



THE LEGION OF MARY

HOW TO PRAY THE ROSARY

How should we say our Rosary?

Many people say their daily Rosary, paying this excellent tribute of honor to the Great Queen of heaven and earth, but it seems that they themselves profit little or nothing by it. Their daily life is void of God's love, they are full of envy and jealousy, they slander their neighbor and indulge in other vices.

By praying and meditating on the Madonna they should become like her. Mary loved God, loved her neighbor, never did anything that would hurt anyone. The very purpose of the Rosary is to help people to resemble Mary and to encourage them to imitate her sublime virtues. If there is no fervor, no effort to improve his or her life and to adorn it with Christian virtues, it means that the Rosary is not said as it should be said to produce the most precious effects in the person who recites it.

A person properly says his Rosary when he recites it:

With attention. Let us say our Rosary slowly and think of what we are saying. The Blessed Virgin does not like the Rosary recited with negligence and voluntary distraction. She could address them with a just approach, *These people honor me with their lips, but their heart is far from me. And in vain do they honor me.* (Mat. 15, 8-9). Let us, therefore, put away all distractions, we mean voluntary distractions, and concentrate our attention on what we are saying to our dear Mother Mary. Involuntary distractions, if removed as soon as noticed, do not render our prayer unmeritorious before Mary.

In the state of sanctifying grace. Any prayer made to the Blessed Virgin with the right intention is pleasing to her, but there is no doubt that the Rosary said in the state of sanctifying grace pleases her much more. Let us say our Rosary with the right intention. If we are aware of a mortal sin, let us first make an act of contrition, and then start our Rosary. We cannot please Our Mother with the Rosary, if by our sins we offend her Son Jesus. If a sinner says his Rosary with the right intention, the Blessed Virgin will help him to regain the state of grace and become her beloved Child. Thus no one, even the greatest sinner, should stop saying his Rosary because of his sins. The Rosary is a powerful remedy for our spiritual weakness and human frailty.

With devotion. We should say the Rosary with devotion which means that we must be willing to dedicate ourselves to Mary's service, to do what may please her, and to avoid what may offend her or her Son Jesus. A person cannot say his Rosary with real devotion if he is not willing to break off sinful occasions, to amend his life, to forgive his neighbor, etc.

Slowly. Many people say their Rosary as fast as possible. They cannot concentrate or meditate. They pronounce the words badly or distort them. It is much better and more profitable to the soul to say devoutly, with attention and slowly five decades of the Rosary than fifteen with distraction and hurriedly. The Rosary can be said everywhere: at home, on the bus or in the car, or when you walk home from work. But if time permits, it would be best for you to retire to your room, kneel down before a picture of the Mother of Perpetual Help and thus pay your daily tribute to her, whom Archangel Gabriel greeted on the Annunciation day by: *Hail, Mary...*

The whole Rosary is composed of fifteen decades. Each decade is recited in honor of a mystery of Our Lord's life and that of His Blessed Mother, beginning with the Annunciation to Mary of the Incarnation and ending with Mary's triumphal Coronation in Heaven. A decade consists of one Our

Father, ten Hail Mary's and a Glory Be to the Father. The ordinary beads or chaplet contain five decades, since it is customary to recite five decades at a time while meditating on one set of mysteries.

Method of saying the Rosary:

- Cross yourself, when you start the Rosary.
- Say the *Creed*.
- On the first large bead say the *Our Father*.
- On the three small beads say three *Hail Mary*, after the three *Hail Mary* make the sign of the cross, and say the *Glory be to the Father*.
- Then start the first decade of the Rosary by meditating on one of the Mysteries before you recite the *Our Father* or while you recite the ten Hail Mary.
- *Glory be to the Father*... after the last Hail Mary of each decade.
- At the end of the Rosary, *Salve Regina*, *Hail Holy Queen*... and *Memorare*.

No human life is entirely devoid of joy and sorrows. Jesus and Mary were utterly human beings. They experienced joys, and sorrows on earth. Jesus was a smiling Infant in the grotto of Bethlehem. He was a man of sorrows, mocked, lashed and crucified. But finally He conquered death and rose again as the triumphant Savior of mankind. Mary accompanied her Son in all stages of His life. She knew joys, when she held and kissed the Infant Jesus, she experienced a deep sorrow when she stood at the foot of His cross on Calvary, and finally she was overwhelmed with joy when she saw Him glorified upon His resurrection. It is this whole life's experience of Jesus and Mary that is given us in the Rosary.

For this reason the Church has divided the mysteries of the Rosary into **three groups** corresponding to the three kinds of mysteries in the life of Our Lord and His Mother Mary:

JOYFUL MYSTERIES (said on Mondays and Thursdays)

1. The Annunciation
The Angel Gabriel tells Mary that she is to become the Mother of Jesus, the Son of God.
2. The Visitation
Mary visits her cousin Elizabeth.
3. Jesus is Born
Christ is born of the Blessed Virgin in the grotto of Bethlehem.
4. The Presentation
The Blessed Virgin presents her little Son, Jesus, in the temple of Jerusalem.
5. The Finding Of Jesus
Mary and Joseph find Jesus among the doctors in the temple of Jerusalem after having spent three days looking for Him.

SORROWFUL MYSTERIES (said on Wednesdays and Fridays)

1. Agony In The Garden
Jesus suffers His agony for us in the garden of Gethsemani.
2. Scourging At The Pillar
Jesus is seized by the Jews and scourged at the pillar with innumerable lashes that tore His Holy Body into pieces.

3. Crowning Of Thorns
The soldiers, in mocking Christ as King, force a crown of thorns on His Sacred Head.
4. Carrying Of The Cross
Pilate frightened by the Jews, condemns Jesus to death and makes Him carry His cross to Golgotha.
5. The Crucifixion
Jesus is nailed to the cross and dies after three hours of excruciating pains in the presence of His suffering Mother Mary.

GLORIOUS MYSTERIES (said on Tuesdays, Saturdays, and Sundays)

1. The Resurrection
Jesus rises from the dead on the third day. He is glorious and Immortal.
2. The Ascension
After forty days of conversing with His apostles Jesus ascends into Heaven.
3. Descendant Of The Holy Spirit
Jesus sends the Holy Spirit to His Apostles and the Blessed Virgin Mary at Jerusalem.
4. Assumption Of The Blessed Virgin Mary
After her dormition the Blessed Virgin Mary was raised to life by her Son and taken body and soul into heaven.
5. Coronation Of The Blessed Virgin Mary
On her arrival in heaven the Blessed Virgin Mary was crowned Queen of heaven and earth.