

# *The Holy Rosary*





# *In Scripture, God speaks directly to us*

*Jesus speaks to the people of His love for His Children, of prayer as communion with Him and trust in God*

**Matthew**

**6:25-35**

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

**Matthew**

**7:**

**7-13**

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

# Mysteries of the Rosary

The Rosary is the story of the New Testament (Jesus' life, death and resurrection). Each decade is recited in honour of a Mystery in Our Lord's life and that of his Blessed Mother who intercedes for us to Him.

Traditionally, the rosary is said with **five decades**, each meditating on a set of Mysteries. A decade consists of **one Our Father** followed by **ten Hail Marys** and concludes with the **Glory Be** and **Fatima prayer** ("O, My Jesus...").

Our Blessed Mother has appeared many times urging us to pray the rosary as a spiritual weapon against evil and to bring peace on earth. With our prayers guided by the Blessed Mother in union with our Lord we can obtain gifts of conversion of hearts and peace on earth.

The order of Mysteries and days traditionally prayed, the whole week a meditation on Jesus' life:

## Joyful Mysteries (Mon & Sat)

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

## Sorrowful Mysteries (Tues & Fri)

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

## Luminous Mysteries (Thurs)

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

## Glorious Mysteries (Wed & Sun)

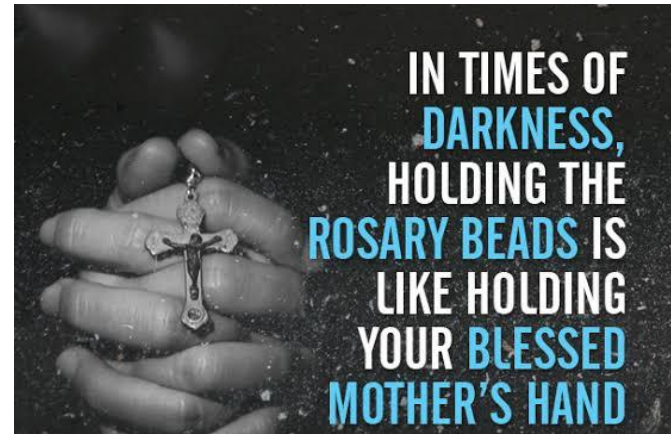
1. The Resurrection
2. The Ascension of Our Lord
3. The Descent of the Holy Spirit
4. The Assumption of Our Lady
5. The Coronation of Our Lady, Queen of Heaven



# Prayer Intentions

Prayer, at its heart, is an act of faith, asking God to step into our lives and believing that He is both willing and able to listen to us. **There is no prayer intention too large or too small** — you can ask for God's help with every need. **He rejoices when His children turn to Him in their need.**

Prayer intentions can be related to your family, marriage (or future spouse), the deceased, release from physical, spiritual or mental illness, for your job, friendship, vocation, study, increase in faith, conversion of a soul (or many), for leaders, the poor, vulnerable, an addiction, healing or prevention of a natural disaster, for Christian unity, strength in troubling times, those who are against you, personal healing, discernment of a big decision, and the list goes on!



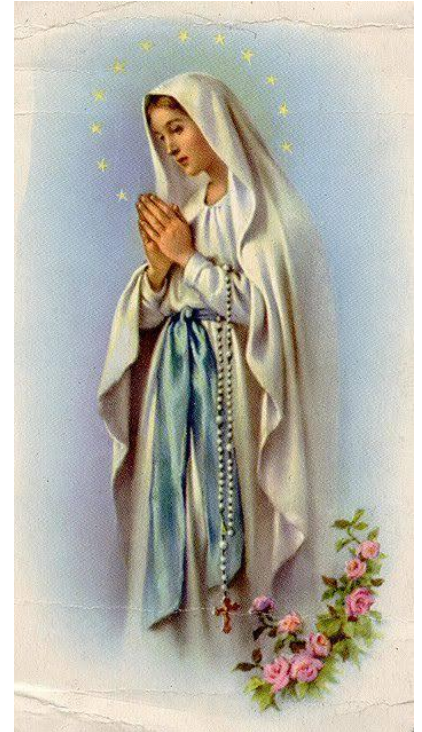
## *Pause for Prayer Intentions:*

*Who are those who have no one to pray for them?*

*What do my friends and family need?*

*What does the world and Church need?*

*What do I need?*





# *The Joyful Mysteries*

*Five mysteries prayed on Mon & Sat*



**Introductory prayers** (*responses in blue for two or more people praying – individually pray altogether*):

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

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. 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 thence he shall 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, 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.

*(pray 3 times for faith, hope and love)*  
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 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.



# The First Joyful Mystery: The Annunciation

“Do not be afraid, Mary, for you have found favour with God. And behold, you will conceive in your womb and bear a Son, and you shall call His name Jesus” Lk 1:30-31

Fruit of the Mystery: **Humility**

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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!



## The Second Joyful Mystery: The Visitation

“Blessed are you among women, and blessed is the fruit of your womb! And why is this granted to me, that the mother of my Lord should come to me?” Lk 1:42-43

Fruit of the Mystery: **Love of Neighbour**

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.

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## The Third Joyful Mystery: **The Nativity**

“Mary gave birth to her first-born Son and wrapped Him in swaddling clothes, and laid Him in a manger, because there was no room for them in the inn” Lk 2:7

Fruit of the Mystery: **Poverty**

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.

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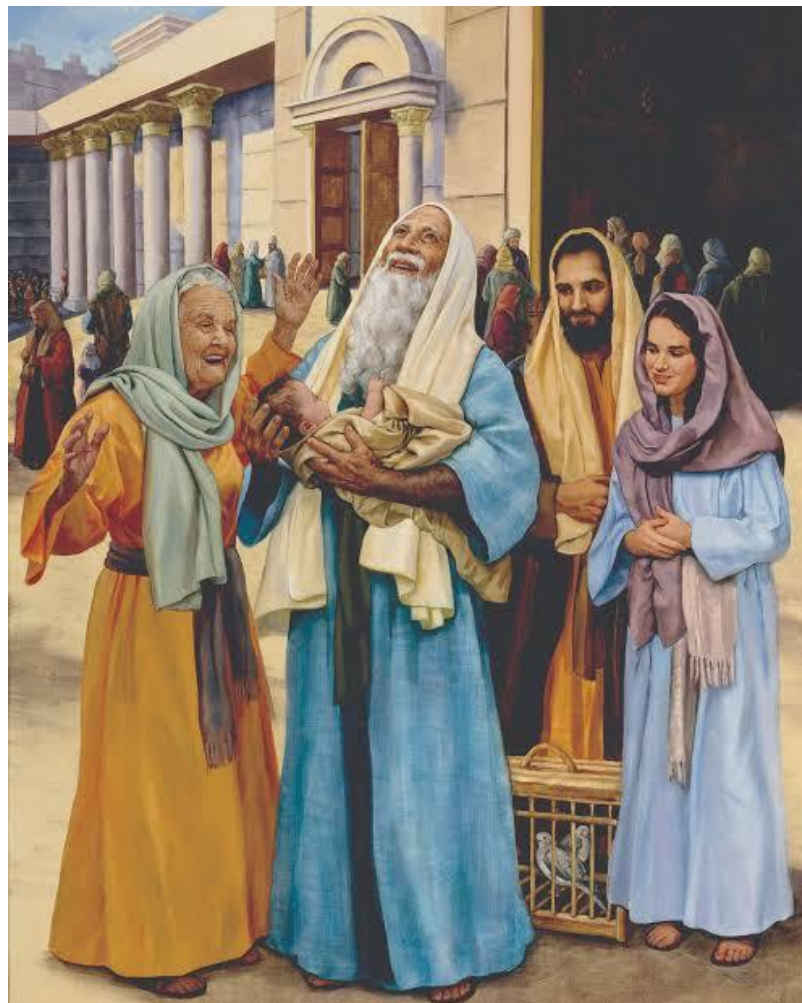
## The Fourth Joyful Mystery: The Presentation

“And when the day of the purification were fulfilled according to the Law of Moses, they took Him up to Jerusalem to present Him to the Lord” Lk 2:22-23

Fruit of the Mystery: **Obedience**

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.

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## The Fifth Joyful Mystery: The Finding of the Child Jesus in the Temple

“And it came to pass after three days, that they found Him in the temple, sitting in the midst of the teachers, both listening them and asking them questions” Lk 2:46

### Fruit of the Mystery: Joy in Finding Jesus

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.

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## Concluding

prayers:

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 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.

Pray for us oh Holy Mother of God.  
That we 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 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.

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



**Optional concluding prayers** (add other Saints, prayers for the Holy Father, the dead or continue with the *Litany of Loretto*):

Our Lady of Fatima,  
Pray for us.

Sts. Michael, Gabriel and Raphael,  
Pray for us.

St. John the Evangelist,  
Pray for us.

Saints Peter and Paul,  
Pray for us.

All the Angels and Saints,  
Pray for us.

In the Name of the Father, the Son, and the Holy Spirit.  
Amen.



*Pope Francis prays to Our Lady of Fatima*



*Jesus and St John*



# *The Sorrowful Mysteries*

*Five mysteries prayed on Tues & Fri*

**Introductory prayers** (*responses in blue for two or more people praying – individually pray altogether*):

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

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. 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 thence he shall 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.**





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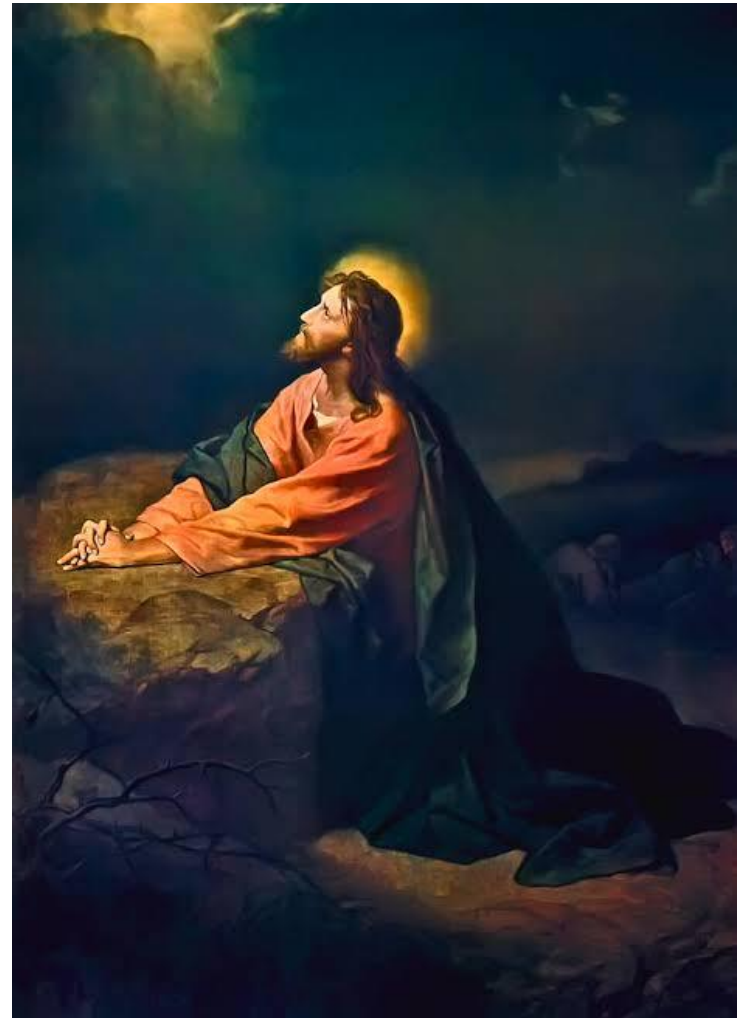
# The First Sorrowful Mystery: The Agony in the Garden

“And His sweat became as drops of blood running down upon the ground. And rising from prayer He came to the disciples, and found them sleeping” Lk 22:44-25

Fruit of the Mystery: **Sorrow for Sin**

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.

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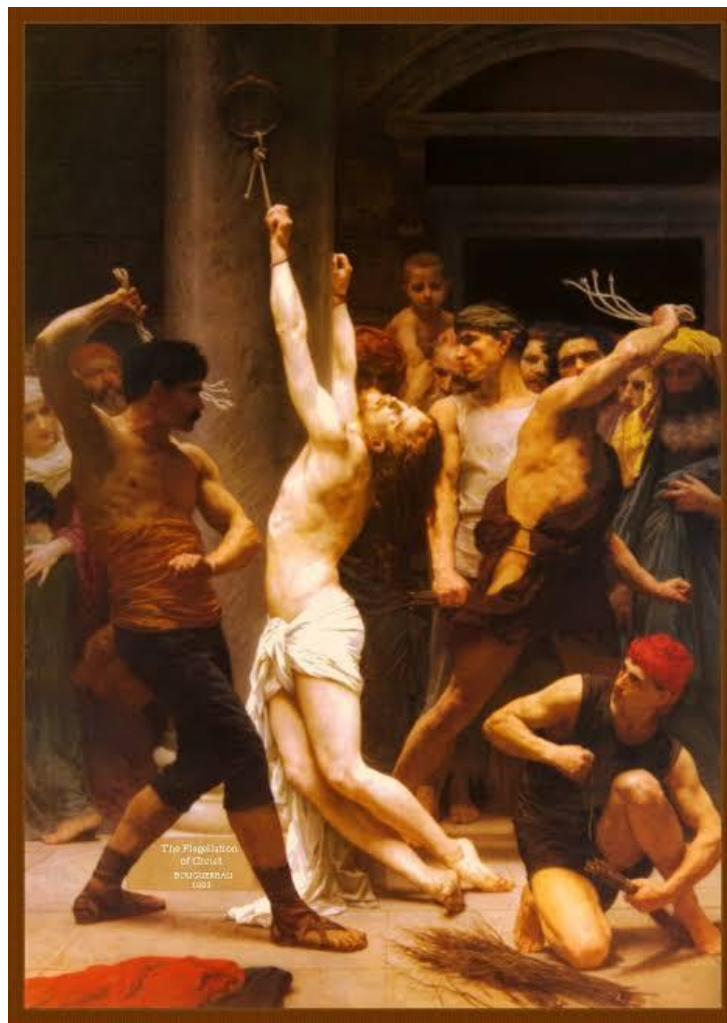
## The Second Sorrowful Mystery: The Scourging at the Pillar

“Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified” Mk 15:15

Fruit of the Mystery: **Purity**

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.

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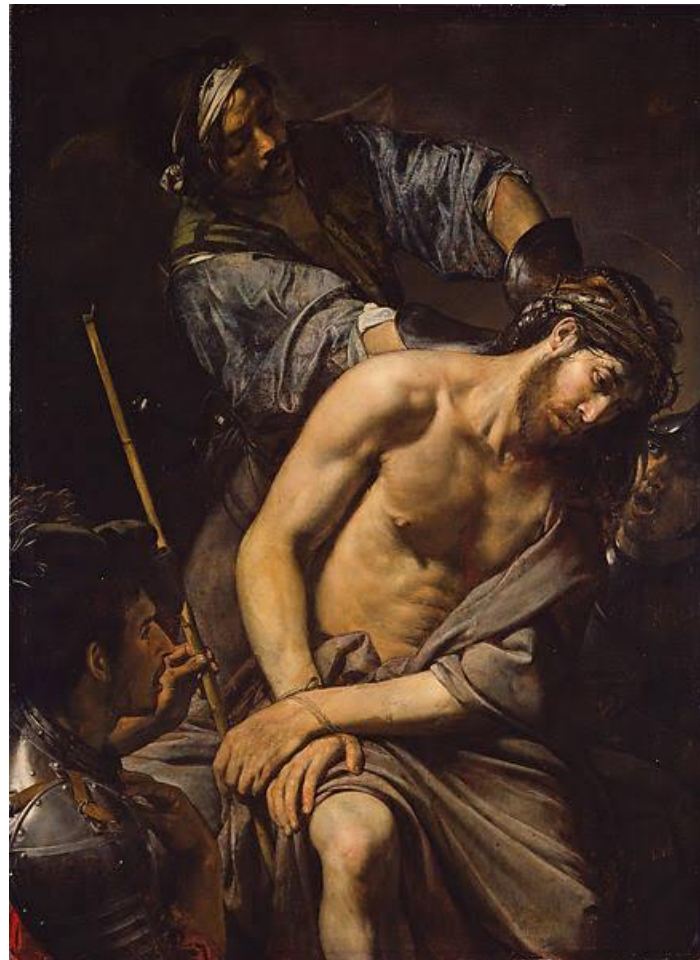
## The Third Sorrowful Mystery: The Crowning with Thorns

“And they stripped Him and put on Him a scarlet cloak; and plaiting a crown of thorns they put it on HIS head, and a reed into His right hand” Mt 27:28-29

Fruit of the Mystery: **Courage**

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## The Fourth Sorrowful Mystery: The Carrying of the Cross

“They took Jesus, and He went out, bearing His own cross, to the place of the skull, which is called in Hebrew, Golgotha” Jn 19:17

Fruit of the Mystery: **Patience**

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## The Fifth Sorrowful Mystery: The Crucifixion

“Jesus, crying with a loud voice, said, “Father, into Your hands I commit My spirit!” And having said this He breathed His Last” Lk 23:46

Fruit of the Mystery: **Perseverance**

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Amen.



*Pope Francis prays to Our Lady of Fatima*



*Jesus and St John*



# *The Luminous Mysteries*

*Five mysteries prayed on Thurs*

**Introductory prayers** (*responses in blue for two or more people praying – individually pray altogether*):

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# The First Luminous Mystery: The Baptism in the Jordan River

“The Spirit descended like a dove on Him. And a voice came from heaven, ‘You are my Son, the Beloved; and with You I am well pleased’” Mk 1:10

**Fruit of the Mystery: Openness to the Holy Spirit**

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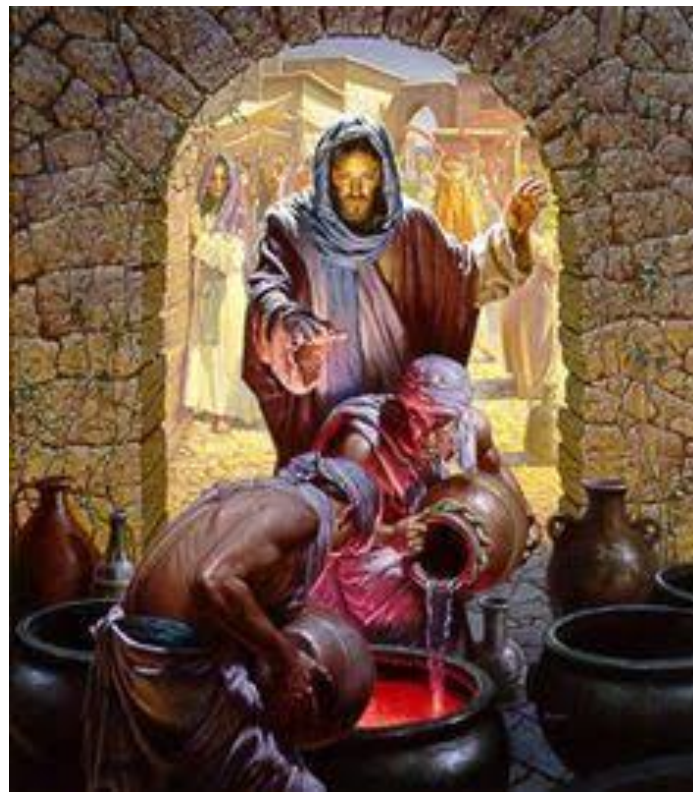
## The Second Luminous Mystery: The Wedding at Cana

“Jesus changed water into wine, the first of His signs, and revealed His glory; and His disciples believed in Him” Jn 2:11

Fruit of the Mystery: **To Jesus through Mary**

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## The Third Luminous Mystery: The Proclamation of the Kingdom

“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news” Mk 1:15

**Fruit of the Mystery: Repentance and Trust in God**

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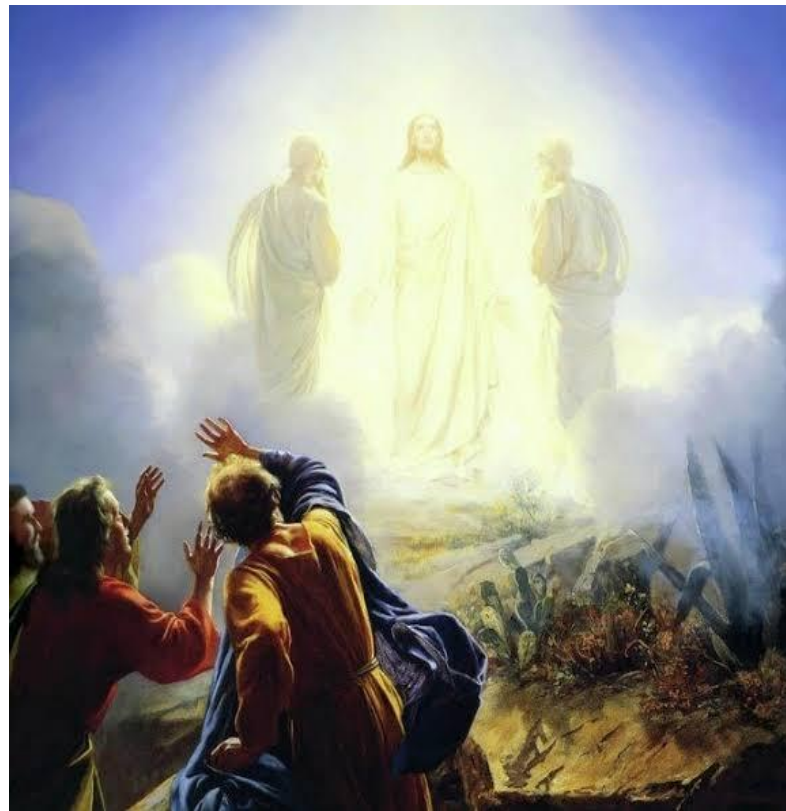
## The Fourth Luminous Mystery: The Transfiguration

“And He was transfigured before them, and His face shone like the sun, and His clothes became dazzling white” Mt 17:2

Fruit of the Mystery: **Desire for Holiness**

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## The Fifth Luminous Mystery: The Institution of the Eucharist

“He took bread, gave thanks, and broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me’” Lk 22:19

Fruit of the Mystery: **Adoration**

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, 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. (10 times)



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.

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!



## Concluding

prayers:

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 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.

Pray for us oh Holy Mother of God.  
That we 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 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.

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



**Optional concluding prayers** (add other Saints, prayers for the Holy Father, the dead or continue with the *Litany of Loretto*):

Our Lady of Fatima,  
Pray for us.

Sts. Michael, Gabriel and Raphael,  
Pray for us.

St. John the Evangelist,  
Pray for us.

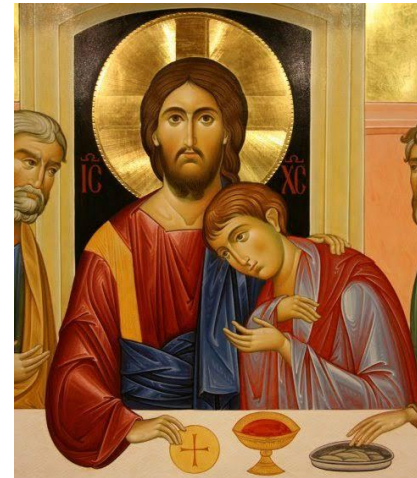
Saints Peter and Paul,  
Pray for us.

All the Angels and Saints,  
Pray for us.

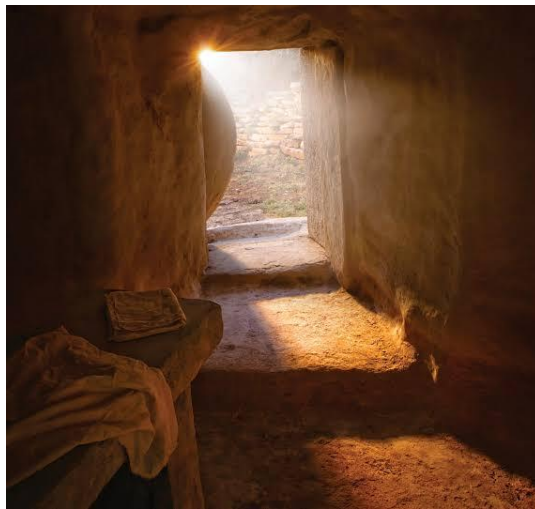
In the Name of the Father, the Son, and the Holy Spirit.  
Amen.



*Pope Francis prays to Our Lady of Fatima*



*Jesus and St John*



# *The Glorious Mysteries*

*Five mysteries prayed on Wed & Sun*

**Introductory prayers** (*responses in blue for two or more people praying – individually pray altogether*):

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

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. 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 thence he shall 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, 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.

*(pray 3 times for faith, hope and love)*  
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 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.



# The First Glorious Mystery: The Resurrection

“Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for He has risen, as He said” Mt 28:5-6

Fruit of the Mystery: **Faith**

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.

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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!



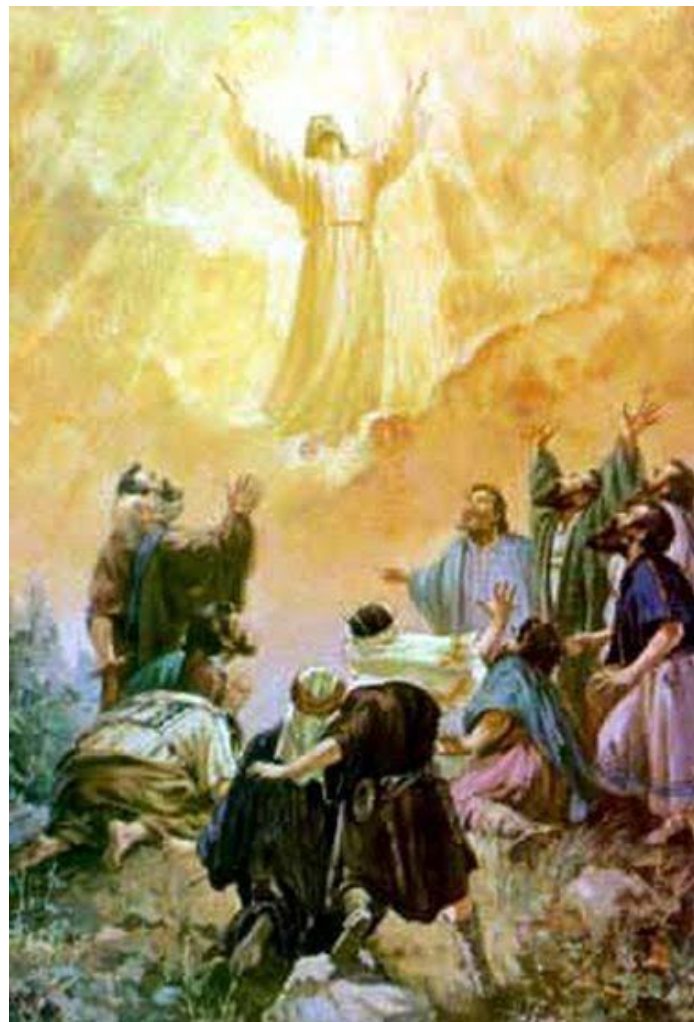
## The Second Glorious Mystery: The Ascension

“So then, the Lord, after He had spoken to them, was taken up into heaven, and sits at the right hand of God.” Mk 16:19

Fruit of the Mystery: **Hope**

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.

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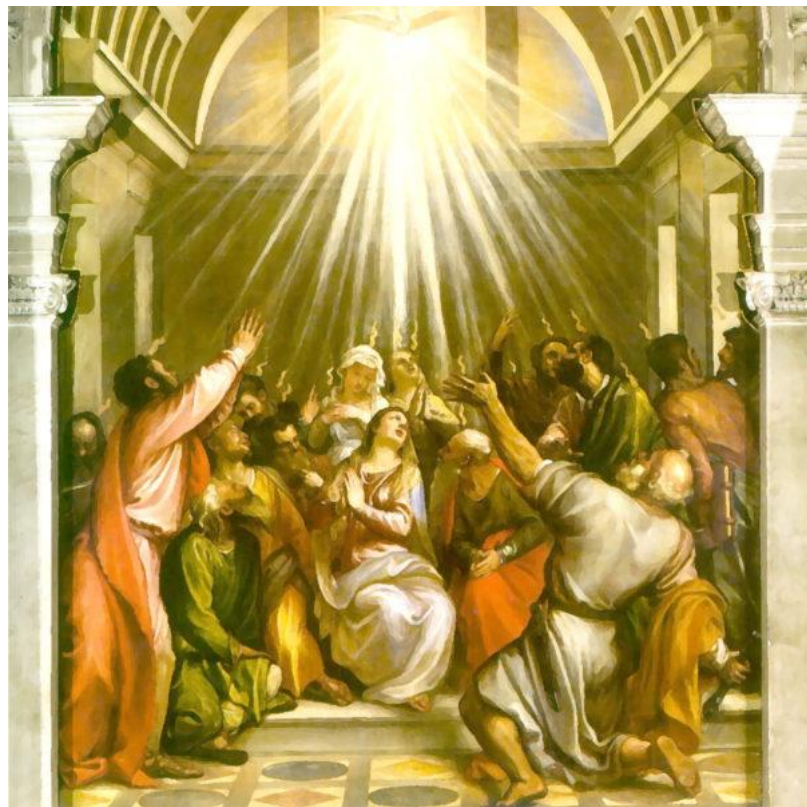
## The Third Glorious Mystery: The Descent of the Holy Spirit

“And they were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak” Acts 2:4

Fruit of the Mystery: **Love of God**

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.

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## The Fourth Glorious Mystery: The Assumption of Our Lady

“Since we believe that Jesus died and rose again, even so, through Jesus, God will bring with Him those who have fallen asleep...and so we shall always be with the Lord.”

1 Thessalonians 4: 14-17

Fruit of the Mystery: **Grace of a Happy Death**

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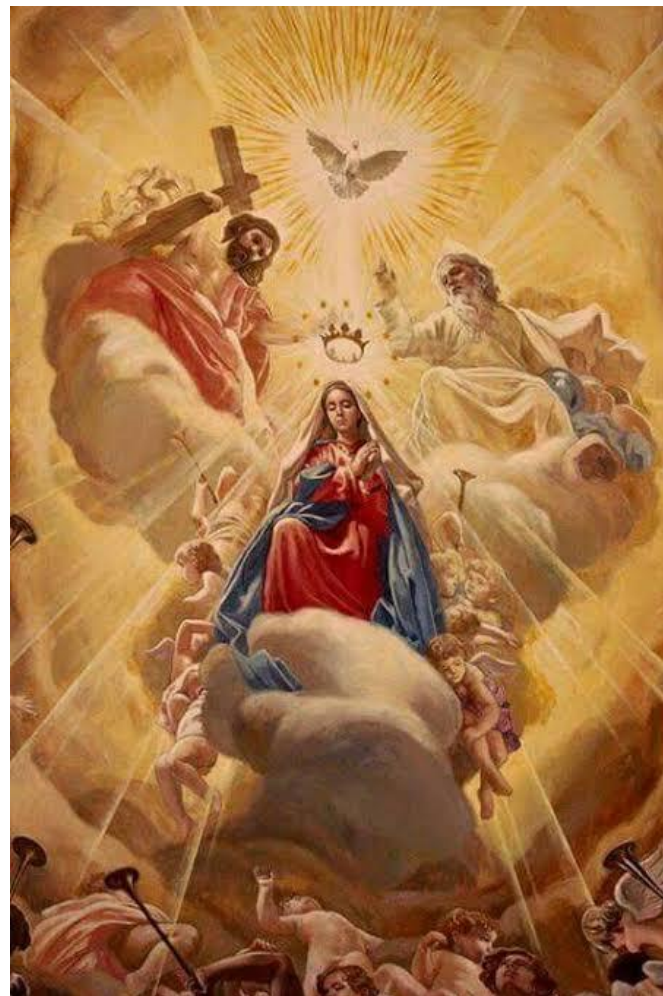
## The Fifth Glorious Mystery: The Coronation

“A great sign appeared in the heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars’” Revelation 12:1

**Fruit of the Mystery: Trust in Mary’s Intercession**

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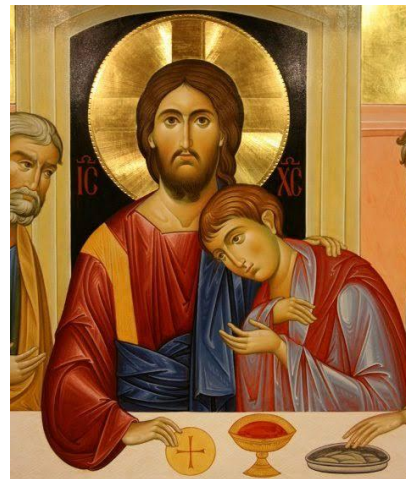
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All the Angels and Saints,  
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In the Name of the Father, the Son, and the Holy Spirit.  
Amen.



*Pope Francis prays to Our Lady of Fatima*



*Jesus and St John*

# Resources to continue the spiritual journey

1) Join our Parish's *Legion of Mary* Fridays 9am for mass & 9:30am Holy Rosary (contact [shsc@shscparish.org.au](mailto:shsc@shscparish.org.au))

- Melbourne Legion of Mary website: <https://www.legionofmary.net.au/>

2) Learn more about how to deepen your prayer of the Rosary online

- Going Deeper with the Rosary: <https://youtu.be/FTd19idM-Jc>
- How to give God your struggles: <https://youtu.be/kq1hLU6DUSs>



3) Follow a reflection or retreat book with the Holy Rosary

- Praying the Rosary Like Never Before by Dr Edward Sri  
<http://www.catholicbookshop.com.au/books/Mary/praying-the-rosary-like-never-before-encounter-the-wonder-of-heaven-amp-earth>
- Pocket Guide Rosary by Matt Fradd  
<https://www.bookdepository.com/Pocket-Guide-Rosary-Matt-Fradd/9781945179693>
- 33 Days to Morning Glory by Fr Michael Gaitley  
<http://www.catholicbookshop.com.au/books/Spirituality/33-days-to-morning-glory-a-do-it-yourself-retreat-in-preparation-for-marian-consecration>

*"Pray the Rosary every day in order to obtain peace for the World."*

... Our Lady of Fatima  
May 13, 1917

*"There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary."*

... Sister Lucy of Fatima



*Children of Fatima whom Our Lady appeared to in 1917*



**The Rosary is the prayer that always accompanies my life: it is also the prayer of simple people and saints...**

**it is the prayer of my heart**

**The Rosary lays before our eyes the beauty of a simple contemplative prayer that is accessible to everyone, great and small.**



**Pope Francis**

*Anastpaul/17*