

Praying a Decade of the Rosary Handout

What is the rosary?

The rosary is a combination of both vocal and mental prayer. The vocal prayers (Our Father, Hail Mary, Glory Be, etc.) allow it to be prayed in community and create a rhythm for mental prayer. The mysteries allow us to lift our souls to God in contemplation of His love for us. As with all prayer it is important to pray from both the heart and the mind. You will be tempted to daydream rather than focus on the mystery. Fight the temptation and pull your thoughts back to the mystery. Taking time outside of the rosary to learn more about and go deeper into the mysteries of the rosary will help alleviate the temptations to daydream.

When and where should we pray?

- Pick a time that works for your family and create a routine (maybe before dinner or bed). Kids may complain a little to start, but once they are in the routine it will get better. The more you vary or skip the more they'll complain. It's ok to have a weekend routine different from weekdays.
- Pick a place that is free from distraction. Try to have a crucifix and statue/picture of Mary. You can light candles. Try to make it special and beautiful. For little kids provide books or pictures of the mystery to help keep their interest.
- Considering reading from the Bible or another book about the mystery of the rosary you plan to pray. This will help everyone meditate on the mystery while the *Hail Marys* are prayed.

Ways to aid children in mental prayer

- First and foremost be patient and encouraging. Mental prayer is difficult for everyone.
- Inspire the imagination
 - Use beautiful pictures of the mystery (search the internet if necessary).
 - After saying the mystery, read a reflection from the Bible, a kids Bible or anything that will help them to imagine the mystery while they pray the Hail Marys. Encourage them to use their imagination
- When you first start, don't be as concerned with being formal as much as encouraging and helping guide your family.
- Start with just a decade. Quality is better than quantity.

How to pray a decade

Sign of the Cross... Apostles Creed... Announce the mystery and read reflection... Our Father...
10 Hail Marys... Glory Be... Fatima Prayer... Hail Holy Queen... Sign of the Cross.

Apostles Creed

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 sitteth 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.

Our Father

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.

Hail Mary

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.

Glory Be

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.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially
those who are in most need of Thy mercy.

Hail Holy Queen

Hail, holy Queen, mother of Mercy.
Hail, 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 toward us;
and after this our exile, show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet virgin Mary.