

# How to Pray the Rosary - CatholicGuidance.com

## 🙏 What Is the Rosary?

The Rosary is a meditative prayer that reflects on the life of Jesus Christ and the Virgin Mary. Using a set of beads, Catholics pray a sequence of prayers while contemplating the Mysteries of the Rosary.

## 🌟 Why Pray the Rosary?

It deepens your relationship with Jesus and Mary, offers spiritual protection, and brings peace. It's also a powerful meditative prayer that unites Catholics worldwide.

## 🕒 Step-by-Step Instructions

1. Make the Sign of the Cross
2. Pray the Apostles' Creed
3. Pray 1 Our Father
4. Pray 3 Hail Marys
5. Pray 1 Glory Be
6. Announce the First Mystery & Pray 1 Our Father
7. Pray 10 Hail Marys
8. Pray 1 Glory Be & the Fatima Prayer
9. Repeat for All 5 Mysteries of the Day
10. Conclude with the Hail Holy Queen & Final Prayer



## 🇺🇸 Mysteries of the Rosary

- **Joyful** (Mon, Sat): Annunciation, Visitation, Nativity, Presentation, Finding in the Temple
- **Sorrowful** (Tues, Fri): Agony in the Garden, Scourging, Crowning with Thorns, Carrying the Cross, Crucifixion
- **Glorious** (Wed, Sun): Resurrection, Ascension, Descent of the Holy Spirit, Assumption, Coronation
- **Luminous** (Thurs): Baptism of Jesus, Wedding at Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist

## 📌 Helpful Tips

Start with one decade a day. Use a Rosary app or audio. Set a daily reminder. Pray with others when possible.