Excerpt from

Powerful Prayers for the Suffering

The Mysteries of the Holy Rosary

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The Holy Rosary

OUR MOTHER,

Mary

Our Lady of Guadalupe,
I am your child, you are my mother.
Thank you, Mary, for taking me
and my intention into your heart.
Thank you for taking my prayer
into your loving hands and uniting my
poor prayer into your purest prayers.
Because I know that when you take my prayer
and unite it to your prayers,
I will be confident that my prayer
will be heard.

~ Father Stefan Starzynski

The use of "prayer beads" and repeated recitation of prayers started in the earliest days of the Church, and by the Middle Ages, these beads were used to count Our Fathers and Hail Marys. Eventually, 150 Hail Marys were linked with verses of psalms or other phrases evoking the lives of Jesus and Mary. Tradition has it that in the 13th century, St. Dominic organized these beads around the Mysteries that we have today, and it became known as the Rosary, which means "crown or garden of roses."

Whenever we say a Rosary, we offer our Heavenly Mother Mary a bouquet or crown of spiritual roses, and Mary leads us to her Son Jesus. The Rosary is also the spiritual sword of Mary, who has crushed evil many times throughout the centuries. Even now, Mary asks us to say the Rosary daily in reparation for all our sins and to help defeat the evil that has invaded our Church and world.

"The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description." - Venerable Fulton Sheen

Sunday-----Glorious Mysteries
Monday----Joyful Mysteries
Tuesday----Sorrowful Mysteries
Wednesday--Glorious Mysteries
Thursday-----Luminous Mysteries
Friday-------- Sorrowful Mysteries
Saturday----Joyful Mysteries

Prayers of the Rosary

The Sign of the Cross

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

On the Crucifix – 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.

On all big beads – 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.

On all small beads - Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Space before next big bead – Glory Be

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.

Fatima Prayer after "Glory Be"

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. Amen.

Closing Prayer on medal – Hail, Holy Queen

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.

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation; grant we beseech Thee, that by 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 JOYFUL Mysteries

1. Annunciation: Lk 1:26, 28

The Angel Gabriel came to the Virgin Mary and said, "Hail Mary, full of grace, the Lord is with you and blessed are you among women."

2. Visitation: Lk 1:41, 42

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."

3. Birth of Jesus: Lk 2:7

She gave birth to her firstborn son and wrapped Him in swaddling clothes, and laid Him in a manger, because there was no place for them in the inn.

4. Presentation in the Temple: Lk 2:22

When the days for their purification according to the Law of Moses were completed, they brought Him up to Jerusalem to present Him to the Lord.

5. Finding Jesus in the Temple: Lk 2:46

It came to pass, after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions.

The LUMINOUS Mysteries

1. Baptism of Jesus: Mk 1:10

The Spirit descended like a dove upon Him; and a voice came out of the heavens: "You are my beloved Son, in You, I am well-pleased."

2. Wedding at Cana: Jn 2:4-10

Mary said to the servants, "Do whatever He tells you." Jesus said, "Fill the jars with water. Now draw some out, and take it to the chief steward." ... The steward called the bridegroom and said "you have kept the good wine until now."

3. Proclamation of the Kingdom: Mt 4:12, 17

When Jesus heard that John had been arrested, he withdrew to Galilee, making his home Capernaum by the sea. Jesus began to proclaim, "Repent, for the kingdom of heaven has come near."

4. Transfiguration: Mt 17:2

And He was transfigured before them; and His face shone like the sun, and His garments became as white as light.

5. Institution of the Eucharist: Mt 26:26-28

Jesus took a loaf of bread, blessing it, He broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then He took a cup, giving thanks, He said, "Drink from this, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."

The SORROWFUL Mysteries

1. Agony in the Garden: Lk 22:44-45

And being in agony, He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground. When He rose from prayer, He came to the disciples and found them sleeping from sorrow.

2. Scourging at the Pillar: Mk 15:15

So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified.

3. Crowning of Thorns: Mt 26:29-30

Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head.

4. Carrying of the Cross: Jn 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.

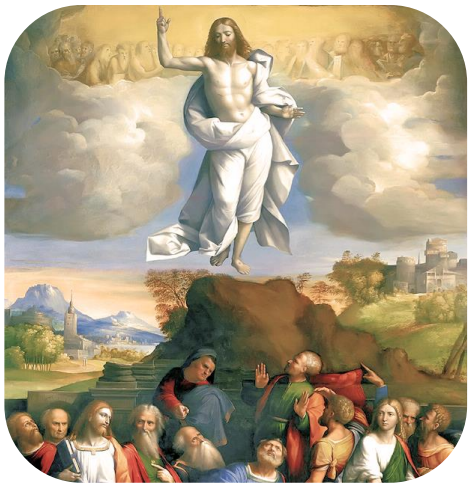
5. The Crucifixion: Lk 23:33,46

When they came to the place that is called Golgotha, they crucified Jesus ... Then Jesus, crying out with a loud voice, said "Father, into Thy hands I commend my spirit." Having said this, He breathed His last.

The GLORIOUS Mysteries

1. The Resurrection of Jesus: Mt 28:5-6

"Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay."



2. The Ascension of Jesus: Mk 16:19

So that the Lord, after he had spoken to them, was taken up into heaven and sits at the right hand of God.

3. Descent of the Holy Spirit: Acts 2:4

And they were all filled with the Holy Spirit and began to speak in foreign tongues, as the Holy Spirit prompted them to speak.

4. Assumption of Mary: Rev 11:1

And a great sign appeared in Heaven, a woman clothed with the sun and the moon was under her feet, and upon her head a crown of 12 stars.

5. Coronation of Mary: Judith 15:9-11

"Thou are the glory of Jerusalem. The honor of our people. The hand of the Lord has strengthened thee. And therefore thou shall be blessed forever."

Excerpt from
POWERFUL PRAYERS FOR THE SUFFERING

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Designed by Clare (Haislmaier) Frasca

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Distributed by Padre Pio Ministry for the Suffering
Informal Extension of the Catholic Diocese of Arlington Hospital Ministry
7401 St. Michael's Lane
Annandale, Virginia 22003
HospitalMinistry@arlingtondiocese.org

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