



IN THE END

*My Immaculate Heart  
will Triumph*

# INDEX

Brief history of the First Five Saturdays devotion	3
The 1st First Saturday	5
The 2nd First Saturday	7
The 3rd First Saturday	9
The 4th First Saturday	11
The 5th First Saturday	13
An Exam. of Conscience based on the 10 Commandments	15
Examine of Conscience based on the Be-attitudes	25
Confession: A “How To” Guide	32
Scriptural Rosary Joyful Mysteries	35
Scriptural Rosary Luminous Mysteries	43
Scriptural Rosary Sorrowful Mysteries	50
Scriptural Rosary Glorious Mysteries	58
Meditation on the Joyful Mysteries	65
Meditation on the Luminous Mysteries	68
Meditation on the Sorrowful Mysteries	71
Meditation on the Glorious Mysteries	74
Sr. Lucia’s Method for First Saturday Meditation	77
Consecration Prayer	79
Prayer to St Joseph	82

# Brief history of the First Five Saturdays devotion

In the July 13, 1917 apparition to the children of Fatima, Our Lady said that God wanted to establish worldwide devotion to her Immaculate Heart, in order to save many souls and to bring peace. She told the children that she would return at a future time to ask for the “Communion of Reparation on the First Saturdays.”

Several years later, Our Lady did return, but by that time Francisco and Jacinta had died. She visited Lucia in her convent on Dec 10, 1925 – and she appeared holding her Immaculate Heart in her hand, with the Child Jesus standing beside her in a cloud of light!

Jesus said, “Have compassion on the Heart of your most holy mother, covered with thorns, with which ungrateful men pierce it at every moment, and there is no one to make an act of reparation to remove them.”

Then, the Blessed Virgin Mary explained a way for people to make reparation and to remove those painful thorns from around her heart!

This way is called the “Five First Saturdays Devotion.”

The Blessed Virgin Mary said she would “assist at the hour of death, with the graces necessary for salvation,” all those who fulfilled the Five First Saturdays Devotion.

# The 1<sup>st</sup> First Saturday

## **Make a Good Confession**

Make a thorough examination of conscience based on the 10 commandments by turning to pg 15. If you have the need to refresh yourself on how to confess go to pg 32 for a “how to “guide.

## **Receive Holy Communion**

Attend the Holy Mass and receive Communion worthily. If you wish to attend the Mass online you may visit <https://dailytvmass.com/> and participate in the Mass of the day.

## **Pray 5 Decades of the Rosary**

For the 1st of the First Five Saturdays the Rosary will be recited contemplating on the Joyful Mysteries. To make it meaningful kindly go to pg 35 for a Scriptural Rosary based on the Joyful Mysteries

## **“Keep our Blessed Mother company” for 15 minutes**

Meditate on the Joyful Mysteries of the rosary with the intention of offering reparation to her.

Please note that this is a separate prayer time from praying the rosary. For your assistance go to pg 65 for meditations on the Joyful Mysteries.

St. Lucia’s method as a guide is also available on pg 77.

## **The Prayer of Consecration**

Pray the Consecration for the Triumphant Victory of the Immaculate Heart of Mary available on pg 79.

# The 2<sup>nd</sup> First Saturday

## **Make a Good Confession**

Make a thorough examination of conscience based on the Beatitudes by turning to pg 25. If you have the need to refresh yourself on how to confess go to pg 32 for a “how to “guide.

## **Receive Holy Communion**

Attend the Holy Mass and receive Communion worthily. If you wish to attend the Mass online you may visit <https://dailytvmass.com/> and participate in the Mass of the day.

## **Pray 5 Decades of the Rosary**

For the 2nd of the First Five Saturdays the Rosary will be recited contemplating on the Luminous Mysteries. To make it meaningful kindly go to pg 43 for a Scriptural Rosary based on the Luminous Mysteries

## **“Keep our Blessed Mother company” for 15 minutes**

Meditate on the Luminous Mysteries of the rosary with the intention of offering reparation to her. Please note that this is a separate prayer time from praying the rosary. For your assistance go to pg 68 for meditations on the Luminous Mysteries.

St. Lucia’s method as a guide is also available on pg 77.

Pray the Consecration for the Triumphant Victory of the Immaculate Heart of Mary available on pg 79.



# The 3<sup>rd</sup> First Saturday

## **Make a Good Confession**

Make a thorough examination of conscience based on the 10 commandments by turning to pg 15. If you have the need to refresh yourself on how to confess go to pg 32 for a “how to” guide.

## **Receive Holy Communion**

Attend the Holy Mass and receive Communion worthily. If you wish to attend the Mass online you may visit <https://dailytvmass.com/> and participate in the Mass of the day.

## **Pray 5 Decades of the Rosary**

For the 3rd of the First Five Saturdays the Rosary will be recited contemplating on the Sorrowful Mysteries. To make it meaningful kindly go to pg 50 for a Scriptural Rosary based on the Sorrowful Mysteries

## **“Keep our Blessed Mother company” for 15 minutes**

Meditate on the Sorrowful Mysteries of the rosary with the intention of offering reparation to her.

Please note that this is a separate prayer time from praying the rosary. For your assistance go to pg 71 for meditations on the Sorrowful Mysteries.

St. Lucia’s method as a guide is also available on pg 77.

Pray the Consecration for the Triumphant Victory of the Immaculate Heart of Mary available on pg 79.

# The 4<sup>th</sup> First Saturday

## **Make a Good Confession**

Make a thorough examination of conscience based on the Beatitudes by turning to pg 25. If you have the need to refresh yourself on how to confess go to pg 32 for a “how to “guide.

## **Receive Holy Communion**

Attend the Holy Mass and receive Communion worthily. If you wish to attend the Mass online you may visit <https://dailytvmass.com/> and participate in the Mass of the day.

## **Pray 5 Decades of the Rosary**

For the 4th of the First Five Saturdays the Rosary will be recited contemplating on the Glorious Mysteries. To make it meaningful kindly go to pg 58 for a Scriptural Rosary based on the Glorious Mysteries.

## **“Keep our Blessed Mother company” for 15 minutes**

Meditate on the Glorious Mysteries of the rosary with the intention of offering reparation to her. Please note that this is a separate prayer time from praying the rosary. For your assistance go to pg 74 for meditations on the Glorious Mysteries.

St. Lucia’s method as a guide is also available on pg 77.

Pray the Consecration for the Triumphant Victory of the Immaculate Heart of Mary available on pg 79.

# The 5<sup>th</sup> First Saturday

## **Make a Good Confession**

Make a thorough examination of conscience based on the 10 commandments by turning to pg 15. If you have the need to refresh yourself on how to confess go to pg 32 for a “how to “guide.

## **Receive Holy Communion**

Attend the Holy Mass and receive Communion worthily. If you wish to attend the Mass online you may visit <https://dailytvmass.com/> and participate in the Mass of the day.

## **Pray 5 Decades of the Rosary**

For the 5th and last of the First Five Saturdays the Rosary will be recited contemplating on the Joyful Mysteries. To make it meaningful kindly go to pg 35 for a Scriptural Rosary based on the Joyful Mysteries

### **“Keep our Blessed Mother company” for 15 minutes**

Meditate on the Joyful Mysteries of the rosary with the intention of offering reparation to her.

Please note that this is a separate prayer time from praying the rosary. For your assistance go to pg 65 for meditations on the Joyful Mysteries.

St. Lucia’s method as a guide is also available on pg 77.

Pray the Consecration for the Triumphant Victory of the Immaculate Heart of Mary available on pg 79.

An Examination of  
Conscience based on  
the  
Ten Commandments

## **To make an examination ahead of seeking forgiveness from God:**

- Set aside some quiet time for reflection.
  - Start by praying to the Holy Spirit, asking for help in making a good examination to prepare for Confession.
  - Read through the items on this list and honestly reflect on your behavior for each item.
- 

### **First Commandment:**

**I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.**

Have I...

- Disobeyed the commandments of God or the Church?
  - Refused to accept what God has revealed as true, or what the Catholic Church proposes for belief?
  - Denied the existence of God?
  - Nourished and protected my faith?
  - Rejected everything opposed to a sound faith?
  - Deliberately misled others about doctrine or the faith?
  - Rejected the Catholic faith, joined another Christian denomination, or joined or practiced another religion?
  - Joined a group forbidden to Catholics (Masons, communists, etc.)?
  - Despaired about my salvation or the forgiveness of my sins?
  - Presumed on God's mercy? (Committing a sin in expectation of forgiveness, or asking for forgiveness without conversion and practicing virtue.)
-



- Loved someone or something more than God (money, power, sex, ambition, etc.)?
- Let someone or something influence my choices more than God?
- Engaged in superstitious practices? (Incl. horoscopes, fortune tellers, etc.)
- Been involved in the occult? (Séances, Ouija board, worship of Satan, etc.) Formally left the Catholic Church?
- Hidden a serious sin or told a lie in confession?

### **Second Commandment:**

**You shall not take the name of the Lord your God in vain.**

Have I...

- Used the name of God in cursing or blasphemy?
- Failed to keep vows or promises that I have made to God?
- Spoken about the Faith, the Church, the saints, or sacred things with irreverence, hatred or defiance?
- Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently?
- Used vulgar, suggestive or obscene speech?
- Belittled others in my speech?
- Behaved disrespectfully in Church?
- Misused places or things set apart for the worship of God?
- Committed perjury? (Breaking an oath or lying under oath.)
- Blamed God for my failings?

### **Third Commandment:**

#### **Remember to keep holy the Sabbath day.**

Have I...

- Set time aside each day for personal prayer to God?
- Missed Mass on Sunday or Holy Days (through own fault w/o sufficient reason)?
- Committed a sacrilege against the Blessed Sacrament?
- Received a sacrament while in the state of mortal sin?
- Habitually come late to and/or leave early from Mass without a good reason?
- Shop, labor, or do business unnecessarily on Sunday or other Holy Days of Obligation?
- Not attend to taking my children to Mass?
- Knowingly eat meat on a forbidden day (or not fasting on a fast day)?
- Eat or drink within one hour of receiving Communion (other than medical need)?

### **Fourth Commandment:**

#### **Honour your father and your mother.**

Have I...

- (If still under my parents' care) Obeyed all that my parents reasonably asked of me?
- Neglected the needs of my parents in their old age or in their time of need?
- (If still in school) Obeyed the reasonable demands of my teachers?

- Neglected to give my children proper food, clothing, shelter, education, discipline and care (even after Confirmation)?
- Provided for the religious education and formation of my children for as long as they are under my care?
- Ensured that my children still under my care regularly frequent the sacraments of Penance and Holy Communion?
- Educated my children in a way that corresponds to my religious convictions?
- Provided my children with a positive, prudent and personalized education in the Catholic teaching on human sexuality?
- Been to my children a good example of how to live the Catholic Faith?
- Prayed with and for my children?
- Lived in humble obedience to those who legitimately exercise authority over me?
- Have I broken the law?
- Have I supported or voted for a politician whose positions are opposed to the teachings of Christ and the Catholic Church?

### **Fifth Commandment:**

#### **You shall not kill.**

Have I...

- Unjustly and intentionally killed a human being?
- Been involved in an abortion, directly or indirectly (through advice, etc.)?
- Seriously considered or attempted suicide?
- Supported, promoted or encouraged the practice of assisted suicide or mercy killing?

- Deliberately desired to kill an innocent human being?
- Unjustly inflicted bodily harm on another person?
- Unjustly threatened another person with bodily harm?
- Verbally or emotionally abused another person?
- Hated another person, or wished him evil?
- Been prejudiced, or unjustly discriminated against others because of their race, colour, nationality, sex or religion?
- Joined a hate group?
- Purposely provoked another by teasing or nagging?
- Recklessly endangered my life or health, or that of another, by my actions?
- Driven recklessly or under the influence of alcohol or other drugs?
- Sold or given drugs to others to use for non-therapeutic purposes?
- Used tobacco immoderately? Abused alcohol or other drugs?
- Over-eaten?
- Encouraged others to sin by giving scandal?
- Helped another to commit a mortal sin (through advice, driving them somewhere, etc.?)
- Caused serious injury or death by criminal neglect?
- Indulged in serious anger? Refused to control my temper?
- Been mean to, quarrelled with, or wilfully hurt someone?
- Been unforgiving to others, when mercy or pardon was requested?
- Sought revenge or hoped something bad would happen to someone?
- Delighted to see someone else get hurt or suffer?
- Treated animals cruelly, causing them to suffer or die needlessly?

## Sixth & Ninth Commandments:

**You shall not commit adultery.**

**You shall not covet your neighbour's wife.**

Have I...

- Practiced the virtue of chastity?
- Given in to lust? (The desire for sexual pleasure unrelated to spousal love in marriage.)
- Used an artificial means of birth control?
- Refused to be open to conception, without just cause? (Catechism, 2368)
- Participated in immoral techniques for in vitro fertilization or artificial insemination?
- Sterilized my sex organs for contraceptive purposes?
- Deprived my spouse of the marital right, without just cause?
- Claimed my own marital right without concern for my spouse?
- Deliberately caused male climax outside of normal sexual intercourse? (Catechism, 2366)
- Wilfully entertained impure thoughts?
- Purchased, viewed, or made use of pornography?
- Watched movies and television that involve sex and nudity?
- Listened to music or jokes that are harmful to purity?
- Committed adultery? (Sexual relations with someone who is married, or with someone other than my spouse.)
- Committed incest? (Sexual relations with a relative or in-law.)
- Committed fornication? (Sexual relations with someone of the opposite sex when neither of us is married.)

- Engaged in homosexual activity? (Sexual activity with someone of the same sex.)
- Committed rape?
- Masturbated? (Deliberate stimulation of one's own sexual organs for sexual pleasure.)
- Engaged in sexual foreplay (petting) reserved for marriage?
- Preyed upon children or youth for my sexual pleasure?
- Engaged in unnatural sexual activities?
- Engaged in prostitution, or paid for the services of a prostitute?
- Seduced someone, or allowed myself to be seduced? Made uninvited and unwelcome sexual advances toward another?
- Purposely dressed immodestly?

### **Seventh & Tenth Commandments:**

**You shall not steal. You shall not covet your neighbour's goods.**

Have I...

- Stolen? (Take something that doesn't belong to me against the reasonable will of the owner.)
- Envied others on account of their possessions?
- Tried to live in a spirit of Gospel poverty and simplicity?
- Given generously to others in need?
- Considered that God has provided me with money so that I might use it to benefit others, as well as for my own legitimate needs?
- Freed myself from a consumer mentality?
- Practiced the works of mercy?

- Deliberately defaced, destroyed or lost another's property?
- Cheated on a test, taxes, sports, games, or in business?
- Squandered money in compulsive gambling?
- Make a false claim to an insurance company?
- Paid my employees a living wage, or failed to give a full day's work for a full day's pay?
- Failed to honor my part of a contract?
- Failed to make good on a debt?
- Overcharge someone, especially to take advantage of another's hardship or ignorance?
- Misused natural resources?

### **Eighth Commandment:**

**You shall not bear false witness against your neighbour.**

Have I...

- Lied?
- Knowingly and wilfully deceived another?
- Perjured myself under oath?
- Gossiped?
- Committed detraction? (Destroying a person's reputation by telling others about his faults for no good reason.)
- Committed slander or calumny? (Telling lies about another person in order to destroy his reputation.)
- Committed libel? (Writing lies about another person in order to destroy his reputation.)

- Been guilty of rash judgment? (Assuming the worst of another person based on circumstantial evidence.)
- Failed to make reparation for a lie I told, or for harm done to a person's reputation?
- Failed to speak out in defence of the Catholic Faith, the Church, or of another person?
- Betrayed another's confidence through speech?



# Examine of Conscience based on the Be-attitudes

## **To make an examination ahead of seeking forgiveness from God:**

- Set aside some quiet time for reflection.
  - Start by praying to the Holy Spirit, asking for help in making a good examination to prepare for Confession.
  - Read through the items on this list and honestly reflect on your behavior for each item.
- 

### **Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

- Do I truly love God above all things?
  - Am I humble enough to acknowledge my total dependence on God?
  - Can I admit mistakes without blaming others?
  - Do I take the time for God in my life through personal and private prayer?
  - Do I refer my choices and decisions to God on a regular basis?
  - Do I talk to God about how to spend my time?
  - Have I grown slack in prayer?
  - Do I attend Mass on Sundays and Holy Days of Obligation? Is Mass a priority?
  - Do I take the Lord's name in vain? Do I use His name casually in everyday conversation or do I honour His name when I speak?
  - Have I done my best to be emptied of sin and worldly desires so that God may fill it with His love?
-

- Do I strive – with my time, passion, and resources – to accumulate more temporal/earthly/material goods and honours, rather than seeking to obtain true spiritual goods?
- When I pray, do I only ask God for things, instead of for a closer relationship with Him?
- Do I desire more money or a higher place in life?

**Blessed are they who mourn, for they will be comforted.**

- Has my heart become hardened to the circumstances of others?
- Do I let the pain and suffering of other people affect me, or is it that I just choose to ignore it?
- Do I console and help those who mourn and suffer? Am I willing to admit my own pain, brokenness and be open with others?
- When was the last time I really repented for my sin, or asked someone to forgive me whom I hurt?
- Have I been able to say ‘I am sorry’ and really mean it?
- Do I experience genuine sorrow over the sins committed by myself and others? Do I consider how much they offend God and how they bring more evil and disorder into the world?
- Do I do sufficient penance for my own sins, and offer my little sufferings and crosses to God for reparation of the sins of others?

**Blessed are the meek, for they will inherit the land.**

- Am I willing to suffer quietly in faith as Jesus did, or do I tend to complain and argue about every wrong thing (real or, sometimes it is my own imagination) done to me?
- Do I humbly regard others as more important than myself?

- Have I sacrificed myself for the good of another person?
- Do I try to bully and manipulate, or intimidate other people to do what I want?
- Am I obstinate and quarrelsome, always trying to insist on my will over that of others, in regard to petty and unimportant things?
- Do I treat people differently on the basis of their skin colour, race, nationality, caste, or even by their sins? Have I joked about others because of these things?
- Do I mock those who don't share my beliefs?
- Do I look down on others because of their own riches (or lack of riches)?
- Do I take pride in my possessions or my job?
- Am I thoughtful about what I say to others?
- Do I think about what I say online?
- Do I think I have all of the answers?
- Do I think "speaking honestly" or "speaking frankly" allows me to put down others for what they say, do or believe?
- Do I honor my elders, especially my parents and grandparents, spiritual elders?
- Am I a good listener?
- Do I strive to overcome evil with good, by responding to offenses with gentleness, instead of reacting in anger and spite?

**Blessed are they who hunger and thirst for righteousness, for they will be satisfied.**

- Do I give thanks and praise to God as Creator of all things?
- Do I desire to be holy?

- How much of a priority is it to love and follow Jesus Christ in my life? Honestly.
- Have I let fear keep me silent when I should have spoken out?
- Do I consider how my personal decisions may negatively affect others in my family or community?
- Do I listen with attention and devotion to the Word of God proclaimed?
- Do I hunger for the Eucharist?
- Do I offer my trials to God for the salvation of souls?

**Blessed are the merciful, for they will be shown mercy.**

- Am I quick to forgive others? Do I harbour resentment or hold grudges?
- Are there people in my life who are suffering because of my lack of forgiveness?
- Am I quick to judge others?
- Do I give them the benefit of the doubt?
- Do I speak with love/gently to others or am I harsh and pushy?
- Am I happy when someone else fails or “gets what they deserve?”
- Do the needs of others come before my own?
- Do I forgive myself for my own shortcomings?
- Do I give in to hopelessness?
- Do I accept God’s mercy?
- Have I been convicted that I can’t earn my way into heaven and that eternal life comes through God’s mercy toward me?

## **Blessed are the clean of heart, for they will see God.**

- Do I lie or cheat?
- Do I gossip or enjoy sharing stories about others?
- Am I lustful? Have I led others to lust and impurity by the way I dress, through conversations, or other means?
- Do I view pornography?
- Do I see others simply as objects of sexual desire?
- Am I faithful to my spouse?
- Do I abuse my spouse or children through words or actions?
- Have I hurt another person? Have I damaged their reputation or good name?
- Have I stolen from someone?
- Have I withheld wages or acted dishonestly?
- Am I honest about my own faults and failings?
- Do I do what is truly right or do I compromise especially when it is convenient for me to do so?
- Have I allowed a particular sin or vice to distract me from God?
- Do I look for instant gratification?

**Blessed are the peacemakers, for they will be called children of God.**

- Do I make reconciliation with God and others a priority?
- Do I try to make real peace with others in my family? At work? In my parish & community?
- Do I pray for peace throughout the world? Do I like to cause conflict or do I try to resolve it?
- Do I start a lot of fights in my home by not trying to understand the other person's point of view? What about my workplace and community?

**Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.**

- Do I believe the teachings of the Church? Am I willing to stand up for those beliefs?
- Am I guided by what the Church teaches me even when it is hard or unpopular, or difficult to do so?
- Am I a Christian only when it is convenient for me or socially acceptable? Am I a Christian only so long as it increases my popularity?
- Am I able to suffer in silence or am I always complaining?

# Confession: A “How To” Guide



Forgotten how to go to confession, or never learned? Here are the “How to’s” for the Sacrament of Penance (i.e., confession).

*Penitent:* the person confessing his sins.

*Confessor:* the Priest administering the Sacrament.

1. The Penitent enters the confessional and kneels.. The Penitent, making the sign of the cross, says, “Bless me, Father, for I have sinned. It has been \_\_\_\_\_ (state amount of time) since my last confession. These are my sins.
2. The Penitent confesses his sins. The Confessor listens, but he may ask questions if something the Penitent has said is unclear or in order to lead the Penitent to a more thorough examination of conscience. (NB. All mortal sins – each kind and the number of times committed – must be confessed. All venial sins should be confessed.)
3. When the Penitent finishes confessing, he signifies this by saying: For these and all my sins, I ask forgiveness of God and absolution from you, Father. The Confessor may offer some advice or counsel, so that the Penitent may take the necessary steps to amend his life.
4. The Confessor then gives a penance (usually a prayer or a good work) and then instructs the Penitent to make an Act of Contrition (see end of this section).
5. After the Penitent has made an Act of Contrition, the Confessor imparts absolution with the sacramental formula. The Penitent makes the Sign of the Cross at the absolution.
6. The Confessor concludes with these or similar words: Your sins are forgiven. Go in peace.
7. The Penitent responds, saying: Thanks be to God.
8. The Penitent leaves the confessional and fulfills the penance as soon as possible.

## The 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, to 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.

# Scriptural Rosary

## Joyful Mysteries

## FIRST JOYFUL MYSTERY - THE ANNUNCIATION

Lord grant me the grace of humility

Our Father...

1. The Angel Gabriel was sent from God....to a virgin betrothed to a man, named Joseph, of the house of David. The virgin's name was Mary. (Lk. 1: 26-27) - Hail Mary...
2. The angel said to her: "Rejoice O highly favored daughter! The Lord is with you. Blessed are you among women." (Lk. 1: 28) - Hail Mary...
3. She was deeply troubled by his words, and wondered what his greeting meant. (Lk. 1: 29) - Hail Mary...
4. The angel said to her: "Do not fear, Mary. You have found favor with God." (Lk. 1: 30) - Hail Mary...
5. "You shall conceive and bear a son and give him the name of Jesus." (Lk. 1: 31) - Hail Mary...
6. "Great will be his dignity and he will be called Son of the Most High. And His reign will be without end." (Lk. 1: 32-33) - Hail Mary...
7. Mary said to the angel "How can this be since I do not know man?" (Lk. 1: 34) - Hail Mary...
8. The angel answered Her: "The Holy Spirit will come upon you and the power of the Most High will overshadow you." (Lk. 1: 35) - Hail Mary...
9. "The holy offspring to be born will be called Son of God." (Lk. 1: 35) - Hail Mary...

10. Mary said: "I am the servant of the Lord. Let it be done to me as you say." With that the angel left her. (Lk. 1: 38) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## SECOND JOYFUL MYSTERY - THE VISITATION

Lord, grant me the grace of love of thy neighbor

Our Father...

1. Mary set out, proceeding in haste into the hill country to a town of Judah, where she entered Zechariah's house and greeted Elizabeth. (Lk. 1: 39-40) - Hail Mary...

2. When Elizabeth heard Mary's greeting, the baby leapt in her womb. (Lk. 1: 41) - Hail Mary...

3. Elizabeth was filled with the Holy Spirit. (Lk. 1: 41) - Hail Mary...

4. She cried out in a loud voice: "Blessed are you among women and blest is the Fruit of your womb." (Lk. 1: 42) - Hail Mary...

5. "Blest is she who trusted that the Lord's words to her would be fulfilled." (Lk. 1: 45) - Hail Mary...

6. Then Mary said: "My being proclaims the greatness of the Lord, my spirit finds joy in God my Savior." (Lk. 1: 46-47) - Hail Mary...

7. "For he has looked upon his servant in her lowliness; all ages to come shall call me blessed." (Lk. 1: 48) - Hail Mary...

8. "God who is mighty has done great things for me, holy is his name." (Lk. 1: 49) - Hail Mary...

9. "His mercy is from age to age on those who fear him." (Lk. 1: 50) - Hail Mary...

10. Mary remained with Elizabeth about three months and then returned home. (Lk. 1: 56) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

### THIRD JOYFUL MYSTERY - THE NATIVITY

Lord, grant me the grace of poverty of spirit

Our Father...

1. Suddenly the angel of the Lord appeared in a dream, and said to him: "Joseph, son of David, have no fear... It is by the Holy Spirit that she has conceived this child." (Mt. 1: 20) - Hail Mary...

2. "She is to have a son and you are to name him Jesus, because he will save his people from their sins." (Mt. 1: 21) - Hail Mary...

3. All this happened to fulfill what the Lord has said through the prophet: The virgin shall be with child and give birth to a son, and they shall call him Emmanuel, a name which means "God is with us." (Mt. 1: 22-24) - Hail Mary...

4. In those days Caesar Augustus published a decree ordering a census of the whole world. And so Joseph went to Judea, to David's town of Bethlehem - because he was of the house of David - to register with Mary, his espoused wife, who was with child. (Lk. 2: 1), (Lk. 2: 4-5) - Hail Mary...

5. While they were there the days of her confinement were completed. She gave birth to her first-born son and wrapped him in swaddling clothes and laid him in a manger. (Lk. 2: 6-7) - Hail Mary...

6. There were shepherds in that region, living in the fields and keeping night watch .... over their flocks. (Lk. 2: 8) - Hail Mary...

7. The angel of the Lord appeared to them ... and they were very much afraid. The angel said to them: "You have nothing to fear!" (Lk. 2: 9-10) - Hail Mary...

8. "I come to proclaim good news to you - tidings of great joy. This day in David's city a savior has been born to you, The Messiah and Lord." (Lk. 2: 10-11) - Hail Mary...

9. Suddenly there was with the angel a multitude of the heavenly host, praising God and saying: "Glory to God in high heaven, peace on earth to those on whom His favor rests." (Lk. 2: 13-14) - Hail Mary...

10. They went in haste and found Mary and Joseph, and the baby lying in the manger; once they saw, they understood what had been told them concerning this child. (Lk. 2: 16-17) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## FOURTH JOYFUL MYSTERY - THE PRESENTATION

Lord, grant me the grace of purity of mind, heart, body and will

Our Father...

1. When the day came to purify them according to the law of Moses, the couple brought him up to Jerusalem so that he could be presented to the Lord. (Lk. 2: 22) - Hail Mary...

2. There lived in Jerusalem at the time a certain man named Simeon. He was just and pious....and the Holy Spirit was upon him. (Lk. 2: 25) - Hail Mary...

3. It was revealed to him by the Holy Spirit that he would not experience death until he had seen the Anointed of the Lord. (Lk. 2: 26) - Hail Mary...

4. He came to the temple now, inspired by the Spirit, and when the parents brought in the child Jesus...he took him in his arms and blessed God. (Lk. 2: 27-28) - Hail Mary...

5. "Now Master, you can dismiss your servant in peace; you have fulfilled your word." (Lk. 2: 29)- Hail Mary...

6. "For my eyes have witnessed your saving deed, displayed for all the peoples to see." (Lk. 2: 30-31)- Hail Mary...

7. Simeon blessed them and said to Mary his mother; "This child is destined to be the downfall and the rise of many in Israel, a sign that will be opposed." (Lk. 2: 34) - Hail Mary...

8. "And you yourself shall be pierced with a sword - so that the thoughts of many hearts may be laid bare." (Lk. 2: 35) - Hail Mary...



9. When the pair had fulfilled all the prescriptions of the law of the Lord, they returned to Galilee and their own town of Nazareth. (Lk. 2: 39) - Hail Mary...

10. The child grew in size and strength, filled with wisdom, and the grace of God was upon him. (Lk. 2: 40) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## **FIFTH JOYFUL MYSTERY - THE FINDING OF JESUS IN THE TEMPLE**

Lord, grant me the wisdom and grace of obedience

Our Father...

1. And when he was twelve they went up for the celebration as was their custom. (Lk. 2: 42) - Hail Mary...

2. As they were returning at the end of the feast, the child Jesus remained behind unknown to his parents. (Lk 2: 43) - Hail Mary...

3. Thinking he was in the party, they continued their journey for a day, looking for him among their relatives and acquaintances. (Lk. 2: 44) - Hail Mary...

4. Not finding him, they returned to Jerusalem in search of him. (Lk. 2: 45) - Hail Mary...

5. On the third day they came upon him in the temple sitting in the midst of the teachers....All who heard him were amazed at his intelligence and his answers. (Lk. 2: 46-47) - Hail Mary...

6. And his mother said to him: "Son, why have you done this to us? You see that your father and I have been searching for you in sorrow." (Lk. 2: 48) - Hail Mary...

7. He said to them; "Why did you search for me? Did you not know I had to be in my Father's house?" (Lk. 2: 49) - Hail Mary...

8. But they did not grasp what he said to them. (Lk. 2: 50) - Hail Mary...

9. He went down with them then, and came to Nazareth, and was obedient to them. (Lk. 2: 51) - Hail Mary...

10. His mother meanwhile, kept all these things in memory. Jesus, for his part, progressed steadily in wisdom and age and grace before God and men. (Lk. 2: 51-52) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

# Scriptural Rosary Luminous Mysteries

## THE FIRST LUMINOUS MYSTERY - THE BAPTISM OF OUR LORD IN THE RIVER JORDAN

Lord grant me gratitude for the gift of faith.

Our Father...

1. "I am baptizing you with water for repentance but the one who is coming after me is mightier than I." (Mt 3:11) - Hail Mary....
2. "I am not worthy to loosen the thongs of his sandals." (Lk 3:16) - Hail Mary....
3. "He will baptize you with the Holy Spirit and with fire." (Lk 3:16) - Hail Mary....
4. The next day John saw Jesus coming toward him and said, "Behold the Lamb of God, who takes away the sin of the world." (Jn 1:29) - Hail Mary....
5. John said to him, "I have need to be baptized by you, and yet you are coming to me?" (Mt 3:14) - Hail Mary....
6. Jesus said to him, "Allow it now for thus it is fitting for us to fulfill all righteousness." (Mt 3:15) - Hail Mary....
7. Then he allowed it. (Mt 3:15) - Hail Mary...
8. After Jesus was baptized, he came out of the water and, behold, the heavens were opened unto him (Mt 3:16) - Hail Mary....
9. And he saw the Spirit of God descending like a dove coming upon him. (Mt 3:16) - Hail Mary....

10. And a voice from the heavens saying, " This is my beloved Son, with whom I am well pleased. " (Mt 3:17) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE SECOND LUMINOUS MYSTERY - SELF-MANIFESTATION AT THE WEDDING AT CANA

Lord, grant me the grace of fidelity

Our Father...

1. On the third day there was a wedding at Cana and the mother of Jesus was there. (Jn 2:1) - Hail Mary....

2. Jesus and his disciples were also invited to the wedding. (Jn 2:2) - Hail Mary....

3. When the wine ran short, the mother of Jesus said to him, "They have no wine." (Jn 2:3) - Hail Mary....

4. Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." (Jn 2:4)- Hail Mary....

5. His mother instructed those waiting on table, "Do whatever he tells you." (Jn 2:5) - Hail Mary....

6. Jesus said to the servants, "Fill the jars with water." And they filled them to the brim. (Jn 2:7) - Hail Mary....

7. Then he told them, "Draw some out now and take it to the headwaiter." (Jn 2:8) - Hail Mary....

8. And when the headwaiter tasted the water that had become wine without knowing where it had come from, he called the bridegroom. (Jn 2:9) - Hail Mary....

9. And said to him, "Every man serves good wine first; and when men have drunk freely, an inferior one, but you have kept the good wine until now." (Jn 2:9-10) - Hail Mary....

10. Jesus did this as the beginning of his signs in Cana of Galilee, and so revealed his glory; and his disciples believed in him. (Jn 2:11) - Hail Mary....

Glory be to the Father...

O My Jesus, forgive us our sins...

## **THIRD LUMINOUS MYSTERY - THE PROCLAMATION OF THE KINGDOM**

Lord, grant me the desire for holiness

Our Father...

1. "This is the time of fulfillment." (Mk 1:15) - Hail Mary....

2. "The kingdom of God is at hand." (Mk 1:15) - Hail Mary....

3. "Repent and believe in the gospel." (Mk 1:15) - Hail Mary....

4. And they came, bringing to him a paralytic carried by four men. And when Jesus saw their faith he said to the paralytic, "My son your sins are forgiven" (Mk 2: 3-5) - Hail Mary....

5. "But that you may know that the Son of Man has authority on earth to forgive sins... I say to you rise take up your pallet and go home." (Mk 2: 10-11) - Hail Mary....

6. But he said to the woman, "Your faith has saved you; go in peace." (Lk 7:50) - Hail Mary....

7. "So I tell you, her many sins have been forgiven; for she has shown great love." (Lk 7:47) - Hail Mary....

8. Jesus came and stood among them and said to them "Peace be with you " (Jn 20: 19-20) - Hail Mary....

9. And when he had said this, he breathed on them and said to them "Receive the Holy Spirit" (Jn 20: 22) - Hail Mary....

10. "As the Father has sent me, even so I send you " (Jn 20: 22) - Hail Mary....

Glory be to the Father...

O My Jesus, forgive us our sins...

## **THE FOURTH LUMINOUS MYSTERY - THE TRANSFIGURATION**

Lord, grant me the grace of spiritual courage

Our Father...

1. About eight days after saying these things, he took Peter and John and James, and went up the mountain to pray. (Lk 9:28) - Hail Mary....

2. While he prayed, his face changed and his clothing became dazzling white. (Lk 9:29) - Hail Mary....

3. And, behold, there were two men talking to him, Moses and Elijah. (Lk 9:30) - Hail Mary....

4. Who appeared in glory, and spoke of his death which he should accomplish in Jerusalem. (Lk 9:31) - Hail Mary....

5. Peter and his companions were overcome with sleep, but becoming fully awake, they saw his glory, and the two men that stood with him. (Lk 9:32) - Hail Mary....

6. As they were about to part from him, Peter said to Jesus, "Master, it is good we are here; let us make three tents; one for you, and one for Moses, and one for Elijah." (Lk 9:33) - Hail Mary....

7. While he was still speaking, there came a cloud and cast a shadow over them, and they became frightened as they entered into the cloud. (Lk 9:34) - Hail Mary....

8. And there came a voice out of the cloud, saying, "This is my chosen Son; listen to him." (Lk 9:35) - Hail Mary....

9. After the voice had spoken, Jesus was found alone. (Lk 9:36) - Hail Mary....

10. They fell silent and did not tell anyone at this time what they had seen. (Lk 9:36) - Hail Mary....

Glory be to the Father...

O My Jesus, forgive us our sins...



## THE FIFTH LUMINOUS MYSTERY - THE INSTITUTION OF THE EUCHARIST

Lord, grant me the grace of love of our Eucharistic Lord

Our Father...

1. Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father, except through me." (Jn 14:6) - Hail Mary....

2. "...Whoever has seen me has seen the Father" (Jn 14:9) - Hail Mary....

3. "And whatever you ask in my name, I will do, that the Father may be glorified in the Son." (Jn 14:13) - Hail Mary....

4. "Peace I leave with you; My peace I give to you." (Jn 14:27) - Hail Mary....

5. "I am the true vine, and my Father is the vine grower." (Jn 15:1) - Hail Mary....

6. "If you keep my commandments, you will remain in my love; just as I have kept my Father's commandments, and remain in his love." (Jn 15:10) - Hail Mary....

7. "This I command you, love one another." (Jn 15:17) - Hail Mary....

8. And as they were eating, Jesus took bread, blessed it, broke it, and gave it to his disciples and said, "Take and eat; this is my body." (Mat 26:26) - Hail Mary....

9. Then he took a cup, gave thanks, and gave it to them saying, "Drink from it all of you." (Mat 26:27) - Hail Mary....

10. "For this is my blood of the covenant, which is shed for many for the forgiveness of sins." (Mat 26:28) - Hail Mary....

Glory be to the Father...O My Jesus, forgive us our sins...

# Scriptural Rosary Sorrowful Mysteries

## THE FIRST SORROWFUL MYSTERY - THE AGONY IN THE GARDEN

Lord, grant me contrition for my sins and the grace to forgive others

Our Father...

1. Then Jesus went with them to a place called Gethsemane...and he began to experience sorrow and distress. (Mt. 26: 36-37) - Hail Mary...
2. Then he said to them, "My heart is nearly broken with sorrow. Remain here and stay awake with me." (Mt. 26: 38) - Hail Mary...
3. He withdrew from them and knelt down and prayed. (Lk. 22:41) - Hail Mary...
4. "Father, if it is possible, let this cup pass from me. Still, let it be as you would have it, not as I." (Mt. 26:39) - Hail Mary...
5. When he returned to his disciples, he found them asleep. He said to Peter, "So you could not stay awake with me for even an hour? Be on guard and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." (Mt. 26: 40-42) - Hail Mary...
6. In his anguish, he prayed more earnestly. An angel appeared to him, coming from Heaven to give him strength. (Lk. 22: 44, 43) - Hail Mary...
7. "The hour is on us when the Son of Man is to be handed over to the power of evil men." (Mt. 26:45) - Hail Mary...
8. While he was still speaking, Judas, one of the twelve, arrived accompanied by a great crowd with swords and clubs. (Mt. 26: 47) - Hail Mary...
9. He immediately went over to Jesus, said to him, "Peace, Rabbi," and embraced him. (Mt. 26: 49) - Hail Mary...

10. Jesus answered, "Friend, do what you are here for." At that moment they stepped forward to lay hand on Jesus and arrest Him. (Mt. 26: 50) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE SECOND SORROWFUL MYSTERY THE SCOURGING AT THE PILLAR

Lord, grant me the grace to mortify my senses

Our Father...

1. As soon as it was daybreak, the chief priests, with the elders and scribes, reached a decision. They bound Jesus, led him away, and handed him over to Pilate. Pilate interrogated him: "Are you the king of the Jews?" (Mk. 15: 1-2) - Hail Mary...

2. Jesus answered, "My Kingdom does not belong to this world"...At this, Pilate said to him, "So then you are a king?" Jesus replied, "It is you who say I am a king. The reason I was born, the reason why I came into the world is to testify to the truth. Anyone committed to the truth, hears my voice." (Jn. 18:36-37) - Hail Mary...

3. This much only will I say, "From now on, the Son of Man will have his seat at the right hand of the Power of God." (Lk. 22: 69) - Hail Mary...

4. "So you are the Son of God?" they asked in chorus. He answered, "It is you who say that I am." (Lk. 22: 70) - Hail Mary...

5. Pilate's next move was to take Jesus and have him scourged. (Jn. 19:1) - Hail Mary...

6. Despised and rejected by men, a man of sorrows. (Is. 53: 3) - Hail Mary...

7. And yet, ours were the sufferings he bore. (Is. 53: 4) - Hail Mary...
8. He was pierced through for our faults, crushed for our sins. (Is. 53: 5) - Hail Mary...
9. They blindfolded him first, slapped him and then taunted him. (Lk. 22: 64) - Hail Mary...
10. And after he had Jesus scourged, Pilate handed him over to be crucified. (Mk. 15: 15) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## **THE THIRD SORROWFUL MYSTERY**

### **THE CROWNING WITH THORNS**

Lord, grant me the grace to be in the world, but not of it

Our Father...

1. The soldiers now led Jesus away into the hall known as the Praetorium; at the time they assembled the whole cohort. (Mk. 15: 16) - Hail Mary...
2. They dressed him in royal purple, then wove a crown of thorns and put it on him. (Mk. 15: 17) - Hail Mary...
3. They began to salute him, All hail! King of the Jews! (Mk. 15: 18) - Hail Mary...
4. Continually striking Jesus on the head with a reed and spitting at him, they genuflected before him and pretended to pay him homage. (Mk. 15: 19) - Hail Mary...

5. Pilate said to the crowd: "Observe what I do. I am going to bring him out to you to make you realize that I find no case against him." (Jn. 19: 4) - Hail Mary...

6. When Jesus came out wearing the crown of thorns and the purple cloak, Pilate said to them, "Look at the man!" (John 19: 5) - Hail Mary...

7. As soon as the chief priests and the temple guards saw him they shouted, "Crucify him! Crucify him!" (Jn. 19: 6) - Hail Mary...

8. "Why, what crime has he committed?" asked Pilate. They only shouted louder, "Crucify him!" (Mk. 15: 14) - Hail Mary...

9. Pilate said to the Jews, "Look at your king!" (Jn. 19: 14) - Hail Mary...

10. In the end, Pilate handed Jesus over to be crucified. (Jn. 19: 16) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## **THE FOURTH SORROWFUL MYSTERY JESUS CARRIES THE CROSS**

Lord, grant me the grace of patience in times of tribulation

Our Father...

1. When they had finished making a fool of him, they stripped Jesus of the cloak, dressed him in his own clothes, and led him off to crucifixion. (Mt. 27: 31) - Hail Mary...

2. On their way out they met a Cyrenian named Simon. This man they pressed into service to carry the cross. (Mt. 27: 32) - Hail Mary...

3. A great crowd of people followed him, including women who beat their breasts and lamented over him. (Lk. 23: 27) - Hail Mary...
4. Jesus turned to them and said: "Daughters of Jerusalem, do not weep for me. Weep for yourselves and for your children." (Lk. 23: 28) - Hail Mary...
5. Two others who were criminals were led along with him to be crucified. (Lk. 23: 32) - Hail Mary...
6. Upon arriving at the site called Golgotha, (a name which means Skull Place), they gave him a drink of wine flavored with gall, which he tasted but refused to drink. (Mt. 27: 33-34) - Hail Mary...
7. When they had crucified him, they divided his clothes among them by casting lots; then they sat down there and kept watch over him. (Mt. 27: 35-36) - Hail Mary...
8. "Whoever wishes to be my follower must deny his very self." (Lk. 9: 23) - Hail Mary...
9. "He must take up his cross every day and follow in my steps." (Lk. 9: 23) - Hail Mary...
10. "Whoever would save his life will lose it, whoever loses his life for my sake, will save it." (Lk. 9: 24) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE FIFTH SORROWFUL MYSTERY - THE CRUCIFIXION

Lord, grant me the grace of pardoning of injuries

Our Father...

1. Jesus said, "Father, forgive them, they do not know what they are doing." (Lk. 23: 32) - Hail Mary...
2. One of the criminals said: "Jesus, remember me when you enter upon your reign." And Jesus replied, "I assure you; this day you will be with me in paradise." (Lk. 23: 42-43) - Hail Mary...
3. Seeing his mother there with the disciple whom he loved, Jesus said to his mother, "Woman, there is your son." (Jn. 19: 26) - Hail Mary...
4. In turn he said to the disciple, "There is your Mother." From that hour onward, the disciple took her into his care. (Jn. 19: 27) - Hail Mary...
5. Then toward mid-afternoon, Jesus cried out in a loud tone, "My God, my God, why have you forsaken me?" (Mt. 27: 46) - Hail Mary...
6. Jesus realizing that everything was now finished, said to fulfill the Scriptures, "I am thirsty." There was a jar there, full of common wine. They stuck a sponge soaked in this wine on a stick, and raised it to his lips. (Jn. 19: 28) - Hail Mary...
7. When Jesus took the wine, He said, "Now it is finished." (Jn. 19: 30) - Hail Mary...
8. Jesus uttered a loud cry and said, "Father, into your hands I commend my spirit." After he said this, he expired. (Lk. 23: 46) - Hail Mary...
9. Darkness came over the whole land until midafternoon with an eclipse of the sun. The curtain in the sanctuary was torn in two. (Lk. 23: 44-45) - Hail Mary...
10. They took Jesus' body, and in accordance with Jewish burial custom, bound it up in wrappings of cloth with perfumed oils. (Jn. 19: 40) - Hail Mary...



Glory be to the Father...O My Jesus, forgive us our sins...

# Scriptural Rosary Glorious Mysteries

## THE FIRST GLORIOUS MYSTERY - THE RESURRECTION

Lord, grant me the grace of faith

Our Father...

1. After the sabbath, as the first day of the week was dawning, Mary Magdalene came with the other Mary to inspect the tomb. (Mt. 28:1) - Hail Mary...

2. The angel came to the stone, rolled it back and sat on it. (Mt. 28:2) - Hail Mary...

3. Then the angel spoke, addressing the women: "Do not be frightened. I know you are looking for Jesus the crucified, but he is not here. He has been raised, exactly as he promised." (Mt. 28:5-6) - Hail Mary...

4. "He has been raised from the dead and now goes ahead of you to Galilee." (Mt. 28:7) - Hail Mary...

5. On the evening of the first day of the week, even though the disciples had locked the doors of the place where they were.... Jesus came and stood before them. "Peace be with you." He said. (Jn. 20:19) - Hail Mary...

6. In their panic and fright they thought they were seeing a ghost. (Lk. 24:37) - Hail Mary...

7. He said to them, "Why are you disturbed? Look at my hands and my feet; it is really I." (Lk. 24:38-39) - Hail Mary...

8. At the sight of the Lord, the disciples rejoiced. (Jn. 20:20) - Hail Mary...

9. "Peace be with you." Jesus said again. "As the Father has sent me, so I send you." (Jn. 20:21) - Hail Mary...

10. "I am the resurrection and the life; whoever believes in me, though he should die, will come to life." (Jn. 11:25-26) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE SECOND GLORIOUS MYSTERY - THE ASCENSION

Lord, grant me the grace of hope

Our Father...

1. Jesus led His disciples out near Bethany, and with hand upraised, blessed them. (Lk. 24:50) - Hail Mary...

2. Jesus addressed them in these words: "Full authority has been given to me both in heaven and on earth." (Mt. 28:18) - Hail Mary...

3. "Go therefore, and make disciples of all the nations. Baptize them in the name of the Father, and of the Son, and of the Holy Spirit." (Mt. 28:19) - Hail Mary...

4. "And know that I am with you always, until the end of the world." (Mt. 28:20) - Hail Mary...

5. "The man who believes in the good news and accepts baptism will be saved; the man who refuses to believe in it will be condemned..." (Mk. 16:16) - Hail Mary...

6. As Jesus blessed them, he left them and was taken up to heaven. (Lk. 24:51) - Hail Mary...

7. He was lifted up before their eyes in a cloud which took him from their sight. (Acts. 1:9) - Hail Mary...

8. "This Jesus who has been taken from you will return, just as you saw him go up to the heavens." (Acts. 1:11) - Hail Mary...

9. They fell down to do him reverence, then returned to Jerusalem filled with joy. (Lk. 24:52) - Hail Mary...

10. Jesus took his seat at God's right hand. (Mk. 16:19) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## **THE THIRD GLORIOUS MYSTERY - THE DESCENT OF THE HOLY SPIRIT**

Lord, grant me the grace of all gifts from the Holy Spirit

Our Father...

1. Jesus said, "I will ask the Father and he will give you another Paraclete, to be with you always." (Jn. 14:16) - Hail Mary...

2. "The Paraclete, the Holy Spirit, whom the Father will send in my name, will instruct you in everything, and remind you of all that I told you." (Jn. 14:26) - Hail Mary...

3. "Within a few days you will be baptized with the Holy Spirit." (Acts. 1:5) - Hail Mary...

4. "You will receive power when the Holy Spirit comes down on you; then you are to be my witnesses in Jerusalem, throughout Judea....and even to the ends of the earth." (Acts. 1:8) - Hail Mary...

5. When the day of Pentecost came it found them gathered in one place. Suddenly from up in the sky there came a noise like a strong driving wind, which was heard all through the house. (Acts. 2:1-2) - Hail Mary...

6. Tongues as of fire appeared, which parted and came to rest on each of them. All were filled with the Holy Spirit. (Acts. 2:3) - Hail Mary...

7. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them. (Acts. 2:4) - Hail Mary...

8. Staying in Jerusalem at the time were devout men of every nation. These heard the sound, and assembled in a large crowd. They were confused because each heard the disciples speaking in his own language. (Acts. 2:5-6) - Hail Mary...

9. Peter stood up with the Eleven and addressed them, "You must reform and be baptized, each one of you, in the name of Jesus Christ, that your sins may be forgiven; then you will receive the Holy Spirit." (Acts. 2: 38)

- Hail Mary...

10. Those who accepted his message were baptized; some three thousand were added that day. (Acts. 2:41)- Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE FOURTH GLORIOUS MYSTERY - THE ASSUMPTION OF MARY

Lord, grant me the grace to love you as Our Lady desires

Our Father...

1. The Lord God said to the serpent: "I will put enmity between you and the woman and between your offspring and hers." (Gn. 3:15) - Hail Mary...

2. "He will strike at your head, while you strike at his heel." (Gn. 3:15) - Hail Mary...

3. A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. (Rv. 12:1) - Hail Mary...

4. "Father, all those you gave me, I would have in my company where I am." (Jn. 17:24) - Hail Mary...

5. Wherefore she is our mother in the order of grace. (Vt. II, Constit. on Ch. 61) - Hail Mary...

6. Taken up to heaven, she did not lay aside this salvific duty, but by her intercession continues to bring us the gifts of eternal salvation. (Vac. II, Constit. of Ch. 62) - Hail Mary...

7. "For he has looked upon his servant in her lowliness." (Lk. 1:48) - Hail Mary...

8. "All ages to come shall call me blessed." (Lk. 1:48) - Hail Mary...

9. "Those who love me I also love, and those who seek me find me... For he who finds me finds life, and wins favor from the Lord." (Prov. 8:17-35) - Hail Mary...

10. Come then my love. My lovely one come. (Song 2:10) - Hail Mary...

Glory be to the Father...

O My Jesus, forgive us our sins...

## THE FIFTH GLORIOUS MYSTERY THE CORONATION OF MARY

Lord, grant me the grace of final perseverance .....Our Father...

1. "God who is mighty; has done great things for me." (Lk. 1:49) - Hail Mary...

2. "My heart overflows with a goodly theme; as I sing my ode to the king." (Ps. 45:2) - Hail Mary...

3. Fairer in beauty are you than the sons of men; grace is poured out upon your lips; thus God has blessed you forever. (Ps. 45:3) - Hail Mary...

4. Because of this gift of sublime grace, she far surpasses all creatures, both in heaven and on earth. (Vat. II, Constit. of Ch. 53) - Hail Mary...

5. "I am the rose of Sharon, I am the lily of the valleys." (Song 2:1) - Hail Mary...

6. "So now, O children, listen to me; instruction and wisdom do not reject." (Prov. 8:32-33) - Hail Mary...

7. The Lord chose her. He chose her before she was born. (Div. off.) - Hail Mary...

8. Entirely holy, and free from all stain of sin. (Constit of Ch. 56) - Hail Mary...

9. Freely co-operating in the work of human salvation through faith and obedience. (Constit. of Ch. 56) - Hail Mary...

10. "Blessed are you, daughter, by the Most High God, above all the women on earth." (Judith 13:18) - Hail Mary...

Glory be ...O My Jesus forgive us..



# Meditation on the Joyful Mysteries

## **The Annunciation – Fruit of Humility**

Mary said yes. God was asking a great amount of her. She could face disapproval. Joseph could abandon her. She might not be believed. Mary risked a lot because she had faith in God's goodness. I imagine her kneeling in wonderment at the angel Gabriel, his hands encompassing hers, his forehead pressed against hers as he tells her of God's great plan. She whispers "yes" knowing that her life is forever changed and possibly going to be much harder. She allows God's will to be done and with that fiat the salvation of the world is set in motion. I pray that I can put God's will before my own.

## **The Visitation – Love of Neighbor**

Newly pregnant, Mary walks several days to visit her cousin Elizabeth. She is greeted with great joy and exclaims her Magnificat. While knowing that all will call her blessed, she spends several months serving Elizabeth. I imagine her performing the tasks of life so that Elizabeth, in her third trimester when the physical burden of pregnancy is greatest, can rest. Despite her own possible exhaustion and morning sickness, she serves her cousin. I imagine them at the end of the day sitting together and sharing their feelings about these two miraculous babies. I pray that I can serve as Mary did.

## **The Nativity – Poverty of Spirit**

Mary and Joseph are far from home and she is about to give birth. They find nowhere to stay. Rather than panicking, they rely on God who leads them to a safe, warm place for his son's birth. I imagine their worry but also their sense of calm. They know God cares for them and he will not abandon them on this holy journey. As the angels announce Jesus' birth and the shepherds come to pay him homage, Mary and Joseph are surrounded by God's love. I pray for the grace to depend on God completely.

## **Presentation in the Temple – Obedience**

Mary and Joseph obey the law and bring their new-born son to the temple and offer a sacrifice. There they meet Simeon who has waited many years to meet the Messiah. I imagine Simeon gazing at Jesus. The Christ for whom he has waited has arrived just as God promised. He raises his eyes to heaven in thanks. He also warns Mary that her own heart will be pierced. She continues to trust God, not knowing what lies ahead. I pray for trust in God's plan and patience in waiting for it to unfold.

## **Finding Jesus in the Temple – Piety**

After not knowing where he was for three days, Mary and Joseph find Jesus in the temple. I imagine the fear they felt when they realized Jesus was not with them as they returned from Jerusalem. I imagine how scared they felt as they looked for him and the increasing anxiety they experience as time passed. At last they find him in his father's home. What relief and joy. We look for Jesus too and we can always find him in church. He is there waiting for us. I pray that I will not find reasons to avoid visiting Jesus regularly.

# Meditation on the Luminous Mysteries

## **Baptism of Jesus – Openness to the Holy Spirit**

Though Jesus is without original sin, John baptizes him and God announces that Jesus is his son and he is pleased. I imagine standing in that cool river, feeling the water rush past me. The sounds of the crowd are muffled as my head goes below the surface. I imagine hearing God's great voice proclaiming he is pleased with his son. I desire God to be pleased with me too, and pray that I can accept the movement of the Holy Spirit in my life.

## **Wedding at Cana – Jesus Through Mary**

It is here Jesus' public life is put into motion. I imagine Mary noticing that the wine is running out and hearing her ask Jesus for help, confident in his assistance. His respect for Mary is so high, he performs his first miracle at her request. Her command, "Do whatever he tells you" is for us too. The wine stewards listen and water is turned into wine. When we pray the Rosary she intercedes with her Son on our behalf. I pray to grow closer to Jesus with Mary's help.

## **Proclamation of the Kingdom – Repentance**

Jesus went about the land preaching the coming of the kingdom of heaven. He healed the sick and cast out demons. I imagine the awe of the people watching this man proclaim the importance of repenting of our sins as he healed people of their paralysis or leprosy. He preached about love and forgiveness. We too need healing and repentance. I pray for the ability to be humbly and genuinely sorry for my sins against others and against the God who loves me and made me.

## **The Transfiguration – Desire for Holiness**

Peter, James and John accompany Jesus up Mount Tabor where Jesus is transformed before them in glorious light and Moses and Elijah appear. Peter desires to build tents for them so they may stay. God again proclaims pleasure in Jesus, his beloved Son and tells them to listen to him. I imagine the disciples seeing Jesus with the prophets of the past and hearing God's voice. They received a beautiful gift from God and comforting words from

Jesus to not be afraid. I pray for the desire to spend time with Christ thinking about his message and striving for holiness.

### **Institution of the Eucharist – Eucharistic Adoration**

Jesus gives us the greatest of gifts in his presence in the Eucharist—body, blood, soul and divinity. I imagine the disciples hearing these words of the New Covenant and the directive to do this in his remembrance. We reflect on this at every Mass as we genuflect before the tabernacle. We are also invited to visit Jesus in adoration. It takes great faith to believe in the Real Presence. I pray for the grace to have that faith, to seek him in adoration and surrender myself humbly to his service.

# Meditation on the Sorrowful Mysteries

## **The Agony in the Garden – Conformity to God’s Will**

Jesus knows torture and death lie ahead and he prays that the cup will pass. He also prays God’s will be done. In his agony, he carries the weight of our sins so that we may be saved. I imagine the courage it took to give himself to God’s plan. We too suffer and while we may pray the suffering will end, we are given support from Our Lord to endure, as Jesus received strength from the angel in the garden. I pray for the courage to conform to God’s will especially when it may be difficult.

## **The Scourging at the Pillar – Mortification**

Jesus is brutally tortured to near death. Scourging was more than mere beating; it involved using instruments to inflict the most pain and blood loss possible without actually killing. Jesus was beaten for our sins. His mother watched as her son’s blood spilled on the ground. I imagine the horror she felt watching her precious child be brutalized, and how hard it must have been to not run to his rescue. I pray for forgiveness for my sins, the sins that contributed to the torture of my Lord.

## **The Crowning with Thorns – Moral Courage**

Jesus is stripped, clothed with a scarlet robe and crowned with thorns. He is mocked and spit upon by the soldiers. The people demand his crucifixion. Despite his innocence, he does not defend himself. He is strong in the face of hatred. I imagine his sadness at the people’s ignorance, his sorrow at their contempt. I pray for courage to defend God’s truth and strength to withstand the criticism and hatred of others.

## **The Carrying of the Cross – Patience**

Jesus’ humiliation continues as he carries the Cross he will be crucified on through the town and people continue to mock him. I imagine the pain of the heavy wood against his back, rubbing against the open wounds from the scourging, the hot sun on him, the thirst, and hunger. I imagine his grief at seeing Mary, knowing she is watching her son die. Jesus is patient in enduring this suffering for us. I pray for more forgiveness, knowing my sins



add to the weight of that Cross. I pray for patience in my own times of difficulty.

## **The Crucifixion – Salvation**

Jesus arrives and is nailed to the cross. As he hangs, slowly dying, he is comforted by the presence of Mary, her sister, John and Mary Magdalene. Mary is strong. She has watched him suffer and now die and she never leaves him. I imagine her heartache. In his words to Mary, “Woman, behold, your son” all of us are entrusted to her love. I pray in thanksgiving for Christ’s suffering and sacrifice so that I may be saved.

# Meditation on the Glorious Mysteries

## **The Resurrection – Faith**

Jesus did as he foretold; he rose from death, thus securing for us everlasting life in heaven with him and his father. The women who went to visit him are greeted by an angel who gives them this good news. They see him on their way to Galilee and he tells them to tell the disciples of his resurrection. I imagine the joy they feel when they see the one they love living again, the celebration of the disciples and Mary when they are able to touch him and talk to him. I pray for faith that I too may one day be with Jesus in heaven.

## **The Ascension – Hope**

As Jesus ascends to heaven he tells his followers to go and make disciples. He sends them to the world to share his story and he promises he will always be with them. I imagine their surprise to see him lifted up and away to the clouds and their wonderment as all that occurred. I imagine them considering what will happen next and how they will do as he told them. They are filled with hope and maybe fear. I pray for hope when I don't know the way forward or when times seem dark.

## **The Coming of the Holy Spirit – Wisdom**

The apostles and Mary are hiding in the upper room in fear of the future. When the Holy Spirit, the Advocate Jesus said he would send, comes to them they are filled with the gifts they need to go out into the world: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We receive these same gifts at our baptism and confirmation. I pray that I can use these gifts to share the love of Jesus and the story of his good news.

## **The Assumption of Mary – Devotion to Mary**

Mary is taken to heaven to her rightful place with Jesus where she intercedes for us in prayer. I imagine her excitement at being with her son again, and her pleasure at being in heaven with God. I pray for her intercession and help in growing closer to Jesus, while asking her to help me love him more. She will keep pointing the way toward her son.

## The Coronation of Mary – Eternal Happiness

Mary is the Queen of Heaven and Earth. She listened to God's will and stayed true to his plan for her life. Mary was not spared suffering but her reward in heaven is great. She is our queen too, and if asked she will help us in all facets of our life. I imagine her lovingly looking down at us and her happiness at our requests for help. I pray for her humility, patience, and trust.

# Sr. Lucia's Method for First Saturday Meditation

Sister Lucia says:

“Here is my way of making the meditations on the mysteries of the rosary on the first Saturdays:

First mystery, the Annunciation of the Angel Gabriel to Our Lady.

First prelude: to imagine myself seeing and hearing the Angel greet Our Lady with these words: ‘Hail Mary, full of grace.’

Second prelude: I ask Our Lady to infuse into my soul a profound sentiment of humility.

1st point: I will meditate on the manner in which Heaven proclaims that the Most Holy Virgin is full of grace, blessed among all women and destined to become the Mother of God.

2nd point: The humility of Our Lady, recognizing Herself and declaring Herself to be the handmaid of the Lord.

3rd point: How I must imitate Our Lady, in Her humility, what are the faults of pride and arrogance through which I most often displease the Lord, and the means I must employ to avoid them, etc.

On the second month, I make the meditation on the second joyful mystery. The third month, I make it on the third joyful mystery and so on, following the same method of meditating.

When I have finished the Five First Saturdays, I begin five others and meditate on the sorrowful mysteries, then the glorious ones, and when I have finished them I start over again with the joyful ones.”

Consecration for the  
Triumphant Victory of  
the Immaculate  
Heart of Mary

In my awaking to the dawn of your Triumph, we, your children, united in the response to your maternal call, make our promise of consecration to your Immaculate Heart, thus partaking in your Triumph.

I pray, dear Mother, to be carried within your maternal arms to be presented to God the Father in heaven, to be chosen and placed in the service of your dear Son in a special way through accepting the sacrifices of the Triumph of your Immaculate Heart.

In this solemn act, I, as your child, offer to you my YES in unison with your own, to be fortified and stand strong in this final battle for the fulfilment of the promises you gave in Fatima: the conversion of Russia, the land of Your greatest victory, through this the conversion of the entire world and the reign of global peace.

Queen of Apostles and Co-Redemptrix, guide me in the midst of all darkness in this time, where the rays of your dawn come to give light to my horizon. With the refuge of your Immaculate Heart as my beacon, lead me into the field of this battle, send me forth with your sword of truth and the armour of virtue, and to be the example of the infinite mercy and love of God the Father.

We promise to you, our Mother, our fidelity to our Holy Father as our divine representative of Christ among us, may this consecration give to him the unity of our hearts, minds and souls to bring the reality of the Triumph of your Immaculate Heart, that it may descend upon the whole earth under his pontificate.

As an apostle of your Triumph, I pledge to you, Mother, to give witness to the divine presence of your Son within the Holy Eucharist, the unifying force of your mighty army. May we find conviction, confidence and a single-minded focus before the Blessed Sacrament. May He create in me a soul of perfection, from me I pray shall His reflection shine forth to all.

O Holy Virgin of Purity, Mediatrix of all heaven's graces, dwell within my heart, bring with you, your Spouse, the Holy Spirit, so that this my consecration will be fruitful through the gifts infused by His coming.

In the power of His presence I shall remain firm in trust, strong and persistent in prayer and flow into total abandonment to God the Father. May



the Holy Spirit be manifested as a ripple of pronouncement throughout the world of the union of hearts.

I, \_\_\_\_\_, Your child, in the presence of all the holy angels of Your Triumph, all the saints in heaven and in union with the Holy Mother Church, renew into your hands the vows of my Baptism. I offer to you dear Mother, all my past, present and future, joys and sorrows, prayers and sacrifices, all that I am and all that the Father shall mould me to become.

I give to you, Mother, my love and commitment so we may be forever bonded together in the YES of eternity, in the depths of your Triumphant Immaculate Heart. Amen.

I, \_\_\_\_\_, pledge my consecration to the Immaculate Heart of Mary.

# Prayer to St Joseph

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.

Blessed Joseph, to us too,  
show yourself a father and guide us in the path of life.

Obtain for us grace, mercy, and courage,  
and defend us from every evil. Amen.

- *End* -