

## Why should we pray the Rosary?

Jesus teaches us in his Ten Commandments to honour our father and mother. He gifted his Mother to us on the cross (John 19:26), so if we love Jesus, we must obey his commandments and honour his (and our) Mother, too.

Praying the Rosary fulfils Mary's 2,000-year-old prophecy that "all generations will call me blessed" (Luke 1:48). Mary is the only person in the Bible, besides Christ, to be called "full of grace" prior to Baptism, and remained so, sin-free, throughout her life. She was always at Jesus' side, full of love and compassion, never complaining. This puts Mother Mary above all others in Jesus' eyes, and is why Jesus gifted her to us as our Mother and crowned her as the Queen of Heaven.

Throughout history, many saints and visionaries have received messages from our Triune God and Mother Mary about the importance of praying the Rosary daily, and the many graces that this brings to those who pray it.

*"The angels rejoice, the Blessed Trinity delights in it, my Son finds joy in it, too, and I myself am happier than you can possibly imagine. After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Rosary."* (Mother Mary to Blessed Alan de La Roche, c.1460)

*"A Rosary of love is a powerful petition through my Mother to God. A Rosary of love is a powerful gift that is given to help overcome evil. A Rosary of love comes from God through my Mother as a gift that will be listened to and answered in love. My Mother's Rosary, a joyful gift from God to his children."* (Jesus Christ to Alan Ames, 1996)

*"My children should have a strong teaching from their birth about praying the Rosary as a family, infusing in their little hearts about God, my Son, the Father and the Holy Spirit, going to Mass, Confession at a young age and as soon as they make their First Holy Communion, never failing to receive my Son's Precious Body and Blood in purity of heart."* (Mother Mary to Fernanda de Sequeira, 2010)

*"My Beloved Mother Mary is asking you all 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 is the strongest (prayer) weapon against the adversary."* (Jesus Christ to Fernanda de Sequeira, 2012)

The meditative nature of the Rosary allows God to talk to you in the depths of your heart, while Mother Mary intercedes for you to her Beloved Son, Jesus Christ, at the foot of the cross. At the wedding feast of Cana, Jesus found it difficult to refuse his Mother's request, so why not ask her to be your most gracious advocate?

## For whom must I pray?

Pray for those whom you love and those who have hurt you, the salvation of the living and the dead, the sinners and the victims of sin, God's servants and his enemies, so all can be delivered from evil and God's kingdom truly can come to earth. God created us in his image and he wants to live in us as much as we want to live with him. He wants to pour out his graces through us, and it all starts and ends with prayer, for ourselves and for all of his people, without exception.

## Difficulty praying the Rosary?

If you are distracted when praying the Rosary, persist in it because it is surrounding evil spirits that are trying to stop you from praying. Combat evil further by making a conscious effort to love God and your neighbour, reading the Bible and receiving God's healing Sacraments, which he left behind in his Catholic Church. Most importantly, this means repenting through regular and contrite Confession, and receiving the Body and Blood of Christ worthily at Holy Mass.

*"The Sacraments are the gifts God is offering to all so that they may cleanse their very souls and fill them with God's love and God's mercy. The Sacraments are so very special for it is through them that the spiritual union with God and spiritual strength is found. The Sacraments offer all of mankind the answers they have been searching for, for so long."* (Jesus Christ to Alan Ames, 1995)

Enquire at your nearest Catholic Church about receiving God's Sacraments of Baptism, Confession, Holy Communion, Confirmation, Holy Matrimony, Holy Orders and Anointing of the Sick.

## Rosary prayers

### Sign of the Cross

In the name of the Father [right hand on your forehead] and the Son [right hand on your chest] and the Holy Spirit [right hand on your left shoulder, followed by right shoulder]. Amen.

### Apostles Creed

I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day, he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.

### 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.

### 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.

### Glory Be

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

### Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of your mercy. Amen.

### 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 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 loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

### 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, meditating on these 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.

## How to meditate

As you pray each decade of the Rosary, try to picture the scene of each Mystery on which you are meditating. Allow the Holy Spirit to talk to you in the depths of your heart and mind.

## Rosary Mysteries with Bible verses and suggested prayer topics

### The Joyful Mysteries Rosary



- The Annunciation  
Luke 1:26–38  
*Ask God for the gift of humility and obedience, and for all his children to hear his call before it is too late.*

- The Visitation  
Luke 1:39–56  
*Pray against the sin of abortion: for all to see that fetuses are alive and leap with joy through words of love, or cry in horror and pain if they are killed in their mothers' wombs.*
- The Nativity  
Luke 2:4–20  
*Thank Jesus for humbling himself as a man to come and save us from our sins. Pray for the conversions of sinners and non-believers.*
- The Presentation in the Temple  
Luke 2:21–35  
*Pray for people to present themselves more regularly at Holy Mass, and for them to make use of all of God's Holy Sacraments to purify their souls.*
- The Finding of Jesus in the Temple  
Luke 2:41–52  
*Pray for God's servants to be Jesus' voice and to spread his word without fear of persecution.*

# Introducing the Rosary

## The Weapon of our Times



The Rosary is a powerful meditative prayer that focuses on the mysteries of Jesus Christ, the Saviour of the world. It invokes his Blessed Mother Mary to pray with us to her Son Jesus.

No one moves the heart of God like our Blessed Mother Mary, so why not ask her for help? You will be surprised at the results.

### How to pray the Rosary

To pray the Rosary, follow these steps:

1. Bless yourself by making the **Sign of the Cross**.
2. Begin the Rosary with an opening prayer to our Triune God and Mother Mary, which should include your petitions.
3. Announce the **Rosary Mysteries** on which you will be meditating: Joyful, Luminous, Sorrowful, or Glorious.
4. Holding the crucifix, pray the **Apostles Creed**.
5. On the first isolated bead, pray the **Our Father**.
6. On each of the next three beads, pray one **Hail Mary**, meditating on faith, hope and charity.
7. On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.
8. Begin the first decade and then repeat the following, five times as you go around the Rosary:
  - Announce the **Mystery**, optionally reading the Scriptural meditation and praying the suggested prayer or as the Holy Spirit leads.
  - On the same isolated bead, pray the **Our Father**.
  - On the next ten beads, pray the **Hail Mary** on each bead, meditating on the Mystery.
  - On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.
9. After the fifth decade, pray the **Hail Holy Queen**, followed by the **Rosary Closing Prayer**. To conclude your Rosary, bless yourself by making the **Sign of the Cross**.

### Which Bible should I use?

The Douay-Rheims Bible ([www.drbo.org](http://www.drbo.org)) is the first and most accurate English translation of the Bible from the original Word of God. It is recommended for anyone seeking the truth of God. Many Bibles in circulation today have been defiled, and unless they have the Imprimatur declaration of the Catholic Church in them, to avoid confusion, they should not be used.

There are many different ways to pray the Rosary for various intentions and petitions.



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For more information, as well as divine messages and prayers from our Triune God and Mother Mary, visit [www.alpha-omega.org.za](http://www.alpha-omega.org.za)

### The Luminous Mysteries Rosary

- The Baptism of the Lord  
Mark 1:6–13  
*Pray for many more of God's children to be baptised with water in the name of the Father, the Son and the Holy Spirit.*



- The Wedding at Cana  
John 2:1–11  
*Thank Mother Mary for presenting your Rosary petitions to her Son Jesus, and for her prayers for this whole world.*

- The Proclamation of the Kingdom of God  
Mark 1:14–15, Matthew 4:12–17  
*Pray for the world to repent and turn to Jesus before it is too late, before he comes to judge the living and the dead, which is soon.*
- The Transfiguration  
Matthew 17:1–13  
*Ask the Holy Spirit to help us to see Jesus with the eyes of our hearts, so we can see him in his full glory sooner rather than later.*
- The Institution of the Eucharist  
Matthew 26: 26–29, John 6:48–59  
*Pray for the Church and all to receive the Body and Blood of Christ worthily through regular Confession and works of mercy.*

### The Sorrowful Mysteries Rosary

- The Agony in the Garden  
Mark 14:32–42  
*Through the merits of Christ's agony, pray for the poor abandoned souls on earth and in purgatory for whom no one is praying.*
- The Scourging at the Pillar  
Mark 15:6–15  
*Through the merits of Christ's scourging, pray for the souls who are trapped on earth and in purgatory because of their sins of the flesh.*
- The Crowning of Thorns  
Matthew 27:27–31  
*Through the merits of Christ's crowning of thorns, pray for those who are blinded by their pride, earthly vanities and idolatries.*



- The Carrying of the Cross  
1 John 19:16–17, Luke 23:26–32  
*Through the merits of Christ's most painful wound on his shoulder and the ongoing cross he carries for us to lighten our burdens, pray for those who are struggling to carry their lightened crosses.*
- The Crucifixion  
Luke 23:33–46, John 19:25–27, Mark 15:33, John 19:28–30, Matthew 27:51–54  
*Through the merits of Christ's five sacred wounds on the cross, pray for the salvation of the living and the dead.*

### The Glorious Mysteries Rosary

- The Resurrection  
John 20:20–31  
*Pray for new life in the world. Pray to our Father for the alleviation of our resurrected Christ's wounds (Hebrews 6:6) and Mother Mary's pierced soul (Luke 2:35) as a result of our sins.*
- The Ascension  
Mark 16:16–20, Acts 1: 6–11, Luke 24:36–51  
*Pray for all of Jesus' followers, his missions and Church, to help to bring as many souls as possible to heaven in the shortest time.*



- The Coming of the Holy Spirit  
Acts 2:1–20  
*Ask the Holy Spirit to pour out his gift of understanding to all in this world, to open the eyes of the blind and to bring salvation to this chaotic world.*
- The Assumption of Mary  
Pope Pius XII Dogmatic Declaration, confirmed by Jesus' messengers  
*Ask God for the gift of humility, the opportunity to purify through regular Confession, the strength to carry your cross in his love, and the time to enter eternity in a state of grace.*
- The Coronation of Mary  
Revelation 11:19 to 12:1–2  
*Ask Mother Mary, the Queen of Heaven, to cover us with her Virginal Mantle, protecting us from snares of the devil, whose head she will soon crush (Genesis 3:15).*