



A Scriptural Rosary and the Benefits of Prayer

The Rosary

A form of prayer and meditation which reflects on the life of Jesus and Mary.

The word Rosary comes from the Latin word "rosarium" which means "rose garden."

Tradition says that St. Dominic has a vision of Our Lady in 1214. Mary told him to pray and teach the Rosary.

Important Events

October 7

October 7 is the Feast Day of Our Lady of the Rosary; It is a month dedicated to the Rosary

1971

After a vision of the Blessed Mother in Fatima, Portugal, the Fatima Prayer was added to the Rosary

2002

Pope John Paul II introduced the Luminous Mysteries

Why do we pray the Rosary?

Just as Dr. Sri explains, the Rosary is a prayer tool for people of all ages, enduring different things, and who might have different levels of familiarity with the devotion. The reason behind the Rosary is fairly simple — **Mary was present for the joyful, sorrowful, luminous, and glorious moments of Christ's life. So, we pray with Mary through the life of Christ to grow closer to Him.** We might pray with Mary for a special intention, or we might need a moment of solace with the Blessed Mother and her Son, Jesus. **Any reason to pray the Rosary is a beautiful reason.**

Although the repeated Hail Mary is addressed directly to Mary, **it is to Jesus that the act of love is ultimately directed**, with her and through her.

-Pope John Paul II-

"Your life should be used to bring glory to God."

The Benefits of Praying

1. Prayer is a special form of meditation and may therefore convey all the health benefits that have been associated with meditation
 - "Different types of meditation have been shown to result in psychological and biological changes that are actually or potentially associated with improved health."
2. Prayer and meditation are highly effective in lowering our reactivity to traumatic and negative events.
 - "Praying involves the deeper parts of the brain: the medial prefrontal cortex and the posterior cingulate cortex — the mid-front and back portions. These parts of the brain are involved in self-reflection and self-soothing." -Dr. David Spiegel
3. Prayer and meditation are highly effective in lowering our reactivity to traumatic and negative events
 - "They are powerful because they focus our thoughts on something outside ourselves."
4. Prayer & Meditation Get Us Away From Fight Or Flight Mode
 - "When we're praying, we can't be lashing out or kicking walls in. For the sheer purpose of self-care, prayer and meditation can be useful when we're barely able to cope."
5. Prayer Triggers Happy Brain Chemicals
 - "When we pray, we can activate neural pathways we developed when young to release hormones such as oxytocin."
6. Prayer can provide some other source of hope.
 - "Praying is saying: I am really hurting about X. I am really hoping for Y. I am looking for support from Z."



The Spiritual Benefits of Praying the Rosary

- It gradually gives us a perfect knowledge of Jesus Christ.
- It purifies our souls, washing sin away.
- It gives us victory over all our enemies.
- It makes it easy for us to practice virtue.
- It sets us on fire with the love of Our Lord.
- It enriches us with graces and merits.
- It supplies us with what is needed to pay all our debts to God and to our neighbor;
- It obtains all kinds of graces for us from Almighty God.

How to Pray the Holy Rosary

1. **Begin with the Sign of the Cross.** (In the name of the Father...)
2. **Holding the crucifix, pray the Apostles' Creed.** (I believe in God...)
3. **On the first bead, say an Our Father.** (Our Father...)
4. **On each of the next three beads, say a Hail Mary.**
5. **On the next bead, pray a Glory Be.**
6. **Pray the first decade.**
 - Announce the mystery
 - Say an Our Father on the large bead
 - On the 10 small beads of each decade, say 10 Hail Marys while meditating on the mystery
 - After each decade, say a Glory be
 - Then, a prayer Mary taught the children at Fatima (often called the Fatima Prayer): *"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."* Amen
7. **Repeat this pattern for the remaining decades.**
 - *Our Father > 10 Hail Marys > Glory Be > O my Jesus*
8. **After the 5 decades, conclude with the Hail Holy Queen.**
9. **Close with prayer.**
 - *Let us pray: O God, whose Only Begotten Son,*
10. **End with the Sign of the Cross.**

Tips to Pray the Rosary Daily

1. Carry a rosary in your pocket
2. Say it while you wait.
3. Say the rosary while doing chores.
4. Use visual image or music to help you contemplate.
5. If you are upset, pray for the situation that worries you.
6. Pray while walking, and think of the people in your life.
7. Use each mystery to ask for a particular intention.
8. Set a specific time or schedule.
9. Say it in moments of sadness and spiritual drought.

