

Prayer

The Rosary :

How to

SAY



PROPERLY

by

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Eight years after her apparitions at Fatima, Our Lady came back to Lucia in the convent of Tuy, Spain, to complain that her requests were not being heeded and that the Rosary was not prayed enough.

As a remedy, Our Lady gave Lucia the famous First Saturday formula, in which she stressed the importance of learning the mysteries and praying the Rosary properly.

Role of the Mysteries

She desires this so much that she

has made 15 minutes of meditation on the mysteries of the Rosary a major condition in promising her special aid at the hour of death to those who make the five First Saturdays.

Simply to recite the prayers on each bead is not the proper way to pray the Rosary. That is one reason why those who merely parrot the individual prayers find them monotonous. No wonder it is so difficult for them to make the Rosary part of their daily lives.

According to Pope Leo XIII, the 15 mysteries of the Rosary "comprise all the essential mysteries of Christianity." These mysteries are broken into three groups of five: the Joyful Mysteries (the birth and childhood of Our Lord); the Sorrowful Mysteries (Our Lord's Passion and death); and the Glorious Mysteries (the Resurrection, birth of the Church, and triumph of Our Lady).

Although they can be the subject of our Rosary meditation at any time, the Joyful Mysteries are usually commemorated on Monday and Thursday, the Sorrowful Mysteries on Tuesday and Friday, and the Glorious Mysteries on the other days of the week.

Each of the 15 events is called a "mystery" because it is not possible for the human mind to comprehend its full meaning. Therefore, the riches of each event are inexhaustible as food for thought.

Here is a suggested brief outline containing the kind of thoughts

necessary for proper recitation of the Rosary:

Preparation

First, we should place ourselves in the presence of God, wherever we may happen to be, and renew our consecration to Mary's Immaculate Heart.

We begin by kissing the crucifix, making the Sign of the Cross, and reciting the Apostles' Creed. The introductory prayers, an Our Father and three Hail Marys, should help us to remember our utter dependence on God's mercy and our need for the virtues of faith, hope, and charity.

The Joyful Mysteries

The first mystery: the Annunciation.

Told that she is to be the Mother of God, Mary asks the angel, "How can this be done?" She thinks first of her vow of virginity. Let us ask Our Lady as we say the first decade for an appreciation of the importance of purity according to our state in life.

The second mystery: the Visitation.

Our Lady hastens to the aid of her cousin Elizabeth, who is with child. Think of the times we have spoken sharply to someone in the family or neglected a chance to be kind. Ask Mary for fraternal charity.

The third mystery: the Birth of Christ.

St. Joseph, anxious for his wife, provides her with shelter. Mary cares for her Infant and bathes the crude cave with a Mother's love. Jesus, the all-powerful God, is obedient to the point of total dependence. Let each of us beg the grace to imitate this Holy Family.

The fourth mystery: the Presentation.

Although not bound by the Old Law, Mary submits to the ritual of purification. She and Joseph offer the divine Infant to God. Let us consider the importance of a respect for law, both divine and human.

The fifth mystery: the Finding of Jesus in the Temple.

Mary's Boy shows us that all He does is for the greater glory of His



Father in heaven, whether teaching in the temple or living in obedience to His parents. Let us beg for the grace to offer all for God, even the most menial tasks.

The Sorrowful Mysteries

The first mystery: the Agony in the Garden.

So stricken by the thought of His sufferings that He sweats blood, Our Lord subjects His will to that of His Father. How often, when trials afflict us, do we complain to God. Let us ask for the grace to be completely resigned to His will.

The second mystery: the Scourging at the Pillar.

Our Lord could have redeemed us with the shedding of but one drop of His blood. Yet He submitted to a cruel beating because of His great love for us. Beg Our Lady to teach us to subject our bodies and to deny ourselves all sinful and immoderate pleasures.

The third mystery: the Crowning with Thorns.

To teach us the great virtue of humility, Our Lord permitted pagan soldiers to mock their Redeemer, to spit in His face, and to place upon His head a crown of thorns. Let us ask for the grace not to make ourselves seem to be more than we are and to accept indignities graciously.

The fourth mystery: the Carrying of the Cross.

LEO XIII, POPE OF THE ROSARY



DISTRACTIONS

Upon finishing the Rosary, a holy Carmelite nun was disturbed because her thoughts had not remained upon the mysteries.

But Our Lady, who saw only the nun's intention to meditate upon them, reassured her that the involuntary distractions that often creep in during the Rosary no more hinder the worthiness of our praise than the flies that buzz around us on a country walk hinder us from reaching our destination.

As we see Our Lord carrying His cross and remember the meeting with His anguished Mother, let us consider that the great sorrow that burdened their Hearts was caused by our sins. Let us ask for true contrition and the grace to carry our daily crosses in reparation for our sins.

The fifth mystery: the Crucifixion.

"Father, forgive them, for they know not what they do." With this prayer from the cross, Our Lord gives us the example of His precept,

"Love thy neighbor as thyself." Let us strive to remove the ill-will we bear toward our relatives and friends.

The Glorious Mysteries

The first mystery: the Resurrection.

The very thought of Christ's return from the dead should fill our hearts with hope in God, with faith in all that Jesus taught us, and with love toward Him who gave us Himself in the Blessed Sacrament and made it possible for us to have everlasting life.

The second mystery: the Ascension.

Our Lord, having accomplished His mission on earth, returned to heaven and left a little band of apostles to make known His doctrines to all men. Let us ask Mary, whom Christ left with us to be our Mother and our inspiration, to give us the same apostolic spirit.

The third mystery: the Descent of the Holy Ghost.

The third Person of the Blessed Trinity, in baptizing the Church, gave the apostles His seven gifts: wisdom, understanding, counsel, knowledge, fortitude, piety, and fear of the Lord. Let us ask Our Lady, to give us great love and respect for the Church and the fulness of those seven gifts.



Is it absolutely necessary to pray the rosary moving the lips? That tires me very much. I like to pray mentally.

It is not absolutely necessary. To gain the indulgences it ought to be a vocal prayer. However, there is such a thing as inner speech, which is a movement of the articulatory organs so restrained as to be inaudible either to yourself or to any other person. This inner speech, if it be prayer, is still true vocal prayer. But pray mentally, if you prefer. The prayer itself is always more valuable than the indulgences attached thereto.

The fourth mystery: the Assumption.

Our Lady's body, never the instrument of sin, was not left to the corruption of the grave, but reunited with her soul in heaven. Let us ask for the grace of a happy death.

The fifth mystery: the Coronation.

Think of the great joy when all the holy souls who had preceded Mary were united with their heavenly Queen and Co-Redemptrix. Let us ask her to deepen the love in each member of our family so that we will one day be reunited in heaven.