

The Rosary

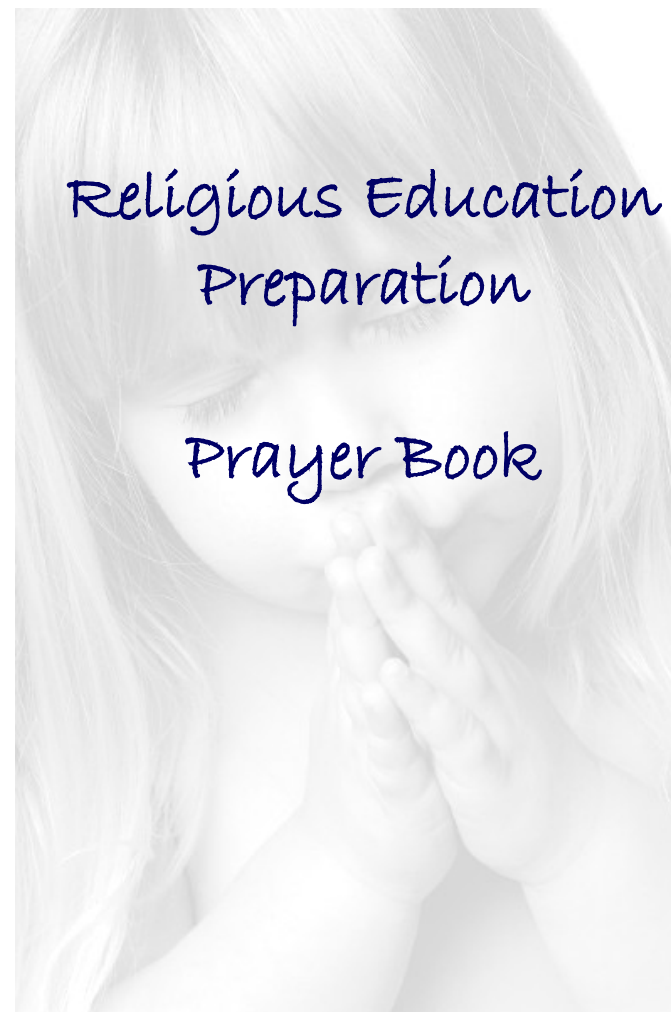
- Prayer of devotion to Mary.
- Focuses on the twenty mysteries that describe the events in the lives of Jesus and Mary.
- The Mysteries are divided into these categories:
 1. The Joyful Mysteries
 2. The Luminous Mysteries
 3. The Sorrowful Mysteries
 4. The Glorious Mysteries

How To Pray the Rosary

The rosary is a continuous circle of 50 beads. The beads are in 5 groups of 10 beads each. A group of beads is called a "decade." Between each decade is one bead. Between the first and fifth decades is an icon representing Jesus and/or Mary. Attached to this icon is a short strand. On this strand, directly beneath the icon, is one bead. A few links separate this bead from a group of three beads. A few links separate the group of three beads and one bead. Directly beneath this final bead is a crucifix.

1. Pray the Sign of the Cross and the Apostles' Creed. **(CRUCIFIX)**
2. Pray the Lord's Prayer. **(FIRST BEAD ABOVE CRUCIFIX)**
3. Pray three Hail Marys. **(GROUP OF THREE BEADS)**
4. Pray the Glory Be. **(BEAD BELOW THE ICON)**
5. Announce (say) the first mystery, then pray the Lord's Prayer.
6. Pray ten (10) Hail Marys while meditating on the mystery. **(DECADE)**
7. Pray the Glory Be. **(SINGLE BEAD BETWEEN THE DECADES)**
8. Say the second mystery, then pray the Lord' Prayer. Repeat steps 6 and 7, continuing around the rosary, while meditating on the third, fourth and fifth mysteries.
9. Pray the Hail, Holy Queen.

Growing in our faith



SACRED HEART CHURCH

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Act of Contrition

- Prayer of sorrow.

Act of Contrition

My God, I am sorry for my sins with all my heart.
In choosing to do wrong, and failing to do good,
I have sinned against you whom I should love
above all things.

I firmly intend, with your help, to do penance,
sin no more, and to avoid whatever leads me to sin.
Our Savior, Jesus Christ, suffered and died for us.
In his name, my God, have mercy. AMEN.

Angel Guardian

- Angels are messengers of God.
- Guardian angels are assigned to each person when he or she is born. Guardian angels watch over us and protect us.
- Say this prayer before going to sleep each night.

Angel Guardian

(Traditional)

Angel of God,
my guardian dear,
to whom God's love
commits me here,
ever this day (night)
be at my side,
to light and guard,
to rule and guide.
AMEN.

Confiteor (I Confess)

- This prayer may be said during the Penitential Rite in The Order of the Mass.

Confiteor (I Confess)

I confess to almighty God, and to you my brothers and sisters, that I sinned through my own fault in my thoughts and in my words, in what I have done and what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Prayer to the Holy Spirit

- Pray this prayer before a test or other situation in which the wisdom and guidance of the Holy Spirit would be welcome.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful. Enkindle in them the fire of your love. Send forth your Spirit, and they will be created. And you will renew the face of the earth.

Let us pray:

Lord, by the light of the Holy Spirit, you have taught the hearts of the faithful. In the same Spirit, help us relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. AMEN.

Acts of Faith, Hope and Love

- Prayers which teach us to recognize the presence of GOD.
- GOD will make His presence known to us in the quiet of our hearts.
- Deep within our souls we can recognize GOD's presence.

Act of Faith

My God, I firmly believe you are one God in three Divine Persons, Father, Son, and Holy Spirit.

I believe in Jesus Christ, your son, who became man and died for our sins, and who will come to judge the living and the dead.

I believe these and all the truths which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

AMEN.

Act of Hope

O my God, trusting in your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and redeemer. AMEN.

Act of Love

My God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all my love. I love my neighbor as myself for love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. AMEN.

Daily Offering

- We offer a morning prayer to get ready for the day and to begin the day with God in our mind, heart, and soul.

Morning Prayer

(Traditional)

Almighty God, I thank you for your past blessings. Today I offer myself — whatever I do, say, or think — to your loving care. Continue to bless me, Lord. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass, and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. AMEN.

Glory Be

- A prayer of praise (*doxology*).
- One of the prayers said in the Rosary.
- Traditionally used to conclude the praying or chanting of a psalm in the Liturgy of the Hours.

Glory Be

Glory be 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.

Grace Before Meals

- Pray before a meal.

Grace Before Meals

Bless us, O Lord, and these thy gifts,
Which we are about to receive
From thy bounty,
Through Christ our Lord. AMEN.

Grace After Meals

- Pray after a meal.

Grace After Meals

We give you thanks, almighty God,
for these and all your gifts
which we have received
through Christ our Lord. AMEN.



Hail, Holy Queen

- Because Mary is the Mother of Jesus, she has these titles:
 - Mother of God
 - Queen of all of the Saints
 - Mother of the Church
- This prayer is yet one more prayer of devotion to Mary.
- One of the prayers in the Rosary.

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show unto us the blessed fruit of your womb, Jesus:

O clement, O loving, O sweet Virgin Mary.
Salve, Regina

Memorare

- Prayer for the intercession of Mary.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, we fly unto you, O virgin of virgins, our mother. To you do we come, before you we stand, sinful and sorrowful. O mother of the Word Incarnate, despise not our petitions, but in your mercy, hear and answer us.

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made.

For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come.

AMEN.

Hail Mary

- Elizabeth's greeting to Mary (Luke 1:42) forms part of this very traditional Catholic prayer.
- When Mary said "Yes" to GOD'S plan, she became our Mother in faith.
- Through this prayer we can pray *with* Mary and ask her to intercede for us.
- The main prayer used to pray the Rosary.

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.



The Lord's Prayer

- Prayer Jesus taught us (Matthew 6:9–13; Luke 11:2–4).

The Lord's Prayer

(Also called the Our Father)

Our Father who are in heaven,
hallowed be thy name.
Thy kingdom come.
They 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.

The Sign of the Cross

The Sign of the Cross

- Trace the cross over your body as you say this prayer.

In the name of the Father, and of the Son, and of the Holy Spirit.
AMEN.

1. In the name of the Father (touch your forehead)
2. and of the Son (touch in the middle of your torso)
3. and of the Holy Spirit (touch your left shoulder, then your right).
4. AMEN. (fold your hands in front of you)

The Apostles' Creed and The Nicene Creed

- A summary of Christian beliefs.
- Teaches the truths taught by the Apostles.

The 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 life everlasting. AMEN.

