CATHOLIC PRAYER GUIDE · ONE-PAGE PRINTABLE

How to Pray the Rosary

The Rosary walks through the life of Jesus with Mary. Move one bead at a time; if you lose your place, simply keep praying.

Step-by-Step Order

1. **Crucifix:** Make the Sign of the Cross and pray the *Apostles' Creed*.
2. **First large bead:** Pray one *Our Father*.
3. **Next three small beads:** Pray three *Hail Marys* (for faith, hope, and charity).
4. **Chain before the medal:** Pray the *Glory Be*.
5. **Five decades (repeat 5 times):** Announce the Mystery, pray 1 *Our Father* on the large bead, 10 *Hail Marys* on the ten small beads, 1 *Glory Be*, and the *Fatima Prayer*.
6. **Closing:** Pray the *Hail, Holy Queen*, "Pray for us, O holy Mother of God…", and finish with the Sign of the Cross.

Essential Prayers

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. Amen.

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. Amen.

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. Amen.

Fatima Prayer: O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of thy mercy. Amen.

THE FOUR SETS OF MYSTERIES

Joyful Mysteries

Monday & Saturday (and Sundays of Advent)

1. The Annunciation
2. The Visitation
3. The Nativity of Jesus
4. The Presentation in the Temple
5. The Finding in the Temple

Luminous Mysteries

Thursday

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Sorrowful Mysteries

Tuesday & Friday (and Sundays of Lent)

1. The Agony in the Garden
2. The Scourging at the Pillar

Glorious Mysteries

Wednesday & Sunday

1. The Resurrection
2. The Ascension

3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary