

✠ Explore 4 ✠

PRAY THE HOLY ROSARY

Goal: As a family, gather together and pray one Rosary.

"The family that prays together, stays together, and if you want peace in your heart and your home, pray the Rosary every day."

— St. Teresa of Calcutta

WHAT IS IT?

The Rosary is both the prayer practice and the physical string of beads that we use to pray.

The Rosary is a Scripture-based prayer. The Mysteries of the Rosary center on the events of Christ's life.

The repetition in the Rosary is meant to lead us into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts. The Rosary can be said privately or with a group.

The Rosary is not worshipping Mary. Only God can be worshipped. Instead, we seek Mary's intercession, knowing that her love for us as a mother never ceases.

HOW TO PRAY

1. Make the Sign of the Cross and pray the Apostles' Creed on the crucifix.
2. Pray the Our Father on the first large bead.
3. Pray three Hail Marys on the next 3 small beads.
4. Pray the Glory Be, then announce the first Mystery.
5. For each decade: Our Father, 10 Hail Marys, and Glory Be (optional: conclude with the Fatima/O My Jesus Prayer)
6. After five decades, conclude with the Hail Holy Queen.



PRACTICAL TIPS FOR FAMILY ROSARIES

- ◆ If you need a Rosary, St. Barbara Catholic Church has extras available. Please don't hesitate to ask.
- ◆ Print a [guide](#) if you are unsure of the order/wording
- ◆ Take turns leading - for each decade, one family member can say the first half of the prayer, while the others say the second half.
- ◆ Consider inviting another family to join yours.
- ◆ Consider making your own Rosaries as a family and asking Father to bless them after attending Mass.
- ◆ Write and submit your family reflection on the experience of praying the Rosary together.

MORE RESOURCES

- ◆ [The Holy Rosary, for kids!](#) — Youtube video introducing the Rosary to kids!
- ◆ [On A Mission To Love: Rosary Meditations for Children and Families](#) — A book to help accompany families as they pray that includes beautiful images for the Mysteries.
- ◆ [The Rosary with Bishop Barron](#) — A book for those wishing to more deeply explore this ancient prayer.
- ◆ [Champions of the Rosary](#) — 400+ pages by Fr. Donald Calloway covering everything Rosary!

Submit your online reflection here.
<https://www.stbarbarachurch.org/explore-4>

THE TWENTY MYSTERIES OF THE ROSARY

Joyful

Monday & Saturday

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

Luminous

Thursday

1. Baptism of Jesus
2. Wedding at Cana
3. Proclaiming the Kingdom
4. The Transfiguration
5. Institution of the Eucharist

Sorrowful

Tuesday & Friday

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

Glorious

Wednesday & Sunday

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