

The Rosary is a Scripture-centered prayer that helps you meditate on the life of Jesus with Mary. One Rosary consists of five decades. Each decade includes one mystery, one Our Father, ten Hail Marys, and a Glory Be.

## FOLLOW THE ROSARY



## STEP BY STEP

1. Begin on the crucifix with the *Sign of the Cross* and the Apostles' Creed.
2. On the first large bead, pray the Our Father.
3. On the next three small beads, pray three Hail Marys for faith, hope, and charity.
4. Pray the Glory Be before entering the first decade.
5. Announce the first mystery and take a moment to meditate on it.
6. On the large bead of the decade, pray the Our Father.
7. On the ten small beads, pray ten Hail Marys while meditating on the mystery.
8. At the end of the decade, pray the *Glory Be*. The Fatima Prayer may be added.
9. Repeat this pattern for the remaining four decades: announce the mystery, pray the Our Father, pray ten Hail Marys, then pray the Glory Be.
10. After the fifth decade, pray the Hail Holy Queen and a closing prayer.



Optional after each decade:

*"O my Jesus, forgive us our sins, save us from the fires of hell..."*

### MYSTERIES BY DAY



**Joyful**  
Monday &  
Saturday



**Sorrowful**  
Tuesday &  
Friday



**Glorious**  
Wednesday &  
Sunday



**Luminous**  
Thursday

### TIP FOR BEGINNERS



Don't worry about praying it perfectly. Start slowly, focus on the mysteries, and let the repetition lead you into prayer.