

THE

# ROSARY



## JOYFUL MYSTERIES

(Typically prayed on Mondays and Saturdays)

Starting in the 1940's, Father Patrick Peyton led a worldwide campaign to strengthen families by praying the Rosary. He made famous the slogan, "The Family That Prays Together Stays Together."

But here's the truth: This prayer strengthens families and marriages because it is a concrete way of living out the faith. It is an opportunity for us to turn to our Blessed Mother Mary, to help us know Him in the intimate and loving way she knew Him.

The Rosary provides a time for us to delve deeply into Scripture, to slowly ponder the mysteries of the entire life of Christ.

The following is a series of meditations on each set of Mysteries of the Rosary. **For individuals, simply meditate on a single paragraph before praying the corresponding decade of the Rosary. In family settings, parents can use these paragraphs as entry points for teaching the faith within the home.**

Annunciation	The First Joyful Mystery	The first Joyful Mystery of the Rosary is the Annunciation, when the angel Gabriel appeared to Mary to let her know she would be the mother of God! Even though this was very hard to believe, and Mary knew it would be difficult, she still said, "Yes!" While we pray this mystery, imagine what that night must have been like. Was Mary afraid when the angel appeared? Did she have peace and joy upon learning she'd be the mother of Jesus? Would you have said "yes" like Mary did? What difficult thing might God be asking of you? Let's pray this mystery and ask for the grace and strength to do the will of God in our lives, like Mary did.	Humility
Visitation	The Second Joyful Mystery	In the Second Joyful Mystery we see Mary setting off to visit her cousin Elizabeth. Elizabeth, who was quite old, was also pregnant, but much closer to giving birth than Mary was. Because of this, Mary wanted to offer her help to someone in need. When Elizabeth saw Mary, her son - John the Baptist - leapt for joy inside her womb, because he recognized Jesus inside Mary's womb. How can we bring Jesus to others in the way that Mary brought Jesus to Elizabeth? Who are the neighbors, friends, classmates, co-workers, and family around us each day that might need our help? Let's offer up their intentions while praying this mystery, and also pray that we would have the grace to love those around us.	Love of Neighbor
Nativity	The Third Joyful Mystery	In the Third Joyful Mystery we celebrate the birth of our Lord Jesus. Here is the miraculous story of God becoming man. That alone is amazing! But what's also important in the Nativity is that God allowed his Son to be born in a dirty cave, with a bed made in the place where animals went to eat. While we pray, let's ask God to help us be content with the spiritual gifts He gives us, and to be more wise in what we buy, especially when we're tempted just to gather more "things" we don't really need.	Poverty of Spirit
Presentation	The Fourth Joyful Mystery	When Jesus was just a little baby, Mary and Joseph brought Him to the Temple to be presented to God. Making an offering wasn't just something they wanted to do, but according to Jewish law, they had to do this. But why would this be necessary since Jesus is the Son of God? They did it because Mary and Joseph wanted to be obedient to God in all things. It is important that even when it is difficult, or when we don't want to, that we try to do what God wants us to do. What's also exciting about this mystery is that there are two other people in this story - Simeon and Anna - who had waited years to see God fulfill his promise of sending the Messiah. From their example we can learn how to be patient in waiting for God, and to trust that God is a Father who fulfills his promises to us. Let's pray for the strength to be obedient, trusting, and patient.	Obedience
Finding Jesus in the Temple	The Fifth Joyful Mystery	When Jesus was a young boy, He traveled with Mary and Joseph to a special celebration far from his home. While there, He was separated from his parents. For three days Mary and Joseph couldn't find their son! When they finally found Jesus, He was in the Temple teaching and listening. People were amazed at how much Jesus knew about God. And though Jesus IS God, He went home with Mary and Joseph and was obedient to them. As we pray this mystery, let's ask God to help us find Jesus in our lives - especially in the Eucharist during Mass. Let's also pray that He help us learn to worship Him and be obedient to Him.	Piety

Fruit of the Mystery

For more information visit:  
[archden.org/eflm](http://archden.org/eflm)



A RESOURCE OF THE  
ARCHDIOCESE OF DENVER

OFFICE OF EVANGELIZATION & FAMILY LIFE MINISTRIES

Copyright © 2014 Archdiocese of Denver

# THE ROSARY

## LUMINOUS MYSTERIES

(Typically prayed on Thursdays)

Starting in the 1940's, Father Patrick Peyton led a worldwide campaign to strengthen families by praying the Rosary. He made famous the slogan, "The Family That Prays Together Stays Together."

But here's the truth: This prayer strengthens families and marriages because it is a concrete way of living out the faith. It is an opportunity for us to turn to our Blessed Mother Mary, to help us know Him in the intimate and loving way she knew Him.

The Rosary provides a time for us to delve deeply into Scripture, to slowly ponder the mysteries of the entire life of Christ.

The following is a series of meditations on each set of Mysteries of the Rosary. **For individuals, simply meditate on a single paragraph before praying the corresponding decade of the Rosary. In family settings, parents can use these paragraphs as entry points for teaching the faith within the home.**

For more information visit:  
[archden.org/eflm](http://archden.org/eflm)

Baptism of Jesus	The First Luminous Mystery	In this mystery Jesus presents Himself to be baptized as an example for each of us, and so that we might receive the gifts of the Holy Spirit. Those gifts are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. After He was baptized, Jesus went and prayed and fasted for forty days in the desert, where He was tempted by the devil. As we pray this mystery, let's ask for an abundant outpouring of the gifts of the Holy Spirit, as well as the strength to resist whatever temptations we have in our lives that might cause us to sin.	Openness to the Holy Spirit
Wedding Feast of Cana	The Second Luminous Mystery	The second Luminous Mystery is the Wedding Feast of Cana, where Mary teaches us one of the most important lessons in life. She tells the servants at the wedding feast to do whatever Jesus tells them to do. In our lives, are we willing to do whatever Jesus tells us to do? Let's ask Mary to pray with us that we might have the graces necessary to do whatever Jesus calls us to do in this life, as well as the ability to trust in Mary's intercession for us, as Jesus answered his mother's request that day in Cana.	In Jesus through Mary
Proclamation	The Third Luminous Mystery	During his earthly ministry, Jesus performed miracles, healed the sick, and raised people from the dead. During this time of ministry, He proclaimed the Kingdom of Heaven and continually called for people to repent - to be sorry for their sins. Do we want to go to Heaven when we die? If so, are we prepared to be sorry for our sins, to confess our sins, and to sin no more? Let's pray for the grace to be truly sorry for any ways we've stumbled and failed, and ask for the grace to overcome areas where we keep committing the same sins.	Repentance and Trust in God
Transfiguration	The Fourth Luminous Mystery	In the biblical story of the Transfiguration, Jesus lets three of his friends get just a small preview of the glory of God. His clothes turned bright white and there was a brilliant light; it was like they were seeing Jesus in Heaven! But what Jesus was showing us was that we are all called to be holy, to be pure and spotlessly clean from sin, so that we, too, can be with Him in Heaven. As we pray this mystery, let's beg not only for the strength to be pure, but the desire to want to be holy, as Jesus is holy.	Desire for Holiness
Institution of the Eucharist	The Fifth Luminous Mystery	How often do we go to Mass and say the prayers with our lips but not with our hearts? In this mystery we see Jesus give us the Eucharist - His Body, Blood, Soul, and Divinity. The Catholic Church teaches that the Eucharist is the source and summit of our faith. This means that everything we have and everything we're working toward (Heaven) is based in the Eucharist, where Jesus Christ is truly present. At Mass we receive Jesus. Let's pray this mystery and ask for help not just to go to Mass, but to actively participate in this celebration of our faith!	Active Participation at Mass

Fruit of the Mystery



A RESOURCE OF THE  
ARCHDIOCESE OF DENVER

OFFICE OF EVANGELIZATION & FAMILY LIFE MINISTRIES

Copyright © 2014 Archdiocese of Denver

# THE ROSARY

## SORROWFUL MYSTERIES

(Typically prayed on Tuesdays and Fridays)

Starting in the 1940's, Father Patrick Peyton led a worldwide campaign to strengthen families by praying the Rosary. He made famous the slogan, "The Family That Prays Together Stays Together."

But here's the truth: This prayer strengthens families and marriages because it is a concrete way of living out the faith. It is an opportunity for us to turn to our Blessed Mother Mary, to help us know Him in the intimate and loving way she knew Him.

The Rosary provides a time for us to delve deeply into Scripture, to slowly ponder the mysteries of the entire life of Christ.

The following is a series of meditations on each set of Mysteries of the Rosary. **For individuals, simply meditate on a single paragraph before praying the corresponding decade of the Rosary. In family settings, parents can use these paragraphs as entry points for teaching the faith within the home.**

For more information visit:  
[archden.org/eflm](http://archden.org/eflm)

Agony in the Garden	The First Sorrowful Mystery	In the Garden of Gethsemane, Jesus took on the heaviest weight that anyone has ever known. Upon his shoulders, He carried the weight of every sin ever committed by every person who was and ever would be born. It was an immense burden that could be lifted only by Jesus accepting the Father's plan and dying on the cross. By this extreme act of love, Jesus earned salvation and forgiveness for each of us. In this mystery, let us thank Jesus for loving us so much, and ask for the grace to be truly sorry for our sins, so that we can seek the forgiveness that Jesus freely offers.	Sorrow for our Sins
Scourging at the Pillar	The Second Sorrowful Mystery	Sometimes it doesn't seem fair when we suffer. Sometimes it seems that pain - whether physical or emotional - is pointless. But Jesus' suffering brought salvation to the world. Our suffering can have meaning, too. If we offer up our difficulties to God, He can take our pains and transform them into blessings for others. Who do you know who needs help? What about the souls in purgatory? What about people you know who are estranged from God? In this mystery, let's offer up all our pains and difficulties to God, so that He can use these small sacrifices for the benefit of others - especially families that are struggling.	Purity & Mortification
Crowning of Thorns	The Third Sorrowful Mystery	Even though Jesus had already been beaten and experienced the weight of our sins, when the soldiers mocked Him and put a painful crown of thorns on his head, He continued to have courage in the face of his suffering. When people make fun of us for what we believe, do we stand up for what is right? Do we give into pressure from others to sin and make wrong choices? In this mystery, let's pray for people who struggle to live out their faith courageously, and for ourselves, that we will boldly proclaim the loving forgiveness of Jesus Christ.	Moral Courage
Jesus Carries His Cross	The Fourth Sorrowful Mystery	Sometimes life presents us with difficult situations. We might struggle with jobs, school, or just the people around us. Sometimes we have challenges that seem unbearable. Jesus gives us an example of patiently bearing these difficulties — even when it hurts. And sometimes when it hurts, we lose our patience with ourselves, with people in our family, and even with God. During this mystery, when we think of Jesus carrying his cross, let's ask God not only to help us endure trials, but to have the patience to endure them with love.	Patience
Crucifixion and Death of Jesus	The Fifth Sorrowful Mystery	There is nothing that we will experience in life — love and happiness, sadness and anger, temptation and betrayal — that Jesus didn't also experience. Through all these things, He gives us the perfect example of how to bear all of these things with great love. He loved us so much that He accepted death on a cross for the sake of all the sins of the world — past, present, and future. In his death, He models us for how we can die to ourselves. To die to ourselves means to be willing to die to what we want — to be willing to go without — so that we can live for God and others instead. Thank you, Jesus, for dying on the cross for our sins! In this mystery, please give us the strength to die to ourselves so that we can be more like you.	Self-Denial

Fruit of the Mystery



A RESOURCE OF THE  
ARCHDIOCESE OF DENVER

OFFICE OF EVANGELIZATION & FAMILY LIFE MINISTRIES

Copyright © 2014 Archdiocese of Denver

# THE ROSARY

## GLORIOUS MYSTERIES

(Typically prayed on Wednesdays and Sundays)

Starting in the 1940's, Father Patrick Peyton led a worldwide campaign to strengthen families by praying the Rosary. He made famous the slogan, "The Family That Prays Together Stays Together."

But here's the truth: This prayer strengthens families and marriages because it is a concrete way of living out the faith. It is an opportunity for us to turn to our Blessed Mother Mary, to help us know Him in the intimate and loving way she knew Him.

The Rosary provides a time for us to delve deeply into Scripture, to slowly ponder the mysteries of the entire life of Christ.

The following is a series of meditations on each set of Mysteries of the Rosary. **For individuals, simply meditate on a single paragraph before praying the corresponding decade of the Rosary. In family settings, parents can use these paragraphs as entry points for teaching the faith within the home.**

For more information visit:  
[archden.org/eflm](http://archden.org/eflm)

Resurrection	The First Glorious Mystery	In Mark 9:24, the father of a young child says to Jesus, "Lord, I believe. Please help my unbelief!" The greatest mystery of Christianity is not just that Jesus died on the cross for our sins, but that He rose from the dead and defeated death, so that we can one day experience joyful eternity with Him in Heaven. But this can be a difficult thing to believe. Even St. Thomas doubted until he saw the risen Christ. Though we have absolute assurance of Jesus' resurrection, in deep gratitude, let's ask for an increase in faith, that we may not only believe in the resurrection, but proclaim it within our families and to all we encounter each day.	Faith
Ascension	The Second Glorious Mystery	As Catholics, we believe in the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. It is the hope of everlasting life that reminds us that there is so much more waiting for us in Heaven, when we are joined with the entire Body of Christ forever. In this mystery we can picture the disciples as they watched Jesus ascend into Heaven. We can imagine they may have felt afraid or sad to see our Lord depart from them. But they could have hope that they would see Jesus again. So can we. Let's pray during this mystery for an increase in hope and a greater desire for Heaven for ourselves and those in our family.	Hope and a Desire for Heaven
Pentecost	The Third Glorious Mystery	Isn't it exciting to imagine what it would have been like to be there on the day the Holy Spirit descended upon the Apostles? If so, then shouldn't we also be excited by the idea that at our baptism, that same Holy Spirit descended upon us! If we are open to his promptings, the Holy Spirit strengthens us, guides us, gives us wisdom in our Christian journey, and leads us closer to Jesus Christ. As we pray this mystery of the Rosary let's ask for the abundance of the grace that the Holy Spirit offers. Come, Holy Spirit! Come!	Wisdom and Love of God
Assumption	The Fourth Glorious Mystery	God chose Mary for a special purpose that no one else could fill. He chose her to be the mother of God. The Catholic Church teaches that Mary - Jesus' true mother and our own spiritual mother — was assumed into Heaven, meaning she was "taken up" into Heaven by God. After Jesus' death, Scripture tells us that Mary was cared for by St. John, who later wrote the Book of Revelation. In that final book of the Bible, St. John describes how "A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars." This woman, we believe, is Mary, who keeps no glory for herself, but instead constantly points us to her son, Jesus Christ. Let's pray and ask Mary to help us grow in devotion to her, so that through her, we may better know her son, Jesus.	Devotion to Mary and a Happy Death
Coronation of Mary as Queen	The Fifth Glorious Mystery	At the Annunciation, the angel Gabriel told Mary that her son, "shall be King over the House of Jacob forever. And of his Kingdom there shall be no end." If Jesus Christ is our King and Lord, then it makes sense that Mary, as his mother, would be the Queen. Throughout her life, Mary was a perfect follower of Jesus. Upon being assumed into Heaven, wouldn't Jesus give his beloved mother the special honor of crowning her with eternal happiness? Let us ask Mary to help us here on earth so that we can be with her and her son in Heaven forever.	Eternal Happiness

Fruit of the Mystery



A RESOURCE OF THE  
ARCHDIOCESE OF DENVER

OFFICE OF EVANGELIZATION & FAMILY LIFE MINISTRIES

Copyright © 2014 Archdiocese of Denver