




A Note to the workshop leader: Included with each slide are discussion questions, noted with “?” Facilitate discussion, encourage participation, ask for responses from many people and encourage note taking. If the group is quiet at first, keep asking questions and suggest that participants write down the questions to review on their own and move to the next section. *Individual experiences brought to the meditations and shared with the group enhance everyone’s understanding of the mystery.* Ask that participants take an hour sometime in the next month to review each bible passage included and write their own thoughts as they read. The Rosary grows with you, and different thoughts will occur to each of us as the years pass and the Holy Spirit works in us.

Leader - Intro: [introduce yourself] ? How many here have prayed the Rosary? What is your experience with the Rosary? Most of us may have prayed this last as a child or if recently, by rote and maybe without thought to its deep history as the marvelous teaching tool and prayer aid it is. Prayer alone will bring us closer to God and, hopefully, to an understanding of what He wants us to do; but praying the Rosary the way it was intended to be prayed can be an intensely more personal conversation with God. In today’s workshop, my hope is that you begin to uncover the mysteries of the Holy Rosary -- so that when each of you pray it, you remember what He did for you and you open your hearts to Him. I hope you remember to petition and thank and adore Him remembering always that you want His will to be done – his plan for your salvation is what you want in your life. Sometimes people consider the Rosary boring because it’s repetitive. However, because the Rosary does have *some* repetition, touching a new bead, or starting a new prayer is a gentle reminder to focus again on the prayers, the mysteries, our attitude toward God, praying and our intentions. With the Rosary we are fully involved. We speak the words, we hear them, we touch the beads and we think about the meaning of the prayers while contemplating the life of JC, all He has done for us and how His will is working in our lives.

Joyful Luminous Sorrowful Glorious

Agenda

- ❖ Brief history of the Holy Rosary
- ❖ Prayer (ACTS or PACT)
 - † Intentions, resolutions, thanks, statements
- ❖ Meditations – The Life Of Jesus Christ
- ❖ Review Rosary Structure: The Prayers
- ❖ Review Mysteries: Joyful – as a group
Luminous, Sorrowful, Glorious – in breakout sessions, and re-group to share thoughts
- ❖ Call to Action ~ look for opportunities



2

Overview

Leader: The workshop will last an hour or so. First, we will briefly review the history of the Rosary, then we'll discuss why we pray, our intentions and resolutions and our desire in our own lives. The balance of the time will be spent reviewing the structure of the Rosary ~ prayers that make up the *spoken* portion of the Rosary and then the mysteries – the 20 stories from the life of Jesus. Those stories and our intentions make up the *interior* portion of the Rosary. We'll review one set of mysteries as a group and the others in smaller groups which will then debrief the full group.


Each participant should have their own copy of the booklet showing all the slides with space to write notes on the right. Please speak up and share your thoughts -- there aren't any wrong answers. If you don't have an answer, make a note of the question in your booklet for later. This is a workshop and discussion group -- your input helps all of us with the 'interior' portion of the prayers. Take notes and keep them with you the next few times you pray the Rosary.

[mention any specifics on refreshments or location of facilities or group Rosary after the workshop ...]

Joyful Luminous Sorrowful Glorious

The Holy Rosary

- ❖ Given to St. Dominic 800 years ago to counter a common practice of merely repeating prayers.
- ❖ Referred to as “the Peoples Bible” because the Bible wasn’t yet widely available to the public. This system covers main points of Christ’s life in an easy and memorable way.
- ❖ Has been credited with winning battles.
- ❖ Consists of prayers along with stories from the life of Jesus. Effective, traditional teaching tool.

 3

Leader:

Brief History:


The Rosary was given to St. Dominic in 1208 -- 800 years ago. It was instituted to combat a common practice of merely repeating prayers and it did this in a unique way. Originally meditations were on 150 Psalms (the Psalter of Mary), it then morphed into bible study group under the headings Joyful, Sorrowful, Glorious stories as known today. In 2002, Pope John Paul II added the Luminous mysteries.

The Rosary includes stories from the life of Christ in addition to a handful of prayers. Remember this was prior to the printing press and therefore before each of us was able to have our own copy of the Bible to study, which helps explain its long tradition of *teaching the faithful*. The Rosary is credited with victory in battles (Muret France in 1213, Lepanto in 1571 and La Rochelle in 1627). And was sometimes referred to as the “People’s Bible.” Today each of us has access to the Bible and most Rosary instructions do provide references to chapters that will help expand your study of Jesus’ life to improve your own understanding of His experiences and what He has revealed to us about how to live. Bible passages are included in your handouts and there are links on the website www.remembertherosary.com. Between studying the life of Jesus through the mysteries and the prayers, it’s a brief, but thorough, catechism. [this section should be no more than 2-5 minutes]

Joyful Luminous Merciful Glorious

Prayer

- ❖ Opens conversation with God
- ❖ Attitude ~ approach to praying
 - † Adoration, Contrition, Thanks, Supplication
 - † Petition, Adoration, Contrition, Thanks
- ❖ Intentions: Personal & General
- ❖ Resolutions, Thanks, I desire statements
- ❖ The mysteries ~ Bible study
- ❖ The spoken prayers



4

Leader: *[leave about 15 minutes for the prayer section & prayers review]*

? Why do you pray ~ why does anyone pray? (From Catechism: Join in the natural state that we hope to be in eventually, of praising God.) Some answers may be: Adoration, Confession / Contrition, Petition/Supplication, Praise & Thanksgiving.

God wants us to begin our conversation with him because we have free will. Often we pray in **petition**, but it is probably much more appropriate to begin with **adoration**. We ask / beg God for **help for ourselves or someone** we know. We pray for a particular outcome. God wants that – he can and will take care of us. Two schools of thought – turn over problem without a solution or turn over problem with a solution asking specifically for what you want. Good arguments for both. Specifically asking for what you want is ok as long as you accept God's will. Regardless, prayer isn't only for petitioning God. In this course, each slide gives a sample **personal Resolution or "I desire" statement** – a promise to work on specific behaviors in order to imitate Christ. And focus is also given to **Thanks** as a way to **praise & adore** God. Resolutions and Thanks suggestions included are specific to the mystery. Later will ask you to think of your own personal intentions to enhance your own 'interior' prayers. Generally our attitude is in the order of PACT, but ACTS is more appropriate when praying to our Creator. Each time you touch a bead or start a prayer is an opportunity to remind yourself of the personal resolution or intention. Prayer intentions could be anything from the souls in purgatory, people we know, to an increase in faith, hope and charity. The five Rosary prayers are: The Apostles' Creed, The Lord's Prayer, The Hail Mary, The Glory Be and The Fatima Prayer. There are also optional concluding prayers (Hail, Holy Queen) and in practice, frequently in a Novena for example, additional prayers are added for a particular saint. Each of the core prayers on their own has a lot to teach us. But the way the Rosary is structured, when the prayers are combined with each other and then the meditations are layered in, we receive much more.

The slide features a title 'Meditating on the Mysteries Overview' in blue text. Above the title are four words: 'Joyful', 'Luminous', 'Sorrowful', and 'Glorious', each in a different color and font style. Below the title is the text 'Imitate the life of Jesus' followed by a list of four items: '❖ Joyful', '❖ Luminous', '❖ Sorrowful', and '❖ Glorious'. At the bottom of the slide, there are three red rose icons and a small number '5' in the bottom right corner.

Leader: We'll review each set of mysteries in detail after we review the prayers. [If there are enough participants..] We'll review the Joyful Mysteries as a group and then split up in 3 groups. Each group will review one set of mysteries and then regroup and share their thoughts with everyone.

The 20 mysteries contained in the Rosary are Bible stories that everyone is familiar with from the life of Jesus and Mary and are chronological. With the Rosary, we focus on Him and we meditate on His life in order *to apply those life lessons* to our own lives; we strive to imitate Him. Sometimes the word 'meditation' implies emptying your mind with the intent of becoming one with God, but the Rosary does not do that. Praying the Rosary well means that all aspects of our humanity, including our thoughts, our desires and our will become involved. And that makes so much sense because God created humans as 'thinking' people. We aren't meant to 'empty' our minds. Our minds are what separates us and makes us different from other creatures. The Rosary is geared to who we are as humans.

The original 15 mysteries are sorted into groups of five under three headings -- Joyful, Sorrowful and Glorious. The first two are easy enough to understand and relate to in our own lives since we all have happy and sad times. The Glorious portion of the Rosary may be harder to relate to initially though, because it deals with our eternal selves that can't be seen or experienced now, on this earth, but is believed through faith. Through these meditations, by bringing the Glorious mysteries to our attention, the Church assures and reminds us that we were created as eternal beings. The 4th set of 5 mysteries was added in 2002 by Pope John Paul II and are called the Luminous mysteries. They deal with the public life of Jesus -- those years when He began to reveal Himself as the truth and the way -- our light, along with the sacraments provided by the Church. Now to the prayers...


Joyful Luminous Sorrowful Glorious

The Sign of the Cross

† In the name of the Father and of the Son and of the Holy Spirit

☐ ...What do you think of when you cross yourself?

▣ The Trinity? Our Lord's sacrifice?



6

Leader: The remainder of the slides are the prayers and then the mysteries. We'll take no more than 15 minutes to review the prayers. As we review each, remember this is a discussion -- share your thoughts. Again, there are no wrong answers. First -- the bones of the Rosary -- the structure -- the individual prayers... We begin all prayers with the sign of the cross ~ it's prayed on the crucifix of the Rosary beads.

? What do you think of when cross yourself?

... The Trinity

... Jesus on the Cross, his sacrifice

... God the Father at the head, Jesus at the foot of the cross/the ground/on earth, The Holy Spirit bridging the gap between heaven and earth.


... I ask all things in their name and receive all things based on God's will.

Crossing yourself is a very Christian symbol -- it is a physical sign we make. We are baptized in the name of the Father, Son, and Holy Spirit. We begin with the sign of the cross, asking all things in the name of the triune God -- the Father, the Son and the Holy Spirit. Later and throughout the Rosary, we remind ourselves again of, and direct our prayers to, the Trinity through The Glory Be. Also, the first 3 Hail Mary's and the initial 3 sets of mysteries (Joyful, Sorrowful & Glorious) may remind us of the Trinity.

Joyful Luminous Sorrowful Glorious

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, and is seated at the right hand of God, the Father Almighty; from thence 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.



7

Leader: The Apostles' Creed is from the First or Second century – older than the Nicene creed. (Shorter also – the Nicene creed said during mass each week was created by a 'committee!') The Apostles' Creed is a concise statement of what Catholics believe and it covers quite a lot. This prayer is also prayed on the crucifix of the Rosary beads.

? What phrase stands out in your mind when you pray this?

How does this differ from the Nicene creed?


Do you know what the communion of saints is?

Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? There are no wrong answers here...

Joyful Luminous Merciful Glorious

The Lord's Prayer

† 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.



8

Leader:

On the first large or separated bead in the introduction to the Rosary and on the large bead before announcing each mystery in a decade, we pray the Lord's Prayer. These are the words our Savior gave us when He was asked how we should pray. How powerful it is to be taught the words to pray to God by His Son!

? What do you think of when you say it?

... Jesus asks us to address Him as "Our Father Who art in heaven"; putting God in a role we are familiar with, a family member. With that we also acknowledge that we are brothers and sisters in Christ.

... His Holy Name

... Thy Kingdom come: We acknowledge that what we want is what God wants and then remind ourselves that the battle is already won.

... We petition Him for our "daily bread" – physical and spiritual.

... We ask for mercy and for perfect justice which we of course expect from all powerful, perfect God.

... With "Lead us not into temptation" we are reminded of the Agony in the Garden, where even Jesus asked that the cup be passed. But again by His very life, death and resurrection Jesus *reinforced* His acceptance that God's will be done and asks us to do the same.


... With "Deliver us from evil" we align ourselves with God and ask that He save us.

... Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? Or a combination?

Joyful Luminous Merciful Glorious

Hail Mary

† Hail, Mary, full of grace! The Lord is with thee. Blessed art thou amongst 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.



9

Leader:

On the next 3 smaller beads of the Rosary, we ask Mary to pray for us in a prayer that brings together the words of the Angel Gabriel and her cousin Elizabeth – The Hail Mary. Traditionally on each of these 3 beads we contemplate faith, hope and charity (another word for love) and ask for an increase in each of these virtues. And as previously mentioned, we might also consider each of the 3 persons of the Trinity and all that relationship implies. The Hail Mary is then prayed on the 10 smaller beads of each decade of the Rosary.

? What do you think of when you say this prayer?

... What phrase stands out?


... We remember how each person of the Trinity guided her life.

... Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? Or a combination?

Joyful Luminous Merciful Glorious

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.



10

Leader:

We say this prayer after completing a decade on the Rosary.

? What do you think of when you say it?

... What phrase stands out?

... Think about why the one true God would need to present Himself to us in 3 persons.


... We remind ourselves again of, and direct our prayers to, the Trinity through the Glory Be.

... Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? Or a combination?

Joyful Luminous merciful Glorious

The 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.



11

Leader:

The Fatima prayer was added last century to remind us specifically *to ask* for mercy. We say this prayer at the end of each decade on the Rosary, after the Glory Be.

? What do you think of when you say it?

... What phrase stands out?

... This prayer brings attention to our need for His mercy.

... Is this prayer just petition? Is it also adoration and contrition? Thanksgiving?

If you are praying the Rosary for a particular person or intention, keep them in mind especially during this prayer.

Summary of the sequence of prayers: The sign of the cross, the Apostles' Creed, The Lord's Prayer, the 3 Hail Mary's, the Glory Be and the Fatima Prayer are the introductory prayers. We then begin incorporating the life of Jesus into our thoughts by announcing each mystery and with that story firmly in mind, pray 1 Our Father on the large bead, 10 Hail Mary's on the smaller beads, and then the Glory Be and the Fatima Prayer. That completes one decade of a Rosary which takes about 5 minutes. Praying 5 decades meditating on a set of mysteries is one Rosary which may take you 15-20 minutes. Pray all 4 and you may spend all of an hour.

Joyful Luminous Merciful Glorious


Concluding Prayers

Hail Holy Queen

† Hail Holy Queen, Mother of mercy, hail, 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 vale (valley) of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O pious, O sweet Virgin Mary,

† V. Queen of the most Holy Rosary, pray for us:

† R. That we may be made worthy of the promises of Christ.



12

Leader:

It is customary and optional to close the Rosary with these next two prayers after 5 decades of the Rosary.

? What do you think of when you say it?

... What phrase stands out?

... Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? Or a combination?

Thoughts on this Marian prayer: The Rosary is considered a Marian devotion because we repeatedly call on her, because she is mentioned in many of the mysteries, and because it was taught to St. Dominic who brought it to us.




We are drawn to her as a perfect example of God's will *working through* humanity as the "new Eve". Her humility and her complete desire to follow God's will – her "yes" -- has provided us with a shining example of how to live and her life has brought her honor and glory. All she has asked of us is that we look to her Son. A number of the mysteries have no mention of Mary, but note that in those that do mention Mary, it is understood and is very clear that her power is only what God does through her. Her soul magnifies the Lord. To sum up – the Rosary is not intended to elevate Mary above God. It is not 'Mary worship.' Yes, we venerate Mary through the Rosary. But, we praise and adore God by addressing our prayers to Him. God is our creator and our judge and only God can give us mercy. Mary is the mother of Mercy and we do ask for her *help and assistance* as our advocate with God. The wedding feast at Cana is an example of why we believe Mary will intercede for us.

Joyful Luminous Sorrowful Glorious

Concluding Prayers

The Holy Rosary Prayer

† Let us Pray. O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, *grant we beseech Thee, that meditating upon these mysteries of the Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ, our Lord. Amen.*

   13

Leader:

? What do you think of when you say it?

... Does any phrase stand out for you?

... Summary of what Jesus has done for us and our desire to be like Christ.

... We state our intention that we want to imitate Jesus and Mary

... Is this prayer Adoration? Contrition? Thanksgiving? Or Supplication? Or a combination?

Joyful Luminous Sorrowful Glorious

The Joyful Mysteries

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- Finding Jesus in the Temple

14

Leader: *[leave about 10 minutes for the group review of the Joyful mysteries]*

First we'll review the Joyful mysteries as one group. After that we'll review the other sets of mysteries in smaller groups & report back to the full group.

As we begin reviewing the mysteries – try to put yourself in the scene. Picture yourself there as one of the participants. Ask questions about how you'd react, what God would want you to learn from this story. Challenge yourself, question the lessons God wants us to learn through the lives of Jesus and Mary...

? Can anyone think of a common thread in these stories?

... Mary is in all of them, the Holy Family is created.

... Jesus is in all of them.

How do the Joyful mysteries help us relate to God?

Joyful Luminous Sorrowful Glorious

First Joyful Mystery

Luke 1:26-28

The Annunciation – The Angel Gabriel announces to the Virgin Mary that God wishes her to become the Mother of His Son. Mary obeys with humility and joy.

Resolution – I desire the love of humility. I will be humble and courteous toward all.

Thanks – Thank you, Mary, for your obedience and for freely accepting God's will.



15

Leader:

? What do you think of when you review this mystery?

... What would it be like to meet God's messenger, Gabriel? Can you picture yourself in Mary's shoes?

... Think about how humbling it would be to be greeted by an angel with "Hail, the Lord is with you"

... What would it be like to respond with obedience and joy?

... Think about what it would be like in Joseph's shoes? Or Mary's parents?

... What would it be like to say "yes" to the Lord. "Thy will be done."

... How hard it is to determine what God's will is?

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Merciful Glorious


Second Joyful Mystery

Lk 1:39-45

The Visitation – Mary visits St. Elizabeth, who is to be the mother of St. John the Baptist. She remains and assists Elizabeth lovingly for three months.

Resolution – I desire charity (love) toward my neighbor. I will help my neighbor in need.

Thanks – Thank you, Father, for the strength we are able to draw from Mary's example.



16

Leader:

? What do you think of when you review this mystery?

... What would it be like to be Elizabeth and Mary?

... Could I visit a neighbor in need for months despite my own situation?

... Think about Elizabeth's response and what your own response would be?

... Would I (do I) recognize Christ in others and respond with joy?

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sensitive Glorious


Third Joyful Mystery

Lk 2:1-20

The Nativity – Jesus Christ, the Son of God, is born in a stable. His Mother places Him in a manger. He is visited by the Shepherds and Wise Men.

Resolution – I desire the love of God. Christ became man; I will become Christ-like.

Thanks – Thank you, Mary, for helping Christ become man and me become Christ-like.



17

Leader:

? What do you think of when you review this mystery?

... What must it have been like for Mary, Joseph and Jesus in the manger?

... Think about poverty. "As long as you neglected the least of my brothers, you neglected me."

... How would it feel to be one of the Shepherd's when the angels announced His arrival? Or one of the wise men who traveled to see the new King?

... Think about how humbling it is for God to come as one of us.... "From Creator he became man and from eternal life to temporal death."

... Consider the humility Jesus had and the trust He had in Mary and Joseph.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sensitive Glorious




Fourth Joyful Mystery

Lk 2:22-40

The Presentation – In obedience to the law of Moses, Mary and Joseph take the infant Jesus to the Temple at Jerusalem to present Him to His Heavenly Father.

Resolution – I desire a spirit of joy found in trusting God and in obedience to His will. I desire a spirit of sacrifice. I will obey the laws of God and His Church as Jesus, Mary and Joseph did.

Thanks – I am grateful for the free will you've given me, God, and joyfully obey you.

   18

Leader:

? What do you think of when you review this mystery?

... Ask yourself if you are obedient to God in all things?

... What does the Church ask of us – remember, the Church is for us, as we are the Church.

.... Remember the rest of the story? Simeon? Hannah?

... Would I recognize the infant Jesus as the light of the world as Simeon did?

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious




Fifth Joyful Mystery

Lk 2:41-52

Finding in the Temple – Having lost Jesus, Mary and Joseph seek Him. After three days they find Him in the Temple talking with the learned men.

Resolution – I desire trust in the sure knowledge that we are safe within the will of God. I will fulfill my daily duties.

Thanks – Thank you, Father, for providing me with opportunities to grow and to help others grow in the knowledge of your love.

   19

Leader:

? What do you think of when you review this mystery?

... Think about the anxiety Mary and Joseph must have felt when each realized Jesus was not with the other.

... They had to turn back to find Him, as I do, every single day.

... Think about the marvel and joy Mary and Joseph must have felt when they found Jesus speaking to learned men in the Temple.




... When I look for Jesus, I will find Him.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious

The Luminous Mysteries

The Baptism of Jesus in the Jordan
The Wedding at Cana
Proclaiming the Kingdom
The Transfiguration
The Institution of the Eucharist

   20

Leader:

[If there are enough participants (at least 6 people), split up into three teams and pick a set of mysteries for each team: Luminous, Sorrowful or Glorious. Each team will review their set of 5 mysteries, develop a Resolution and Thanks for each one and then debrief the group. Leave about 5-7 minutes for the teams to review and discuss and about 5 minutes for each to debrief the full group, for a total of 20-22 minutes.]

? Is there a common thread in these mysteries? What do you think of when you review these stories?

... Sacraments

... Mysteries of Light

... Public mysteries – began his public ministry

... Mysteries focus on the sacraments provided by the Church and the Transfiguration where Jesus showed true compassion to His friends, understanding what was to come.

... How do the Luminous mysteries help us relate to God?

Joyful Luminous Gracious


First Luminous Mystery

Matthew 3:13-17; 2Cor 5:21

The Baptism of Jesus in the Jordan – As Christ descends into the waters, the innocent one who became “sin” for our sake, the heavens opened wide and the voice of the Father declares Him the beloved Son, while the Spirit descends on Him to invest Him with the mission which He is to carry out.

Resolution – I desire always to be an obedient child of God. I accept the Holy Spirit in my life.

Thanks – Thank you, Father, for providing me with your Son as my example and the Holy Spirit as my guide.



21

Leader:

? What do you think of when you review this mystery?

... All three persons of the Trinity appear in this scene reflecting the importance of the Sacrament of Baptism.

... Think about being one of the many there to be baptized when Jesus arrived.

... If you were John, how would you feel being asked to be baptized by Jesus?

... What do you think Jesus' reassurances to John means?

... Thank you Jesus for allowing John the Baptist to baptize you as another example of showing us the way.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sensitive Glorious


Second Luminous Mystery

John 2:1-11

The Wedding Feast at Cana – The second mystery of light is the first of the signs, given at Cana, in which Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers.

Resolution – I desire always to obey the words of Mary at Cana “Do whatever he tells you.” I resolve to listen to Jesus.

Thanks – Thank you, Mary, for your direction.



22

Leader:

? What do you think of when you review this mystery?

... What does this tell us about the sacrament of marriage? Why would JP II include this – it is only because it was the first public miracle?

... How would you feel as one of the servants instructed to fill up wine jars with water? What would you be thinking?

... Think about the power of Mary's intercession.

... Mary trusted the Lord, because He will do whatever needs doing.

... Jesus used the water meant for the ritual of ceremonial washing, and transforms it into the wine, symbolizing the Blood of Christ.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sacred Glorious


Third Luminous Mystery

Mark 1:14-15, 10:7-8; Lk 7:34-50; Mk 2:1-13; Jn 20:19-23 Is 8:23-9:3

Proclaiming the Kingdom – Jesus proclaims the coming of the Kingdom of God, calls us to conversion and forgives the sins of all who draw near to Him in humble trust. It begins the ministry of mercy which He continues to the end of the world, particularly through the Sacrament of Reconciliation which He has entrusted to His Church.

Resolution – Jesus, I trust in You. I resolve to protect and increase my faith. I desire zeal for the glory of God.

Thanks – Thank you, Father, for providing us with the Sacrament of Reconciliation.



23

Leader:

? What do you think of when you review this mystery?

... Think about what Jesus accomplished in the short time He was with us.

... Think about His immediate forgiveness of those who had faith. Recollect multiple Bible stories of the many who were physically and immediately healed.

... What sacraments does this refer to? (Holy Orders, Sacrament of reconciliation – penance – confession.)

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Serene Glorious


Fourth Luminous Mystery

Lk 9:28-35

The Transfiguration – Believed to have taken place on Mount Tabor, the glory of God shines forth from the face of Christ as the Father commanded the astonished Apostles to 'listen to Him' and to prepare to experience with Him the agony of the Passion, so as to come with Him to the joy of the Resurrection and a life transfigured by the Holy Spirit.

Resolution – Jesus, I resolve to listen to You, always! I desire a life transfigured by the Holy Spirit

Thanks – Holy Trinity, thank you for the revelations you provide, as they give us hope.



24

Leader:

? What do you think of when you review this mystery?

... How would you react if you were with Jesus when he revealed his full glory?

... What would you say to Moses and Elijah?

... Why would Jesus choose Peter, John and James?

... Think about the promise of glory the transfiguration provides – comments?

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sensitive Glorious


Fifth Luminous Mystery

Lk 22:19-20, Jn 13:1-38; Mk 14:24-25

The Institution of the Eucharist – Christ offers His body and blood as food under the signs of bread and wine, and testifies “to the end” of His love for humanity, for whose salvation he will offer Himself in sacrifice.

Resolution – I resolve to reach holiness. Lord, draw me as often as You will to Holy Communion. I desire to remove from my heart all that is displeasing to You.

Thanks – Father, thank you for giving us this divine assistance. May this remain with us always.



25

Leader:

? What do you think of when you review this mystery?

Think about


- ... Jesus' love for humanity
- ...food for the body and soul
- ...the access you have weekly and daily
- ...how I can prepare myself for this gift of communion

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious

The Sorrowful Mysteries

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
Carrying the Cross
The Crucifixion



26

Leader:

What do these have in common?

What do you think about when you review these mysteries?

...The passion of Christ.

...praying when you know you're about to begin something difficult

How do the Sorrowful mysteries help us relate to God?

Joyful Luminous Sorrowful Glorious




First Sorrowful Mystery

Mt 26:36-44, 3:16-17

The Agony in the Garden – Jesus prays in the Garden of Olives. The thought of His coming sufferings and of our sins causes him to sweat blood.

Resolution – I desire true repentance for my sins. I desire a deeper understanding of these mysteries that I may better imitate Christ. My Jesus, I will pray with all my heart.

Thanks – Thank you, God, for the trials that bring me to my knees in prayer as they bring me closer to you.

   27

Leader:

? What do you think of when you review this mystery?

Think about

... Jesus praying while the apostles slept – thinking about his coming sufferings and our sins

... have I prayed that this cup be passed, that I not be tested?

... think about obedience to God

... as it was in the beginning

... pray “Thy will be done.”

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious


Second Sorrowful Mystery

Mt 27:24-26; Jn 19:1

The Scouring at the Pillar – Our Lord Jesus Christ is stripped, bound to a pillar and cruelly scourged until His innocent body is covered with wounds and blood.

Resolution – I desire a spirit of mortification. My Jesus, I will keep my body pure.

Thanks – Thank you, Father, for freeing us with your divine justice.



28

Leader:

? What do you think of when you review this mystery?

Think about

... the suffering our sin has brought

...why God gave us free will

...Barabbas ...Pilate

...forgiving those who have trespassed against you, the way Jesus forgave those who trespassed against him

...how the body and the soul can work together for God.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Lamentable Sorrowful Glorious


Third Sorrowful Mystery

Mt 27:27-31

The Crowning with Thorns – A crown of thorns is pressed into the head of Jesus. His eyes are filled with tears and blood. His executioners mock and spit on Him.

Resolution – I desire moral courage. My Jesus, I will banish unclean thoughts.

Thanks – My Jesus, thank you for enduring for the sake of my soul.



29

Leader:

? What do you think of when you review this mystery?

Think about

... the humiliation the persecutors attempted to instill

... how Jesus could not turn His back on the truth that still prevails ...what “strength in Christ” looks like

... do not be afraid, but especially not of those who kill the body, but those who try to kill the soul.

... compare His humility here with that of the Nativity

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious


Fourth Sorrowful Mystery

Mt 27:31-33; Lk 23: 26-32; Jn 19:17

The Carrying of the Cross – Weighed down by the cross, Jesus patiently walks the road to Calvary. Mary makes the stations of the cross with her dying son.

Resolution – I desire the virtue of patience. My Jesus, I will bear my cross patiently.

Thanks – Thank you, Father, for providing us with comforters as we bear our crosses.



30

Leader:

? What do you think of when you review this mystery?

Think about

- ... being Mary watching her son carry a cross*
- ... being one of those watching the whole scene*
- ... helping him carry His cross or wiping His face*
- ... what crosses do I bear*
- ... what crosses can I help others bear.*

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious




Fifth Sorrowful Mystery

Mt 27:33-54; Lk 23:33-43, 46

The Crucifixion – Fastened to the cross by nails,
Jesus, after three hours of agony, dies in the presence
of His mother.

Resolution – I desire the grace of final perseverance. I
accept the death God has prepared for me with all the
pains that may accompany it.

Thanks – Thank you, Jesus, for purchasing for us the
reward of eternal life.

   31

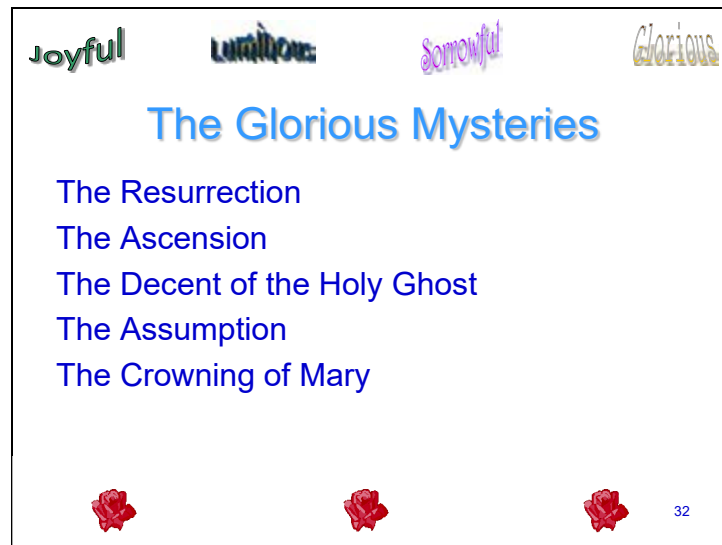
Leader:

? What do you think of when you review this mystery?

Think about

- ... the sacrifice Jesus made for us by His suffering and death
- ... the end of suffering
- ... Good Friday
- ... would I have the strength Jesus showed?
- ... may the souls of the faithful departed, through the mercy of God, rest in peace
- ... Jesus' obedience to and trust in God in all circumstances.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?



Joyful Luminous Sorrowful Glorious

The Glorious Mysteries

- The Resurrection
- The Ascension
- The Decent of the Holy Ghost
- The Assumption
- The Crowning of Mary

32

Leader:

? Is there a common thread in these mysteries?

The Glorious portion of the Rosary may be harder to relate to than the Joyful, Luminous (public life) or Sorrowful, because it deals with the glorious eternal that can't be seen or experienced now, on this earth, but is believed through faith. Through these meditations, by bringing the Glorious mysteries to our attention, the Church assures and reminds us that we are created as eternal beings.

Still, try to picture yourself in the scene and question what lessons God wants us to learn...

How do the Glorious mysteries help us relate to God?

Joyful Luminous Sorrowful Glorious


First Glorious Mystery

Mk 16:1-20; Mt 28:1-10

The Resurrection – Jesus rises from the dead, glorious and immortal on Easter Sunday. He conquers death and opens the gates of heaven.

Resolution – I desire a strong faith. I will live with Christ, so that I may rise with Him.

Thanks – Although I may not understand the enormity of Your plan for me, thank you Father for providing me with my role.



33

Leader:

? What do you think of when you review this mystery?

... picture yourself as one of the first to see Christ risen

... the joy and awe that must've been felt by Mary Magdalene and her companions trying to fulfill their duty to anoint the dead only to find the tomb empty

... what He meant by "rebuilding the temple"

... from Creator he became man and from eternal life to temporal death, for our sins

... God's plan to set us free is not what we expect.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious




Second Glorious Mystery

Lk 1:26-28

The Ascension – Forty days after His resurrection, Jesus ascends, in the presence of His mother and disciples, into heaven.

Resolution – I desire the virtue of hope. I will follow the example of Christ on earth because I hope to be with Him in heaven.

Thanks – Thank you, God, for perfect healing in the name of your Son and our Savior, Jesus Christ.

   34

Leader:

- ? What do you think of when you review this mystery?
- ... the apostles now waited for the gift Jesus promised
- ... Jesus had to leave this earth so the Holy Spirit could come
- ... rejoice in the hope that you will join Him.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious


Third Glorious Mystery

Acts 2:1-13; Mt 28:18-20, Eph 1:4

The Descent of the Holy Ghost – Ten days after the Ascension, the Holy Ghost descends in tongues of fire upon Mary and the disciples.

Resolution – I desire zeal for the Glory of God. I will love God and my neighbor.

Thanks – Thank you, Father, for the gifts of the Holy Spirit.



35

Leader:

? What do you think of when you review this mystery?

... God poured out his Spirit on everyone

... He is with us forever

... what the apostles were able to accomplish with the help of the Holy Spirit

... Pentecost

... do I recognize the Holy Spirit in others

... think of the sacrament of Confirmation

... and Thou shall renew the face of the earth

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Lamentation Sorrowful Glorious


Fourth Glorious Mystery

Rev 12; Lk 1:46-49; Judith 15:9-10

The Assumption – The Apostles go to the tomb where they had put the body of the mother of God. They find that the angels had borne their Queen to heaven.

Resolution – I desire the grace of a holy death. I will praise Mary through the Rosary.

Thanks – Thank you, Father, for showing us your perfect example of promises kept – Mary.



36

Leader:

? What do you think of when you review this mystery?

... Mary being united with her Divine Son

... Mary as the only one preserved from original sin and its consequence, death

... Mary is already sharing in the glory of her Son's Resurrection, joined to the source of life, anticipating the resurrection of all.

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious


Fifth Glorious Mystery

Rev 12:1-18

The Crowning of Mary – The Mother of God, to the joy of all the angels and saints, is crowned Queen of Heaven by her divine Son.

Resolution – I desire a greater love for the Blessed Virgin Mary. I will love Mary as my Queen and Mother.

Thanks – Thank you, Mary, for providing us with your glorious example.



37

Leader:

? What do you think of when you review this mystery?



- ... Mary's role in her Son's life
- ... Mary's role in God's plan for the world
- ... Mary has always asked that we look to Jesus

Review the Resolution and Thanks meditations provided. Would you share additional ones that have occurred to you?

Joyful Luminous Sorrowful Glorious

Opportunities

- ❖ Call to Action
 - † Bible Study: Take 1 hour to review verses to improve understanding of mysteries
 - † Check Parish for opportunities to pray with groups
- ❖ Ways to Pray
 - † Novena, 54 Day Novena
 - † Chaplets and prayers to specific saints
 - † The Living Rosary for Groups
 - † Family Rosary
 - † First Saturday Devotion

   38

Leader:

Other bible passages to help contemplate the mysteries of the Rosary

Songs of Solomon 4:7, 5:2, 6:9

Ephesians 1:4

Psalms 132:8

Acts 2:27

Rev 11:19 to 12:1

Revelations 12

Thy Will Nothing More Nothing Less Nothing Else

Joyful

Luminous

Sorrowful

Glorious

15 Promises Made by the Blessed Virgin to St. Dominic and Blessed Alan

- ❖ **1.** To all those who recite my Rosary devoutly, I promise my special protection and very great graces. **2.** Those who will persevere in the recitation of my Rosary shall receive some signal grace. **3.** The Rosary shall be a very powerful armor against hell; it shall destroy vice, deliver from sin, and shall dispel heresy. **4.** The Rosary shall make virtue and good works flourish and shall obtain for souls the most abundant divine mercies; it shall substitute in hearts love of God for love of the world, elevate them to desire heavenly and eternal goods. Oh, that souls would sanctify themselves by this means! **5.** Those who trust themselves to me through the Rosary, shall not perish. **6.** Those who will recite my Rosary piously, considering its Mysteries, shall not be overwhelmed by misfortune nor die a bad death. The sinner shall be converted, the just shall grow in grace and become worthy of eternal life. **7.** Those truly devoted to my Rosary shall not die without the consolations of the Church or without Grace. **8.** Those who will recite my Rosary shall find during their life and at their death the light of God, the fullness of His grace and shall share in the merits of the blessed. **9.** I will deliver very promptly from purgatory the souls devoted to my Rosary. **10.** The true children of my Rosary shall enjoy great glory in heaven. **11.** What you ask through my Rosary, you shall obtain. **12.** Those who propagate my Rosary shall obtain through me aid in all their necessities. **13.** I have obtained from my son that all the conferees of the Rosary shall have for their brethren in life and death, the saints of heaven. **14.** Those who recite my Rosary faithfully are all my beloved children, the brothers and sisters of Jesus Christ. **15.** Devotion to my Rosary is a special sign of predestination.

