

THE HOLY ROSARY

If you have never heard of the Rosary before or simply haven't tried it, below we provide information to get you started. Using the information below and the accompanying Rosary booklet, you now have all the information you need to be successful at praying the Rosary for the very first time.

WHY SHOULD WE PRAY THE ROSARY?

1. We should pray the Rosary for many reasons. The first reason you may consider is the first class miracles associated with the Rosary throughout the centuries. The Rosary has repeatedly proven its great power to overcome every problem, small and large, personal, national and international. For example, the Rosary has been associated with several apparitions of the Virgin Mary, such as the Miracle at Fatima in 1917, witnessed by some 70,000 people. The Rosary is also associated with the winning of several popular battles throughout history as well as having saved a Church near where an atomic bomb was dropped in Japan during WWII. The miracles associated with the Rosary throughout history are too numerous and too significant to ignore. Details on some of these miracles are available on our website at http://www.overcomeproblems.com/about_the_rosary.htm.
2. Another reason why so many people have turned to the Rosary throughout history is due to the fact that many of the holiest people in history have relied on the Rosary continuously for help and protection throughout their lives, and they have consistently recommended it openly to everyone during their lifetimes.

Examples of most of the popular advocates of the Rosary are countless Saints. The daily recitation of the Rosary was the practice of St. Dominic, St. Louis King of France, St. Vincent de Paul, St. Charles Borromeo, St. Francis de Sales, St. Francis Xavier, St. John Vianney, St. Anthony Mary Claret, St. Louis de Montfort, and others. An example of how these Saints felt about the Rosary is reflected in this quote from St. Louis de Montfort: "If you say the Rosary faithfully until death, I do assure you that, in spite of the gravity of your sins you shall receive a never fading crown of glory."

In addition, at least 50 Popes throughout history have openly advocated the Rosary. Some examples:

"The Rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, the root of all our blessings. There is no more excellent way of praying." Pope Leo XIII

"The Rosary is a powerful weapon to put the demons to flight and to keep oneself from sin...If you desire peace in your hearts, in your homes, and in your country, assemble each evening to recite the Rosary. Let not even one day pass without saying it, no matter how burdened you may be with many cares and labors." Pope Pius XI

"Among all the devotions approved by the Church, none has been so favored by so many miracles as the Rosary devotion." Pope Pius IX

3. It is also piously believed that 15 promises are granted to those who recite the Rosary faithfully (as given to St. Dominic and Blessed Alan by the Blessed Virgin Mary some 700 years ago). The 15 promises are listed below.

THE 15 PROMISES OF MARY TO CHRISTIANS WHO RECITE THE ROSARY

1. Whoever shall faithfully serve me by the recitation of the Rosary shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.
3. The Rosary shall be a powerful armor against Hell, it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries, shall never be conquered by misfortune. God will not chastise him in His justice; he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God and become worthy of eternal life.

7. Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
8. Those who are faithful in reciting the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death, they shall participate in the merits of the saints in Paradise.
9. I shall deliver from Purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of glory in Heaven.
11. You shall obtain all you ask of me by the recitation of the Rosary.
12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire Celestial Court during their life and at the hour of death.
14. All who recite the Rosary are my sons, and brothers of my only Son, Jesus Christ.
15. Devotion to my Rosary is a great sign of predestination.

THE PRAYERS OF THE ROSARY

THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Ghost Amen.



1. Make the "Sign of the Cross" and say the "Apostles Creed"
2. Say the "Our Father"
3. Say three "Hail Marys"
4. Say the "Glory Be"
5. Announce the First Mystery then say the "Our Father"
6. Say ten "Hail Marys" while meditating on the Mystery
7. Say the "Glory Be", then the "Fatima Prayer"
8. Announce the Second Mystery, then say the "Our Father". Repeat steps 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner
9. Say the "Hail Holy Queen"
10. End by making the "Sign of the Cross"

THE 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sits at the right hand of God the Father Almighty; from there He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

THE 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.

THE 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.

THE GLORY BE

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

THE FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fire of Hell, lead all souls to Heaven, especially those most in need of Thy mercy. (Our Lady of Fatima asked that this prayer be said after the Glory Be to the Father, following each decade of the Rosary.)

THE HAIL, HOLY QUEEN

Hail, holy Queen, Mother of Mercy! 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.

V. Pray for us, O Queen of the most holy Rosary.

R. That we may be made worthy of the promises of Christ. (End with sign of the cross)

HOW TO PRAY THE ROSARY

1. Take your Rosary beads and Rosary booklet and go to a quiet area. Ideally you should kneel, but it is not mandatory.
2. Open to the Joyful, Sorrowful, or Glorious mysteries in the Rosary booklet (you can choose which mysteries you would like to meditate on each time you say the Rosary. It's good to choose a different mystery each time as well).
3. To start, say the first prayers devoutly (Sign of the cross, Apostles creed, Our Father, Three Hail Mary's and Glory Be).
4. Now there are 5 "decades" left in the Rosary (each decade consists of an Our Father, ten Hail Mary's, the Glory Be, and the Fatima Prayer). For example, if you chose the Joyful mysteries in your booklet, then when starting the first decade, announce the mystery, "the Annunciation", and then you will read one sentence under the Annunciation before saying each Hail Mary (there is one sentence you read for each Hail Mary). Be sure to hold each bead as you say each prayer. For the second decade you will read one sentence under the Visitation for each Hail Mary and so on for the remaining decades.
5. At the end of the Rosary, finish by devoutly saying the Hail Holy Queen and Sign of the Cross.
6. If you're new to the Rosary, it may take longer than it normally would until you memorize all the prayers (which happens automatically if you say it regularly). Initially you can reference the prayer sheet above to say the prayers. Once the prayers are memorized, you can then read each sentence in the book WHILE you say each Hail Mary. Then the Rosary usually takes 15 to 20 minutes to complete. If you feel you can meditate on the mysteries without the booklet, you may do that as well, or you may purchase or download pictures for each mystery and look at these while saying the Rosary instead.
7. We found a great time to say the Rosary is first thing in the morning while you are wide awake and you're your mind is free of distraction. Saying the Rosary while driving also works well for many since many of us spend a lot of time in the car. In addition, it is especially easy to say the Rosary in the car when it is said along with an audio cassette or CD of the Rosary. These may be purchased from religious stores on the Internet.
8. The Rosary should be said devoutly and slowly. The prayers are the body of the Rosary. The meditation is the soul of the Rosary. Both are essential if you want to say the Rosary properly.
9. After a while the text in the booklet will become so familiar that using the booklet will become optional and saying the Rosary in general will become very easy. While you are learning, it may seem more difficult. Don't get discouraged! We know people who are so accustomed to saying the Rosary that they can easily say three Rosaries per day and not find it difficult at all.
10. Don't try to extract lessons from the mysteries. St. Ignatius said to just meditate on the scenes of Our Lord's life without trying to pull out all kinds of lessons and applications to your life. Like a movie, they will begin to say something to you without your having to do anything but look. While you are looking at the scenes, God is giving you grace and working in your heart.
11. It is also preferable to pray the Rosary when possible with others because then we receive the reward for their Rosaries as well as for our own. The Rosary said in groups has been shown to be very powerful.

DISTRACTIONS

It is perfectly normal to be distracted at times while praying. You may be unhappy with yourself if you have had many distractions during prayer, but God is pleased with you just as long as you did not deliberately let your mind wander. If you find you have been distracted, simply return to meditation on the mysteries and continue. There is no need to repeat any of the decades in which you were distracted unless your distraction was deliberate.

Sometimes it happens that those who have been praying the Rosary for years are more distracted than beginners. They can be helped by using a shorter or slightly different version of the Rosary booklet. You can easily purchase many types of Rosary booklets on the Internet or at local religious stores.

HOW TO PRAY A GOOD, EFFECTIVE ROSARY

When praying the Rosary, one must keep several important points in mind:

- When asking for a favor through the Rosary, or through other prayers, having faith and confidence that your prayers will be heard and answered is essential.
- In addition, saying your Rosary with perseverance has always been proven most effective. Persevere in your Rosary no matter how bleak the situation may look at times. Listen to what St. Catherine de Ricci tells us: "When we desire to obtain a favor from Almighty God, we must go on asking for it until we get it; because He has determined the number of times we are to ask for it; and He will not grant our petition till that number is complete."
- When praying, you should also be trying to live a generally good life. You cannot expect God to hear and answer your prayers while you are purposely living a bad life otherwise. Making an effort to correct faults in your life (as far as you are able personally) while you pray for special intentions will make your prayers that much more effective.
- Sometimes, without realizing it, we may ask for things that are not good for us, though we may not realize it at the time. God, as a good Father, Who knows all things, will not give us anything that is not good for us. In these cases, however, our Rosaries are never wasted. God will use them for us in a different way.
- In the case of praying for a loved one to be delivered from a sinful life we can always have the greatest confidence because we know that what we are asking for is definitely good for them. In fact God wants what we want in this matter even more than we do, and therefore we can be sure that He will give the grace of conversion to those for whom we pray. "How" and "When" are up to Him. Sacred Scripture says: "There is a time for every purpose under heaven."
- The best way to obtain a favor through the Rosary is the 54-Day Rosary Novena, given to us by Our Lady herself. It consists of one Rosary (5 decades) a day for 27 days in petition, followed immediately by a Rosary each day for another 27 days in thanksgiving.
- The good God and the Virgin Mary will come through for you! Discouragement is the Devil's greatest tool. Don't fall into his trap.

Please come back to our Testimonials page at www.overcomeproblems.com at a later date and share your positive experiences with the Rosary! If you could also please consider a donation if you have not already done so, that will also be a great help to us. Thank you.

We will keep you in our prayers and ask that you also please keep us in yours.