



Pick Up : PRAYING THE ROSARY

Today we put a lot of value only things “authentic” and “spontaneous” and tend to see traditional things as merely old or outdated. So memorized prayers can be viewed as a drudgery, annoying, or inauthentic. Prayers are memorized and repeated so that they can be shared. They unite us with one voice crying out to God our Father. Also, these types of repeated prayers create room for contemplating God, taking you away from distraction. It creates an atmosphere for prayer so that we can let the realities behind the words sink down deep into our hearts.

The Rosary is a biblical prayer and was profoundly shaped by historical Christian devotion. The three major prayers (Our Father, Hail Mary, and the Glory Be) are all biblical. The Hail Mary opens with straight quotes from the Bible: the greetings of the archangel Gabriel and Elizabeth, Mary’s cousin. Her biblical titles are repeated by us: “full of grace,” “blessed,” “holy”. The prayer culminates with us asking for her intercession to pray for us.

Always and everywhere, she points us to her Son. That’s her role in the Kingdom as our Queen Mother. As the moon is the brightest luminary in the night sky because it reflects the light of the sun, so is Mary the highest of all the saints because she most perfectly reflects the glory of Christ her son. So to honor her is to honor Christ. And this is precisely why the Rosary was described by St. John Paul II as “contemplating the face of Jesus through the eyes of Mary.”

How to Pray the Rosary

The Rosary consists at its simplest with 5 decades. In the beginning of the whole Rosary we pray the Apostles’ Creed, one Our Father, followed by three Hail Marys and one Glory Be. Each decade starts with an Our Father and concludes with a Glory Be, and has 10 Hail Marys. In the end we conclude with the Hail, Holy Queen prayer.

There are four mysteries of the Rosary: The Joyful Mysteries on the birth of Christ, The Luminous Mysteries on the life of Christ, The Sorrowful Mysteries on the Passion of Christ, and The Glorious Mysteries on the Triumph of Christ over sin. Each of these mysteries offer specific meditations on Christ to help guide your thoughts during the repetitions of the prayers. When you pray the Rosary daily, cycle through them. The Joyful on Monday/Saturday, The Luminous on Thursday, The Sorrowful on Tuesday/Friday, and the Glorious on Wednesday and Sunday.