

WHY SHOULD WE PRAY THE ROSARY?

When Adam and Eve first sinned, God prophesied the war between Satan, the dragon, and the Mother of the Saviour of the world, the woman: "I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel" (Genesis 3:15). "And when the dragon saw that he was cast unto the earth, he persecuted the woman, who brought forth the man child" (Revelation 12:13). "And the dragon was angry against the woman: and went to make war with the rest of her seed, who keep the commandments of God, and have the testimony of Jesus Christ" (Revelation 12:17). "For in her is the spirit of understanding: holy, one, manifold, subtle, eloquent, active, undefiled, sure, sweet, loving that which is good, quick, which nothing hindereth, beneficent, gentle, kind, steadfast, assured, secure, having all power, overseeing all things, and containing all spirits, intelligible, pure, subtle. For wisdom is more active than all active things: and reacheth everywhere by reason of her purity. For she is a vapour of the power of God, and a certain pure emanation of the glory of the almighty God: and therefore no defiled thing cometh into her. For she is the brightness of eternal light, and the unspotted mirror of God's majesty, and the image of his goodness. And being but one, she can do all things: and remaining in herself the same, she reneweth all things, and through nations conveyeth herself into holy souls, she maketh the friends of God and prophets. For God loveth none but him that dwelleth with wisdom. For she is more beautiful than the sun, and above all the order of the stars: being compared with the light, she is found before it. For after this cometh night, but no evil can overcome wisdom" (Wisdom 7:22-30).

As Jesus Christ was dying on the cross for our salvation, he gave his Blessed Mother to us as our Mother too, when he said, "Woman, behold thy son" (John 19:26). Just as Jesus honours his Beloved Mother, in accordance with his Ten Commandments, so too must we.

Mother Mary is the only person in the Bible (Luke 1:28), besides Jesus Christ, to be called "full of grace" prior to Baptism. This affirms that she was born without original sin.

Furthermore, her prophecy in Luke 1:48 that "all generations will call me blessed" has been fulfilled by those who pray the Hail Mary prayer.

In the words of God the Father to Fernanda de Sequeira: "My little Lamb, Blessed Mother Mary was chosen by me, Father God, to be the Mother of Jesus Christ. She has a special role in heaven and on earth. My people must respect the Mother of the Saviour of the world. When Satan hears the Hail Mary, he trembles, trembles with this prayer – he hates the Holy Rosary, he knows the power of the Hail Mary. Mother Mary is the only woman without sin that he can't point a finger at or accuse, as she is pure, sincere, humble. He can't take seeing or knowing that she will defeat him, as he also knows his time of terror and reign will end soon. Mother Mary, the Holy Queen of Heaven and Earth, crowned with the twelve stars is the one who will crush his head. The Hail Holy Queen, the Hail Mary, the Holy Rosary, the Memorare – all these powerful prayers defeat Satan's evil tricks. My people must be strong in praying these prayers. They will be protected by Mother Mary's Virginal Mantle against the enemy's attacks" (15/08/2018).

Mother Mary explains to Fernanda: "In my apparitions to my visionaries, I always ask to pray, pray the Rosary as a family, to fast, to go to Confession and to attend my Son's Holy Mass regularly, especially for the ones who can go [daily]. Do not neglect my Son's Holy Mass and receive my Son – please, I ask you my children, please – worthy of my Son. Come to Confession and repent with a contrite heart" (23/05/2011).

DIFFICULTY PRAYING THE ROSARY?

If you are suddenly distracted by obscure thoughts while praying the Rosary, this is Satan who has authority to access your mind because of unconfessed sins in this area. If you are in a state of grace, he cannot access your mind in that way. Purify your soul through the Sacrament of Confession, receiving the Body and Blood of Christ worthily in Holy Mass, living by all of God's commandments and making every effort to sin no more. This sacrificial love of God will expel all bondages to evil and allow you to acquire the peace and mind of Christ.

ROSARY PRAYERS

Sign of the Cross

When you bless yourself with respect, as follows, the Holy Trinity is standing in your midst: **In the name of the Father** [with an open palm, place your right-hand fingers on your forehead], **and of the Son** [place your right hand on your chest], **and of the Holy Spirit** [move your right hand from your left to right shoulder]. **Amen.**

Apostles Creed

I believe in God, the Father Almighty, the Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, 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 God the Father Almighty. From thence 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, by meditating on the mysteries of the Most 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.

THE JOYFUL MYSTERIES ROSARY

The Annunciation (Luke 1:26–38)

"And the angel being coming in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women." (Luke 1:28)

The Visitation (Luke 1:39–56)

"Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed." (Luke 1:48)

The Nativity (Luke 2:4–20)

"For God so loved the world, as to give his Only Begotten Son; that whosoever believeth in him, may not perish, but may have life everlasting." (John 3:16)

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

"And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted; and thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed." (Luke 2: 34-35)

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

"And he said to them: How is it that you sought me? Did you not know, that I must be about my Father's business?" (Luke 2:49)

INTRODUCING THE ROSARY

THE WEAPON OF OUR TIMES

"One is my dove, my perfect one is but one, she is the only one of her mother, the chosen of her that bore her. The daughters saw her, and declared her most blessed: the queens and concubines, and they praised her. Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?"
(Song of Solomon 6:8-9)



The Rosary is a powerful meditative prayer that focusses 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.

"Now the centurion and they that were with him watching Jesus, having seen the earthquake, and the things that were done, were sore afraid, saying: Indeed this was the Son of God." (Matthew 27:54)

THE GLORIOUS MYSTERIES ROSARY

The Resurrection (John 20:21-31)

"And he said to them: Thus it is written, and thus it behoved Christ to suffer, and to rise again from the dead, the third day: And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem." (Luke 24:46-47)

The Ascension (Mark 16:19, Acts 1:6-11)

"Who being the brightness of his glory, and the figure of his substance, and upholding all things by the word of his power, making purgation of sins, sitteth on the right hand of the majesty on high." (Hebrews 1:3)

The Coming of the Holy Spirit (Acts 2:1-20)

"But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity. Against such there is no law." (Galatians 5:22-23)

The Assumption of Mary (Baruch 3:28-29)

"Who hath gone up into heaven, and taken her, and brought her down from the clouds?" (Baruch 3:29)

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

"And the temple of God was opened in heaven: and the ark of his testament was seen in his temple, and there were lightnings, and voices, and an earthquake, and great hail. And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars." (Revelation 11:19-12:1).

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 **Rosary Mystery**, optionally reading the suggested Bible verse at the start of each decade.

On the same isolated bead, pray the **Our Father**.

On each of the next ten beads, pray the **Hail Mary**, meditating on the Mystery. As you pray each decade of the Rosary, try to picture the scene of each Mystery on which you are meditating and allow the Holy Spirit to talk to you in the depths of your heart.

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 Council of Trent in 1546 decreed that the fourth-century Latin Vulgate by St Jerome is the most accurate translation of the original Scriptural manuscripts, which have since decayed. God has confirmed the same to Fernanda on 28/02/2019. For this reason, direct vernacular translations from the Latin Vulgate, such as the Douay-Rheims Bible, are recommended for anyone seeking the full truth of God.

For additional Rosary meditations, messages and prayers from our Triune God and Mother Mary, visit www.alpha-omega.org.za.



ALPHA OMEGA
God's Way till Eternity

THE LUMINOUS MYSTERIES ROSARY

The Baptism of the Lord (Mark 1:4-13)

"Going therefore, teach ye all nations; baptising them in the name of the Father, and of the Son, and of the Holy Spirit." (Matthew 28:19)

The Wedding at Cana (John 2:1-11)

"And Jesus saith to her: Woman, what is that to me and to thee? My hour is not yet come. His mother saith to the waiters: Whatsoever he shall say to you, do ye." (John 2:4-5)

The Proclamation of the Kingdom of God (Matthew 4:12-17, Mark 1:14-15)

"From that time Jesus began to preach, and to say: Do penance, for the kingdom of heaven is at hand." (Matthew 4:17)

The Transfiguration (Matthew 17:1-13)

"And his garments became shining and exceeding white as snow, so as no fuller upon earth can make white." (Mark 9:2)

The Institution of the Eucharist (John 6:48-59, Matthew 26:26-29)

"He that eateth my flesh, and drinketh my blood, abideth in me, and I in him." (John 6:57)

THE SORROWFUL MYSTERIES ROSARY

The Agony in the Garden (Mark 14:32-42)

"And he saith: Abba, Father, all things are possible to thee: remove this chalice from me; but not what I will, but what thou wilt." (Mark 14:36)

The Scourging at the Pillar (Mark 15:6-15, Isaiah 50:6-7)

"I have given my body to the strikers, and my cheeks to them that plucked them: I have not turned away my face from them that rebuked me, and spit upon me." (Isaiah 50:6)

The Crowning of Thorns (Matthew 27:27-31)

"And plaiting a crown of thorns, they put it upon his head, and a reed in his right hand. And bowing the knee before him, they mocked him, saying: Hail, king of the Jews." (Matthew 27:29)

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

"And bearing his own cross, he went forth to that place which is called Calvary, but in Hebrew Golgotha." (John 19:17)

The Crucifixion (Matthew 27:51-56, Mark 15:33-41, Luke 23:33-46, John 19:25-30)