friday and the Glorious on Wednesday and Sunday.*

9. Conclude the series (set of five Mysteries) with Hail, Holy Queen.

10. Make the sign of the cross “in the name of the Father, the Son and the Holy Spirit. Amen,”