

Here's how John Paul II taught others to pray the Rosary

He gives detailed instructions in his encyclical Rosarium Virginis Mariae.

St. John Paul II was a strong advocate for the Rosary, frequently promoting it during his pontificate and praying it himself on a daily basis.

One of the ways he promoted the Rosary was by offering detailed suggestions on how to pray the beloved devotion.

Announcing the mystery while using a religious icon

In *Rosarium Virginis Mariae*, John Paul II writes, "Announcing each mystery, and perhaps even using a suitable icon to portray it, is as it were to open up a scenario on which to focus our attention. The words direct the imagination and the mind towards a particular episode or moment in the life of Christ ... the veneration of icons ... [can] be of great help in concentrating the mind on the particular mystery."

Proclaim a related Bible passage

John Paul II continues, "it is helpful to follow the announcement of the mystery with the proclamation of a related Biblical passage, long or short, depending on the circumstances. No other words can ever match the efficacy of the inspired word. As we listen, we are certain that this is the word of God, spoken for today and spoken 'for me.'"

Allow for moments of silence

After the mystery and Bible passage, John Paul II suggests, "Listening and meditation are nourished by silence. After the announcement of the mystery and the proclamation of the word, it is fitting to pause and focus one's attention for a suitable period of time on the mystery concerned, before moving into vocal prayer."

Add a short clause around the name of "Jesus"

When praying the Hail Mary, John Paul II recommends adding an additional short clause that relates to the mystery being meditated, "Pope Paul VI drew attention, in his Apostolic Exhortation *Marialis Cultus*, to the custom in certain regions of highlighting the name of Christ by the addition of a clause referring to the mystery being contemplated. This is a praiseworthy custom, especially during public recitation. It gives forceful expression to our faith in Christ, directed to the different moments of the Redeemer's life."

Conclude each decade with a short phrase on the fruits of the mystery

John Paul II writes, "conclude each mystery with a prayer for the fruits specific to that particular mystery. In this way the Rosary would better express its connection with the Christian life. One fine liturgical prayer suggests as much, inviting us to pray that, by meditation on the mysteries of the Rosary, we may come to 'imitate what they contain and obtain what they promise.'"

There are a few other suggestions for a fruitful Rosary in *Rosarium Virginis Mariae*, all with the goal of making the Rosary a prayer filled with love of God.

If the Rosary remains a dry prayer for you, consider using these alternative methods.

Whatever you do, let the Mother of God move your heart and bring you closer to her son, Jesus Christ.

[Philip Kosloski](#) - published on 10/03/18

Basic Rosary Guide - Prayers

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen

The Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth and in Jesus Christ, His only Son, our Lord. Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come 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.

The Our Father Prayer

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.

The Hail Mary Prayer

(First three small beads. Intentions of the Holy Father. Hope, Faith, and Charity)
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 Glory Be Prayer (The Doxology) (end of each decade)

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.

The Fatima prayer (end of each decade)

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

The Hail Holy Queen Prayer (At the end of the rosary)

Hail, Holy Queen, Mother of Mercy, 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.

"Let Us Pray" From the Breviary (At the end of the rosary)

Let us pray, O God, whose only begotten Son, by His life, death and Resurrection, has purchased for us the reward of eternal salvation. Grant we beseech Thee that while meditating upon these 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 Saint Michael Prayer (At the end of the rosary)

Saint Michael the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and the snares of the devil. May God rebuke him we humbly pray and do thou O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls.

Joyful Mysteries (Monday)

First Joyful Mystery: The Annunciation — Humility - Luke 1:28

And he came to her and said, “Greetings, favored one! The Lord is with you.”

Hail Mary full of grace, the Lord is with thee. Blessed are thou among women and blest is the fruit of thy womb *Jesus, who was conceived in you by the Holy Spirit*. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Concluding Prayer:

Pray for us, Mary, cause of our joy, that we may follow God’s will in perfect humility.

Second Joyful Mystery: The Visitation — Love of Neighbour - Luke 1:41-42

When Elizabeth heard Mary’s greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb.

Hail Mary ... *Jesus, whom you carried to Elizabeth.* ...

Concluding Prayer:

Pray for us, Mary, cause of our joy, that we love our neighbours and bring Christ into their lives.

Third Joyful Mystery: The Nativity — Poverty of Spirit, Detachment from the Things of the World - Luke 2:7

And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

Hail Mary ... *Jesus, who was born to you in Bethlehem.* ...

Concluding Prayer:

Pray for us, Mary, cause of our joy, that out love for Christ we may detach our hearts from material things and the esteem of the world.

Fourth Joyful Mystery: The Presentation — Obedience - Luke 2:22-23

When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, “Every firstborn male shall be designated as holy to the Lord”)

Hail Mary ... *Jesus, whom you presented in the Temple.* ...

Concluding Prayer:

Pray for us, Mary, cause of our joy, that we may wholeheartedly obey Christ and His Church.

Fifth Joyful Mystery: The Finding of Jesus in the Temple — Piety - Luke 2:46

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions.

Hail Mary ... *Jesus, whom you found in the Temple.* ...

Concluding Prayer:

Pray for us, Mary, cause of our joy, that we may will to seek, find, and embrace Jesus in the Mass and in the sacraments.

Luminous Mysteries (Thursday)

First Luminous Mystery: The Baptism of Our Lord — Openness to the Holy Spirit - Matthew 3:16-17

And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”

Hail Mary full of grace, the Lord is with thee. Blessed are thou among women and blest is the fruit of thy womb Jesus, *whom was baptized by John*. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Concluding Prayer:

Pray for us, Mary, star of the New Evangelization, that we may be radically faithful to the promptings of the Holy Spirit.

Second Luminous Mystery: The Wedding at Cana — To Jesus through Mary - John 2:5-7

His mother said to the servants, “Do whatever he tells you.” ... Jesus said to them, “Fill the jars with water.” And they filled them up to the brim.

Hail Mary ... Jesus, *who revealed His glory at your request*. ...

Concluding Prayer:

Pray for us, Mary, star of the New Evangelization, be our advocate; bring us to Christ.

Third Luminous Mystery: The Proclamation of the Kingdom -Repentance, Trust in God -

Matthew 10:7-8

As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

Hail Mary ... Jesus, who preached the Kingdom and forgiveness of sins. ...

Concluding Prayer:

Pray for us, Mary, star of the New Evangelization, that we may truly repent and avoid sin and its near occasion.

Fourth Luminous Mystery: The Transfiguration — Desire for Holiness - Luke 9:29, 35

And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Then from the cloud came a voice that said, “This is my Son, my Chosen; listen to him!”

Hail Mary ... Jesus, who was transfigured on Mount Tabor. ...

Concluding Prayer:

Pray for us, Mary, star of the New Evangelization, that desire for holiness may set our hearts ablaze.

Fifth Luminous Mystery: The Institution of the Eucharist — Eucharistic Adoration, Active Participation at Mass - Luke 22:19-20

Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood.

Hail Mary ... Jesus, who gives Himself to us in the Eucharist. ...

Concluding Prayer:

Pray for us, Mary, star of the New Evangelization, help us receive Christ as you did, with reverence and love.

Sorrowful Mysteries (Tuesday, Friday)

First Sorrowful Mystery: The Agony in the Garden — Contrition, Conformity to the Will of God - Luke 22:44-45

In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground. When he got up from prayer, he came to the disciples and found them sleeping because of grief

Hail Mary full of grace, the Lord is with thee. Blessed are thou among women and blest is the fruit of thy womb Jesus, in agony in the garden for us. (during lent: who suffered agony in the garden for my sins). Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Concluding Prayer:

Pray for us, Mary, Mother of Sorrows, that we may humbly embrace God's will in all things.

Second Sorrowful Mystery: The Scourging at the Pillar — Purity, Mortification - John 19:1 Then Pilate took Jesus and **had him flogged**.

Hail Mary ... Jesus, who was scourged for us. (during lent: who was scourged for my iniquities). ...

Concluding Prayer:

Pray for us, Mary, Mother of Sorrows, that we may accept sufferings and setbacks out of love for Christ.

Third Sorrowful Mystery: The Crowning with Thorns — Moral Courage -Matthew 27:28-29

They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!"

Hail Mary ...Jesus, who was crowned with thorns for us. (during lent: who was crowned with thorns because of my transgressions). ...

Concluding Prayer:

Pray for us, Mary, Mother of Sorrows, that we may witness to the Gospel, even at the cost to ourselves.

Fourth Sorrowful Mystery: The Carrying of the Cross — Patience - John 19:17

and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha.

Hail Mary ... Jesus, who embraced his cross for us. (during lent: who embraced the Cross because of my sins). ...

Concluding Prayer:

Pray for us, Mary, Mother of Sorrows, that we practice patience with ourselves and with others.

Fifth Sorrowful Mystery: The Crucifixion — Salvation, Self-Denial - Luke 23:46

Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last.

Hail Mary ... Jesus, who was crucified for us. (during lent: who was crucified because of my sins).

...

Concluding Prayer:

Pray for us, Mary, Mother of Sorrows, that Christ's death on the Cross may save us from sin and condemnation.

Glorious Mysteries (Sunday, Wednesday)

First Glorious Mystery: The Resurrection — Faith - Mark 16:6

But he said to them, “Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him.

Mary full of grace, the Lord is with thee. Blessed are thou among women and blest is the fruit of thy womb Jesus, who is risen from the dead. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Concluding Prayer:

Pray for us, Mary, gate of Heaven, that faith in the risen Christ may permeate our lives.

Second Glorious Mystery: The Ascension — Hope, Desire for Heaven - Mark 16:19

So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God.

Hail Mary ... Jesus, who ascended into Heaven. ...

Concluding Prayer:

Pray for us, Mary, gate of Heaven, that we may cling to and live in our hope of God’s faithfulness.

Third Glorious Mystery: The Descent of the Holy Spirit — Wisdom, Love of God - Acts 2:4

All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Hail Mary ... Jesus, pouring forth His Holy Spirit. ...

Concluding Prayer:

Pray for us, Mary, gate of Heaven, that the Holy Spirit will fill us with wisdom and power to do His will.

Fourth Glorious Mystery: The Assumption of Mary — Devotion to Mary - Judith 15:9-10

“You are the glory of Jerusalem, you are the great boast of Israel, you are the great pride of our nation! You have done all this with your own hand; you have done great good to Israel, and God is well pleased with it. May the Almighty Lord bless you forever!”

Hail Mary ... Jesus, who assumed you into Heaven. ...

Concluding Prayer:

Pray for us, Mary, gate of Heaven, that we may contemplate Christ with you and in you.

Fifth Glorious Mystery: The Coronation of Mary — Eternal Happiness - Revelation 12:1

A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.

Hail Mary ... Jesus, who crowned you Queen of Heaven and Earth. ...

Concluding Prayer:

Pray for us, Mary, gate of Heaven, lead us to the Beatific Vision.