



## KNOW & GROW TOPIC OF THE WEEK: THE ROSARY

In addition to being Respect Life Month, October is the Month of the Rosary. Some introductory information about the rosary was provided in last weekend's bulletin. This weekend's focus is on how to pray the rosary.

**Introductory Prayers:** The introductory prayers set the stage for the rosary. They prepare you for deeper reflection when you pray the decades. Either before or after the introductory prayers, think of any needs or struggles in your life and bring them to Mary. She cares for you like a loving mother, and wants to take your needs to Jesus. If you are praying with a group, you can say your intentions out loud so the rest of the group can pray for them as well.

**Step 1:** While holding the crucifix, make the Sign of the Cross and pray the Apostles' Creed (a brief summary of the core beliefs of our faith).

**Step 2:** On the first large bead, pray the Our Father (the prayer Jesus taught us), typically for the intentions of the pope.

**Step 3:** On the next three small beads, pray the Hail Mary (a prayer to Mary, based on words from the Bible). These Hail Marys are often prayed for an increase in faith, hope, and love.

**Step 4:** In the space after the third Hail Mary, pray the Glory Be (a simple expression of praise and belief in the Trinity).

One you've prayed these introductory prayers, you are ready to begin the first decade.

**The Decades:** There are five decades, or groups of 10 small beads, that make up the main portion of the rosary. Between each decade is one large bead set off by itself. You'll find that the prayers for each decade are repeated many times. This gives you an opportunity to reflect on the words, which are deeply rooted in the Bible and Christian tradition. They are powerful and filled with meaning.

**Step 5:** On the next large bead, pray the Our Father.

**Step 6:** On each small bead in the decade, pray the Hail Mary.

**Step 7:** In the space after the 10th bead, pray the Glory Be and the Fatima Prayer (a prayer Mary revealed to three shepherd children in Fatima, Portugal, in 1917).

Repeat steps 5–7 for the remaining four decades. Pray an Our Father on the large bead and a Hail Mary on each of the 10 small beads, followed by the Glory Be and the Fatima Prayer. As you pray the decades, you can also meditate on the mysteries of the rosary and learn valuable lessons from the lives of Jesus and Mary.

**Closing Prayers:** The closing prayers are prayed on the medal, and they end the rosary. With these prayers we ask God and Mary to watch over us, guide us, and help us become a better version of ourselves.

**Step 8:** Pray the Hail, Holy Queen (a prayer asking for Mary's help) and the Rosary Prayer (a prayer of hope that our lives will be changed by the rosary).

**Step 9:** While holding the crucifix, make the Sign of the Cross.

As you practice praying the rosary, these prayers will become second nature to you. There's a rhythm to the rosary. As you enter into that rhythm, you'll begin to think less about the words and more about the meaning of the words. That's when you begin to unlock the power of the rosary.

If you do not know some of the prayers listed above, you can find them at the bottom of the page at <https://dynamiccatholic.com/5-million-rosaries/how-to-pray-the-rosary>.

