

## LEARN TO PRAY

# THE HOLY ROSARY

### WHAT

The Rosary is a Scripture-based prayer reflecting on the life of Jesus and Mary while using Rosary beads.

The Rosary is made up of twenty "mysteries" or events in the life of Jesus and Mary. When praying a Rosary, you traditionally pray five of these mysteries that are divided into four groups as listed below:

- Joyful - Incarnation to Early life
- Luminous - Public Ministry
- Sorrowful - Passion and Death
- Glorious - Resurrection of Jesus through Coronation of Mary

### HOW

Check out [this guide by Hallow](#) or at this [Rosary Army resource](#) to learn how to pray the Rosary and to discover which prayers are said on each bead.

### WAYS

- Start small for yourself or with young children by saying a decade (one event) a day.
- Come early for daily Mass to pray with your Church family or before the Sunday Masses.
- Pray daily, [5pm Virtual Zoom Rosary](#).
- Pray a Family Rosary, Wed at 8:30 pm [via Zoom](#).
- Pray a Rosary in the [Hallow app](#).
- Pray a [Scriptural Rosary](#) where you read Bible passages between each Hail Mary.
- Join in our Living Rosary or Rosary processions offered at SSJ (look for details in the bulletin and Flocknote).

### WHEN

Pray the Rosary anytime - morning, afternoon, evening, or when you can not sleep in the middle of the night.

Our Lady calls us to pray the Rosary daily. Each day there is a suggested group of mysteries to pray:

- Joyful - Mondays and Saturdays
- Sorrowful - Tuesdays and Fridays
- Glorious - Wednesdays and Sundays
- Luminous - Thursdays

### WHERE

You can pray the Rosary anywhere - at Church, at home, in the car, on a walk, or gathered at your prayer table.

### WHY

The reasons to pray the Rosary are innumerable and the benefits eternal. May this short list inspire you to deepen your desire to pray the Rosary:

- Deepens your connection with Christ through Mary
- Meditate on the life of Jesus
- Deepen your faith
- Gain grace and virtue
- Find peace and calm
- Resist temptation and sin
- Seek Mary's intercession
- Keep your focus on the eternal

**OCTOBER IS THE  
MONTH OF THE ROSARY  
SO NOW IS A GREAT TIME  
TO BEGIN PRAYING!**

