

## Pray the Holy Rosary

The Holy Rosary invokes the heavenly intercession of our Blessed Mother Mary to her Son Jesus Christ. It is a powerful prayer that allows us to meditate on the Mysteries of Christ, allowing the Holy Spirit to talk to us in the depths of our heart. God is calling us to pray the Rosary daily because it is very powerful in combating Satan and his evil spirits. In particular, we are called to pray without ceasing for the living and the dead; against Satanism and witchcraft; for Jesus' way to be reinstated in schools and governments; to stop abortions, wars, crimes and disasters; for the Church, its missions, the clergy, priests, bishops, cardinals and the pope; for God's servants, the sinners and the conversions of nonbelievers; for purity in the media, which is filled with sin and godlessness; for the sick and marginalised; for abused children; for faithfulness and unity in marriages; for the persecution of Christians to stop; to pray against the implantable chip, the triple-six sign of the beast; for the Chastisement to stop; for the alleviation of the pains of Jesus' Sacred Heart and Mother Mary's Immaculate Heart; and for many other petitions<sup>1</sup>.

---

<sup>1</sup> See "Prayers" in this App or on [www.alpha-omega.org.za](http://www.alpha-omega.org.za).

## Meditations

*Jesus Christ:* “Pray, pray without ceasing. My Beloved Mother Mary is asking all of you to pray the Rosary as a family. Oh, fasting is also the key against the enemy. The enemy hates my Mother Mary because he knows the Hail Mary prayer is the strongest weapon against the adversary.” ([01/01/2012](#))

*Father God:* “If my people would pray the Holy Rosary with all their hearts, the Hail Mary would destroy Satan’s evil tricks. If every family would pray the Holy Rosary (the Hail Mary), Satan would be destroyed forever, but my people, they are ignoring this request from the Virgin Mother Mary. At every one of her apparitions all over the world, it’s always the same prayer request.” ([13/10/2018](#))

*Mother Mary:* “My dear children, imagine if I hadn’t come and appeared to my visionaries all over the world, teaching them mostly the Holy Rosary; imagine if I hadn’t come to you all, you wouldn’t even know how to pray the Holy Rosary and you wouldn’t know the power



Our Lady of Fatima

of this strong weapon against Satan who prowls through the world, destroying, seeking the ruin of souls.

Know my dear children, what is still holding my Son Jesus' hand up is the Holy Rosary, which my faithful, obedient, subservient children are still fervently praying to help me, your Blessed Mother, to be able to crush the serpent's head under my feet. Soon I will conquer this warfare but I, your Blessed Mother, I plead, I ask you to help me, my dear children, to combat his reign of terror in this world with many prayers and with the Holy Rosary. Oh, he trembles when the Holy Rosary is fervently prayed. He knows that every second of the day, all over the world, someone is praying at least one Hail Mary or the Holy Rosary. Thank you, my faithful children. Continue always." ([05/05/2020](#))

## Supplementary reading

- [Introducing the Rosary: The Weapon of our Times](#) (Rosary)



## Mother Mary is a gift from God to those who love him

“To whom hath the root of wisdom been revealed, and who hath known her wise counsels? To whom hath the discipline of wisdom been revealed and made manifest? and who hath understood the multiplicity of her steps? There is one most high Creator Almighty, and a powerful king, and greatly to be feared, who sitteth upon his throne, and is the God of dominion. He created her in the Holy Ghost, and saw her, and numbered her, and measured her. And he poured her out upon all his works, and upon all flesh according to his gift, and hath given her to them that love him.” (Ecclesiasticus 1:6–10)

“The Holy Spirit is your guidance at your crossroads, your teacher in conjunction with Mother Mary.”  
(Father God, 01/01/2017)

# The Holy Rosary is the strongest weapon against the enemy

“Oh, if only my children knew how much protection they get from the Holy Rosary. I, your Jesus Christ, I desire my children to carry a blessed Holy Rosary with them: men, women and my little children must wear it on their necks or have it in their pockets at this time when the enemy is so fiercely attacking my children. Oh, if only my children knew how the enemy trembles with this weapon, a rosary with a crucifix (the cross must have the body of Jesus Christ on it), Satan will not touch my children. It must be blessed by my son priest. My children must also sleep with a blessed Rosary under their pillow or sleep with it around their hand, as you do, my Petal. My children must never leave their homes without this strong weapon.” (Jesus Christ, 12/06/2020)

“If only my children would combat this warfare with my Blessed Mother’s Holy Rosary – the weapon to defend my children from the malign. There is no stronger weapon than the most Holy Rosary. My Blessed Mother, she is the Queen to destroy Satan from my children’s lives.” (Jesus Christ, 07/06/2020)



# How to pray the Rosary

Bless yourself by making the **Sign of the Cross**.

Announce the **Mysteries** on which you will be meditating: **Joyful, Luminous, Sorrowful** or **Glorious**, as outlined in the next section.

Begin with a **Rosary Opening Prayer**, for example:

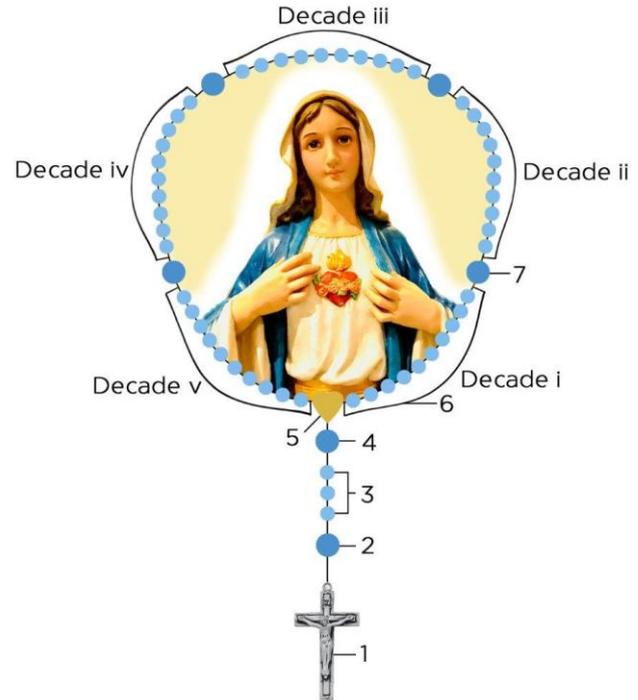
*My loving Father God, my Creator; my loving Jesus Christ, my Saviour; and my dear Holy Spirit, my Breath of Life; my Holy Triune God, together with my Blessed Mother Mary, the Mother of the Saviour of the world, I humbly ask you to hear my prayer... state your petition... My Blessed Mother Mary, come with your Virginal Mantle and take this prayer to the foot of the cross of Jesus. St Michael, St Gabriel and St Raphael the archangels, come with your troops of angels to help me on this petition. I also ask the saints in heaven, in particular ...give names... to intercede for me on this petition. Thank you, my Holy Trinity, for hearing my prayer. Amen.*

Referring to the numbers on the rosary image and holding the rosary on the beads linked to the numbers, pray as follows:

1. Pray the **Apostles Creed**.
2. Pray the **Our Father**.
3. For the next three beads, pray the **Hail Mary** prayer on each bead, meditating on faith, hope and charity.
4. Pray the **Glory Be**, followed by the **Fatima Prayer**.

Begin **Decade i**, following Steps 5 to 7:

5. Announce the first **Mystery** (for example, **The Annunciation**) and read the Scriptural meditation if unfamiliar with it. Now pray the **Our Father**.
6. On the next ten beads, pray the **Hail Mary** prayer on each bead, meditating on the respective Mystery for this decade.



7. Pray the **Glory Be**, followed by the **Fatima Prayer**. For each **Mystery**, repeat Steps 5, 6 and 7, progressing around the rosary for **Decades ii, iii, iv** and **v**. Conclude the Rosary with the **Hail Holy Queen**, followed by the **Rosary Closing Prayer**:

*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, by meditating on the mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

Bless yourself by making the **Sign of the Cross**.

## Supplementary reading

- [Rosary Prayers and Structure](#) (Rosary)
- [Fold-up A4 Brochure: Introducing the Rosary](#) (Resources)

## Rosary Mysteries with Bible Verses and Prayer Topics

The Rosary Mysteries are summarised here, with suggested Scriptural references on which to meditate when praying each Mystery, as well as optional prayer topics to pray.

As you pray each decade of the Rosary, try to picture the scene of the Mystery on which you are meditating and allow the Holy Spirit to talk to you in the depths of your heart<sup>2</sup>.

Traditionally, the Glorious Mysteries are said on Sundays and Wednesdays, the Joyful Mysteries on Mondays and Saturdays, the Sorrowful Mysteries on Tuesdays and Fridays, and the Luminous Mysteries on Thursdays.

## The Joyful Mysteries Rosary

### **The Annunciation** (Luke 1:26– 38)

Pray for the gift of humility and obedience upon yourself, your family and for all of God’s children to hear his call before it is too late.

### **The Visitation** (Luke 1:39–56)



**The Annunciation**

---

<sup>2</sup> For powerful heavenly meditations, Scriptures and prayers related to the Rosary, visit the “Rosary” section on [www.alpha-omega.org.za](http://www.alpha-omega.org.za).

Pray for the horrendous sin of abortion to stop, for all to understand that foetuses suffer the most horrific traumas and pains while they are being murdered in their mother's wombs.

### **The Nativity** (Luke 2:4–20)

Pray for the destitute, the marginalised and the poor, for God to send them earthly angels to assist them in their times of need.

### **The Presentation in the Temple** (Luke 2:21–35)

Pray for the conversions of sinners, for more souls to come to the Holy Sacraments for their healing.

### **The Finding of Jesus in the Temple** (Luke 2:41–52)

Pray for the youth and for the way of Jesus to be taught in schools throughout the world.

Supplementary reading

- [The Joyful Mysteries Rosary](#) (Rosary)

## The Luminous Mysteries Rosary

### **The Baptism of the Lord** (Mark 1:6–13)

Pray for the conversion of sinners, for more of God's children to come to the Sacraments of Confession and Baptism.

### **The Wedding at Cana** (John 2:1–11)

Pray against all the false manmade religions, for the miracle of one true unified Catholic Church and for all to come into the light of Jesus Christ.

### **The Proclamation of the Kingdom of God** (Mark 1:14–15, Matthew 4:17)

Pray for the missions of this world that are humbly dedicated to helping our Lord Jesus Christ in bringing souls to heaven.

### **The Transfiguration** (Matthew 17:1–13)

Pray for the souls in purgatory that are yearning to see the Face of God, and ask these holy souls to pray for those on earth who are most in need of God's mercy to see Jesus with the eyes of their hearts.

### **The Institution of the Eucharist** (Matthew 26:26–29)

Pray for the Church and for all to receive the Holy Eucharist worthily and respectfully in the mouth.

Supplementary reading

- [The Luminous Mysteries Rosary](#) (Rosary)

## The Sorrowful Mysteries Rosary

### **The Agony in the Garden** (Mark 14:32–42)

Through the merits of Jesus' agony, pray for the poor abandoned souls in purgatory for whom no one is praying, and ask these holy souls, together with the angels and saints of heaven, to pray for the abandoned souls on earth too.

### **The Scourging at the Pillar** (John 19:1, Isaiah 50:6–7)

Through the merits of Jesus Christ's scourging, pray against the sins of lust and other impurities of the body that pervade society today and cause Jesus the most pain.

### **The Crowning of Thorns** (Matthew 27:27–31)

Through the merits of Jesus Christ's crowning of thorns, pray for the stubborn souls who are blinded by their pride and earthly vanities to come in humility and repentance to their Saviour.

### **The Carrying of the Cross** (John 19:16–17, Luke 23:26–32)

Through the merits of Jesus Christ's most painful wound on his shoulder, pray for those who are struggling to carry their crosses in sacrificial love of God and neighbour, in particular for the tepid, lukewarm souls.

### **The Crucifixion** (Luke 23:33–46, John 19:25–30, Mark 15:33, Matthew 27:51–54)

Through the merits of Jesus Christ's five sacred wounds on the cross, pray for your enemies and all of God's children to be saved from the fires of hell.

### Supplementary reading

- [The Sorrowful Mysteries Rosary](#) (Rosary)

## The Glorious Mysteries Rosary

### **The Resurrection** (Luke 24:1–49)

Pray for new life in the Holy Catholic Church, for the holy pope's protection, for holiness in priests and for the dark cults operating under false pretences within the Church to be exposed and stopped.

### **The Ascension** (Mark 16:19, Acts 1: 6–11)

Pray for souls in purgatory who are in await for a prayer to be released into heaven, for your deceased family, friends and the most abandoned ones for whom no one is praying.

### **The Coming of the Holy Spirit** (Acts 2:1–21)

Pray for the Second Pentecost, for the Holy Spirit to come and renew the face of the earth, for all to come to the light of Jesus before it is too late.



Pentecost Day

**The Assumption of Mary** (Pope Pius XII Dogmatic Declaration, confirmed by Jesus' messengers)

Through Mother Mary's purity, pray for your entire family, godchildren, friends, work colleagues etc., and all of their past generations to come to the light of Jesus and reunite one day in the Kingdom of Heaven.

**The Coronation of Mary** (Revelation 11:19 to 12:1-2)

Ask Mother Mary, the Queen of Heaven, to be the Queen of your home, to cover your loved ones and family with her Virginal Mantle, and to intercede for your special petitions.

Supplementary reading

- [The Glorious Mysteries Rosary](#) (Rosary)

# The Assumption of Mother Mary into heaven

“My Mother lived a normal life until the age of 66. Then, in my Mother’s sleep, she was taken by the angels – body, soul and spirit – pure as crystal water, without any sin while she lived on earth. Yes, my children are saying my Beloved Mother died: no, she was taken in her sleep to the beam of heaven, ascended to heaven. Oh, it was beautiful to see how the angels carried my Mother. She lives today: doing, praying, interceding for each one of you my children.” (Jesus Christ, 11/02/2016)

“My child, today is the feast of my Assumption into heaven, what a celebration, where I was assumed body, soul and spirit into heaven by the angels, which is far beyond my children’s comprehension, but with Father God, my Son Jesus, what is impossible is possible. The same as my Son Jesus: he was conceived by the power of the Holy Spirit.”  
(Mother Mary 15/08/2017)

