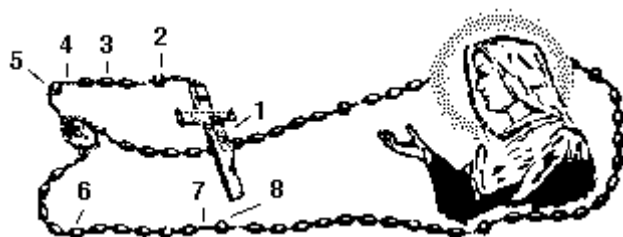


How to Pray the Rosary with Young People

The Rosary is an excellent prayer to be said in community by groups of young people. As long as they are provided with notes and guidance as to how to say each of the prayers, they will feel comfortable in participating in this prayer experience. Allowing each teen to read a line of scripture prior to each bead, or share a personal intention before each bead allows all of the young people present to become more involved in the prayer. A good scriptural rosary can be found at <https://www.ourcatholicprayers.com/scriptural-rosary.html>.

It is also helpful to provide images for young people to meditate upon while reciting each decade of the rosary. Projecting these images onto a large screen in a dimly lit room with abundant candles can assist young people in this prayer. Sample images can be found at <http://www.legionofmarytidewater.com/rose/rose.htm>



1. Make the **Sign of the Cross** and say 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 arose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He shall 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.

2. Say the **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.

3. Say three **Hail Marys**:

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.

4. Say the **Glory Be to the Father**:

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.

5. Announce the First Mystery; then say the "Our Father."
6. Say ten "Hail Marys," while meditating on the Mystery.
7. Say the "Glory Be to the Father."
8. Announce the Second Mystery; then say the "Our Father." Repeat 6 & 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.

After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who have most need of your mercy."

After 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 valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! *V. Pray for us, O Holy Mother of God.* R. That we may be made worthy of the promises of Christ.

Let us pray. 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 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.

(PDF resource of How to Recite the Holy Rosary available here:
<https://www.newadvent.org/cathen/13184b.htm>*)*