

Rite of Christian Initiation for Adults
The RCIA Process

--by Vickie Shepherd

The Rosary Part II

How To Pray The Rosary~A Meditation

The RCIA Process

The Rosary is a meditation on the special occasions in the life of the Holy Family, specifically the lives of Jesus and Mary. These occasions have been broken down into four prominent groups, the **Joyous Mysteries**, the **Glorious Mysteries** and the **Sorrowful Mysteries**. On October 16, 2002, Pope John Paul II composed the new **Luminous Mysteries - The Mysteries of Light** and gave them to the world. Each of these groups has five events in their lives on which we can meditate during our prayer time. It is a prayer in which the repetition draws us into contemplation of the mysteries, which lead us to salvation through Jesus Christ.

As was mentioned before, the rosary has five decades. When praying the rosary we start at the crucifix or cross (a crucifix will have the body of Christ on it; a cross will be plain or can have some sort of writing or design on it). The prayers that follow are, the Apostles Creed, three Hail Mary's, and Our Father. When starting the next part of the Rosary, the mystery on which you wish to meditate upon is announced. The Joyous Mysteries are prayed on Monday and Saturdays, (also on Sundays during Advent). The Sorrowful Mysteries are prayed on Tuesdays and Fridays (also on the Sundays of Lent); the Glorious Mysteries are prayed on Wednesdays and Sundays. The Luminous Mysteries are said on Thursdays. Then you continue, the Hail Mary is prayed on the ten beads of each decade and the Our Father on the single beads. The Glory Be to the Father is prayed after each decade. When you reach the medal after completing the rosary you recite the Hail Holy Queen.

The Twenty Mysteries

The Joyful Mysteries

- ***The Annunciation (Luke 1:30 - 33)***
- ***The Visitation (Luke 1:50 - 53)***
- ***The Nativity (Luke 2:10 - 11)***
- ***The Presentation (Luke 2:29 - 32)***
- ***The Finding in the Temple (Luke 2:48 - 52)***

The Sorrowful Mysteries

- ***The Agony in the Garden (Matthew 26:38 - 39)***
- ***The Scouring at the Pillar (John 19:1)***
- ***The Crowning with Thorns (Mark 15:16 - 17)***
- ***The Carrying of the Cross (John 19:17)***
- ***The Crucifixion (John 19:28 - 30)***

The Glorious Mysteries

- ***The Resurrection (Mark 16:6 _ 8)***
- ***The Ascension (Acts 1:10 _ 11)***
- ***The Coming of the Holy Spirit (Acts 2:1 - 4)***
- ***The Assumption of Mary (Song of Songs 2:3-6)***
- ***The Coronation of Mary (Luke 1:51 - 54)***

The Luminous Mysteries

- ***The Baptism In The Jordan (Mt 3:1-2)***
- ***The Wedding At Cana (John 2:1-2)***
- ***The Proclamation Of The Kingdom (Mark 1:15)***
- ***The Transfiguration (Luke 9:28)***
- ***The Institution Of The Eucharist (Mt 26:26-28)***

People from Other Religious Backgrounds Use Prayer Beads

There are many other religious traditions that use prayer beads as we use the Rosary. They depend on the prayer beads as a type of meditation. Many people from each of these faith backgrounds make the prayer beads as a form of religious discipline, often praying while they place each bead and knot in its place. Some of the faiths that use the prayer beads are; the Catholic faith, Anglicans, Moslems, Buddhists, Hindus, Baha'i, Greek Orthodox and Eastern Orthodox.

Repetitive prayer has become a sort of balm in our often busy world, it gives us a soothing and restful atmosphere. The practice of repetitive prayer became a custom for people who were doing work that was ordinary or mundane. That is the one thing that came through loud and clear in my research, the practice of using this type of prayer will certainly help one to relax, and become one with God and His creation.

The marking of a prayer by counting with an object was originated before the time of Christ, people would mark their prayers by using rocks, sticks and other common articles. The prayer chain or string was also made before Christ was born, they would tie knots in a string on their belts; they would also use objects to attach to the string, such as bones, fruit pits, dried fruits and berries.



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