






PRAYING THE ROSARY

OBJECTIVE: Pray the Rosary and discuss to better meditate on the life of Christ and experience His grace.



SESSION SNAPSHOT

Review the entire lesson plan in advance so you are prepared to lead and discuss comfortably. Adjust the suggested time allotments as necessary.

TIME	SECTION	SESSION
10 minutes	CONNECT 	Discuss and pray the Hail Mary, then introduce to the Rosary.
65 minutes	DISCUSS 	Review the mysteries of the Rosary, provide practical tips on how to pray the Rosary, pray three decades, and discuss the experience.
10 minutes	COMMIT 	Challenge the participants to incorporate the Rosary into their week. Close in prayer, offering up commitments to Mary's intercession.

SUPPLIES NEEDED:

- ⇒ Rosary for each person
- ⇒ Participant Sheets
- ⇒ Pens or pencils
- ⇒ Media device for showing video
- ⇒ Additional visual aids on the mysteries of the Rosary such as PowerPoint slides or posters (optional)



LEADER TIPS

- Make sure that you've prayed the Rosary at least once before, out loud. Sometimes what you've done easily for years can be tough when you have an audience.
- Preview and bookmark a Rosary tutorial video in advance. Choose one that is straightforward, relatable for your group, and no more than around 5 minutes in length. Here's a 2-minute video we found: "How to Pray the Rosary" video: www.youtube.com/watch?v=3-w62N4nc8E
- Dig deep into participants' answers to your questions with prompts such as, "Tell me more," or "What do you mean by that?" You'll have more fruitful discussions—and you'll also be modeling for them how to get to the heart of matters in their daily lives.



Discipleship is about more than discussing the faith and participating in a small group. Discipleship requires learning from the example of a rabbi—in this case, participants learn from your daily example. It is healthy for your group members to do regular, everyday activities together because they will learn from your example and the example of their peers. As they grow in fellowship and deeper friendship through these activities, they will grow as disciples.



ACTIVITY

Pope Leo XIII, who wrote the encyclical On the Rosary in 1895, is quoted as saying: *"The Rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, and the root of all our blessings. There is no more excellent way of praying."*

Praying the Rosary helps us reflect on Christ's life and brings us closer to Him. During our time together tonight, we're going to discover the mystery of praying the Rosary and how it can be relevant in our lives every day.

The Rosary centers on the Hail Mary. Most non-Catholics think that the Hail Mary is a prayer of worship for Mary, but it's not.

ASK: What do you think the Hail Mary is all about?

Allow two minutes for sharing.



INTRODUCTION

SAY: It's important to understand why we pray the Hail Mary. Here is a quote from the *Catechism of the Catholic Church* that can give us insight into what the Hail Mary is all about:

"Beginning with Mary's unique cooperation with the working of the Holy Spirit, the Churches developed their prayer to the holy Mother of God, centering it on the person of Christ manifested in his mysteries. In countless hymns and antiphons expressing this prayer, two movements usually alternate with one another: the first 'magnifies' the Lord for the 'great things' he did for his lowly servant and through her for all human beings; the second entrusts the supplications and praises of the children of God to the Mother of Jesus, because she now knows the humanity which, in her, the Son of God espoused."

—CCC 2675



OPENING PRAYER

SAY: The Rosary is a unique Catholic devotion and way of praying. Before we begin to discover how we can benefit from praying the Rosary daily, let's open our time together with prayer.

Heavenly Father, thank You for gathering us together in Your name. As we dive deeper into the life of Christ through the Rosary, help us to encounter Your Son alive in our hearts. Mother Mary, the perfect disciple, teach us how to pray. We pray these things through Christ our Lord. Amen.

To get us started tonight, let's take a few minutes to watch this short video on how to pray the Rosary.

Show a video about praying the Rosary (see *Leader's Tips*). You can use this link: www.youtube.com/watch?v=3-w62N4nc8E or search "How to pray the Rosary by Howcast" on YouTube.



SCRIPTURE REFERENCE

“And he came to her and said, ‘Hail, full of grace, the Lord is with you!’”

—Luke 1:28



SAY: The Rosary is divided into two basic parts: vocal prayer and meditation. We use the repetitive prayers to help us meditate on the mysteries of the Rosary, which focus on Jesus’ life. Let’s take time to go over these mysteries, which you’ll find on your Participant Sheets.

Have volunteers take turns reading sections from their Participant Sheets.

The Joyful Mysteries are as follows:

- The Annunciation: When Mary learns that she has been chosen to be the mother of Jesus
- The Visitation: When Elizabeth visits Mary to tell her that she will always be remembered
- The Nativity: Jesus is born in Bethlehem
- The Presentation in the Temple: Mary and Joseph present Jesus to the Lord in the temple
- The Finding of Jesus in the Temple: Jesus is found talking about His faith with the teachers in the temple

The Luminous Mysteries are next:

- Jesus’ Baptism in the River Jordan: God the Father proclaims that Jesus is His Son
- The Wedding Feast at Cana: At the request of His mother, Mary, Jesus performs His first recorded miracle

- The Proclamation of the Kingdom of God: Jesus calls everyone to conversion and service to the kingdom
- The Transfiguration of Jesus: Jesus is revealed in glory to Peter, James, and John
- The Institution of the Eucharist: Jesus offers His Body and Blood at the Last Supper

The Sorrowful Mysteries follow next:

- The Agony in the Garden: Jesus prays in the Garden of Gethsemane
- The Scourging at the Pillar: Jesus is lashed with whips
- The Crowning with Thorns: Jesus is mocked and crowned with thorns
- The Carrying of the Cross: Jesus carries the cross that will be used to crucify Him
- The Crucifixion: Jesus is nailed to the cross and dies

Then finally, The Glorious Mysteries:

- The Resurrection: God the Father raises Jesus from the dead
- The Ascension: Jesus returns to His Father in heaven
- The Coming of the Holy Spirit: The disciples experience new life at the coming of the Holy Spirit
- The Assumption of Mary: Mary is taken, body and soul, to heaven after her life ends on earth
- The Coronation of Mary: Mary is crowned as Queen of heaven and earth

Now that you all have a better understanding of the mysteries, let's spend the next ten minutes praying the first three decades. To better help you pray, try these three tips:

1. Place yourself in the mystery so that you're a bystander in what's happening.
2. Find details that stand out to you in the mystery, and focus on them.
3. Try and connect what stood out to you and how it is relevant in your own life today.

Let's pray.

Distribute rosaries to people that need them. Then pray the Rosary together up to the beginning of the fourth decade.



SAY: Let's talk about what you experienced in each mystery. First, answer these questions for each mystery on your Participant Sheets. Then we'll share our discoveries together:

- What did the scene of each mystery look like to you?
- What details stood out to you, and why?
- How did you connect it to your life?

Allow 5 minutes for journaling and another 5 minutes for group discussion.

Some participants may not have in-depth answers to these questions until they are encouraged to articulate an answer. Don't be afraid to push them deeper in their reflections with the group. If you're comfortable with silence while they think and pray, it will help others to be comfortable also. Resist the urge to fill the quiet moments by offering your own responses.

Now that we have some experience and have made some personal connections, let's finish the Rosary.

Finish the last two decades.

ASK: Does anyone want to share anything they saw or realized in the last two decades?

Allow time for final reflections. Then continue.

I want to challenge you this week to pray the Rosary in some form. Every person is in a different place, so for one person maybe that's every day or maybe every other day, or maybe you'll just start by saying a decade a day. Use your Participant Sheets to help you apply what you've learned tonight throughout this week.



CLOSING PRAYER

SAY: Luke 1:28 says, "And he came to her and said, 'Hail, full of grace, the Lord is with you!' " Let's end our time by offering up our commitments to Our Lady, who will lead us closer to her Son during our coming week, as we pray together. Hail Mary...

Let everyone offer up commitments silently, or go around your group and let them each speak their prayers aloud.

Amen.



PRAYING THE ROSARY PARTICIPANT SHEET



SCRIPTURE QUOTE FOR THE WEEK

"And he came to her and said, 'Hail, full of grace, the Lord is with you!'"

—Luke 1:28

Praying the Rosary

To begin, make a sign of the cross while holding the cross on the Rosary: With your right hand, touch your forehead when you say "Father," touch your breastbone when you say "Son," touch your left shoulder when you say "Holy," and touch your right shoulder when you say "Spirit."

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen.

Next, while still holding the cross, say the following prayer, 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; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again 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.

Pray the Our Father on the beads indicated on the image.

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.

Pray the Hail Mary on each of the beads indicated on the image.

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.

Pray the Glory Be on the beads indicated on the image.

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.

Do the following meditations on each of the beads indicated, either in the order presented (if you do them all in one day), or on the days indicated:

The Joyful Mysteries: (Monday and Saturday)

- The Annunciation: When Mary learns that she has been chosen to be the mother of Jesus
- The Visitation: When Elizabeth visits Mary to tell her that she will always be remembered
- The Nativity: Jesus is born in Bethlehem
- The Presentation in the Temple: Mary and Joseph present Jesus to the Lord in the temple
- The Finding of Jesus in the Temple: Jesus is found talking about His faith with the teachers in the temple

The Luminous Mysteries: (Thursday)

- Jesus' Baptism in the River Jordan: God the Father proclaims that Jesus is His Son
- The Wedding Feast at Cana: At the request of His mother, Mary, Jesus performs His first recorded miracle
- The Proclamation of the Kingdom of God: Jesus calls everyone to conversion and service to the kingdom
- The Transfiguration of Jesus: Jesus is revealed in glory to Peter, James, and John
- The Institution of the Eucharist: Jesus offers His Body and Blood at the Last Supper

The Sorrowful Mysteries: (Tuesday and Friday)

- The Agony in the Garden: Jesus prays in the Garden of Gethsemane
- The Scourging at the Pillar: Jesus is lashed with whips
- The Crowning with Thorns: Jesus is mocked and crowned with thorns
- The Carrying of the Cross: Jesus carries the cross that will be used to crucify Him
- The Crucifixion: Jesus is nailed to the cross and dies

The Glorious Mysteries: (Wednesday and Sunday)

- The Resurrection: God the Father raises Jesus from the dead
- The Ascension: Jesus returns to His Father in heaven
- The Coming of the Holy Spirit: The disciples experience new life at the coming of the Holy Spirit
- The Assumption of Mary: Mary is taken, body and soul, to heaven after her life ends on earth
- The Coronation of Mary: Mary is crowned as Queen of heaven and earth

Pray the Fatima Prayer at the end of each decade:

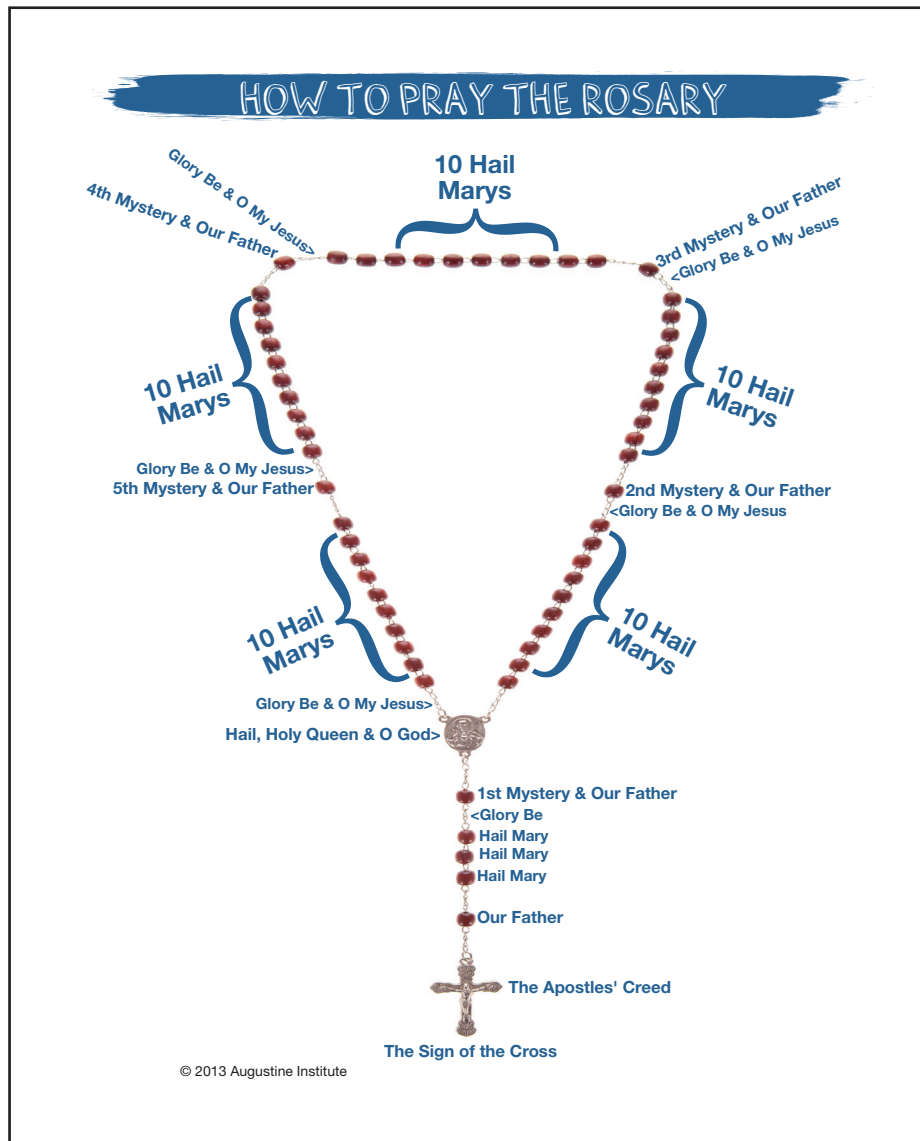
O MY JESUS, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy. Amen.

Repeat the Our Father, Hail Mary, Glory Be, and the Fatima Prayer at each decade indicated.

After the final decade, pray the 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. Amen.

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 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.



Sometimes the Rosary can be a challenging prayer. It's easy to get lost in the repetitive Our Fathers and Hail Marys and miss the primary purpose, which is reflecting on Christ's life and making it our own. As you reflect on praying the Rosary, jot down your thoughts about these reflections:

What did the scene of each mystery look like to you?

What details stood out to you, and why?

How did you connect it to your life?



COMMIT

Commit to some form of the Rosary regularly. Think about praying a decade every day or three times a week. Whatever you choose, make sure that you stick with it and don't rush through it. Remember, the Rosary is about meditating on Christ's life so it can become your life; it's not just rattling off prayers. Do as much as you can without needing to rush through it. Remember to consider the emotions brought out through each mystery and how it is applicable and relevant to your life that day.

As you pray through the Rosary this week, consider each mystery; then try these three things to help you better connect with what you are reflecting on:

1. Place yourself in the mystery so that you're a bystander in what's happening.
2. Find details that stand out to you in the mystery and focus on them.
3. Try and connect what stood out to you with your own life.

TIP FOR THE WEEK

Journal about what you experienced during your Rosary. Then go back at the end of the week so you can see how God has been speaking to you through your time in prayer.



PRAYING THE ROSARY PARENT SHEET

Every *YDisciple* session has three parts: CONNECT, DISCUSS, and COMMIT. The CONNECT section is designed to build trust, transparency, and community in the group. The DISCUSS section introduces topics of the faith, engages critical thinking, and facilitates valuable conversation. And the COMMIT section helps students take ownership of their faith and put it into practice. Use this Parent Sheet to take a glimpse at our most recent session so you can have a follow-up conversation with your teenager about his/her experience in the small group and encourage spiritual growth.



SESSION OVERVIEW

The Rosary is an important devotion in the lives of many Catholics, but sometimes we miss the true potential of the Rosary because we get caught up in the repetition of the prayers. The Rosary offers us the opportunity to meditate on the life of Christ—if we take the time and exercise focus on the mysteries that go with the Rosary. We have the opportunity to experience Christ's life and relate it to ours through each of these mysteries.

Teens spent the night praying and reflecting on the life of Christ through the Rosary as well as learning practical ways to get more out of the mysteries. They did this by placing themselves into each mystery, looking for details that stood out to them about the mysteries, and relating those details to their own lives.



CONNECT

Pope Leo XIII, [who wrote the encyclical *On the Rosary* in 1895](#), is quoted as saying: “The Rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, and the root of all our blessings. There is no more excellent way of praying.”

Praying the Rosary helps us reflect on Christ's life and brings us closer to Him. The Rosary is divided into two basic parts: vocal prayer and meditation. We use the repetitive prayers to help us meditate deeply on the mysteries of the Rosary, which focus on Jesus' life. During our time together, teens discovered the mystery of praying the Rosary and its relevance to their everyday lives.



DISCUSS

Here are some conversation starters for this week. Remember to share your perspectives as well.

- What stands out for you when you reflect on the mysteries?
- What does praying the Rosary mean for you?
- How do you apply the mysteries to your own life?



COMMIT

The teens were challenged this week to pray the rosary in some form. Every person is in a different place, so for one person maybe that's every day or maybe every other day, or maybe they'll just start by saying a decade a day. They were given ideas on their Participant Sheets to help them apply what they've learned tonight to the rest of this week.

"The Holy Rosary is the storehouse of countless blessing."

—Blessed Alan de la Roche

PARENT TIP

Encourage your family to pray the Rosary with you after dinner one night. If they are unwilling or too busy, pray the Rosary anyway. For an extra impact, sit on the couch in the living room and pray out loud.