





Praying the Rosary

INTRODUCTION

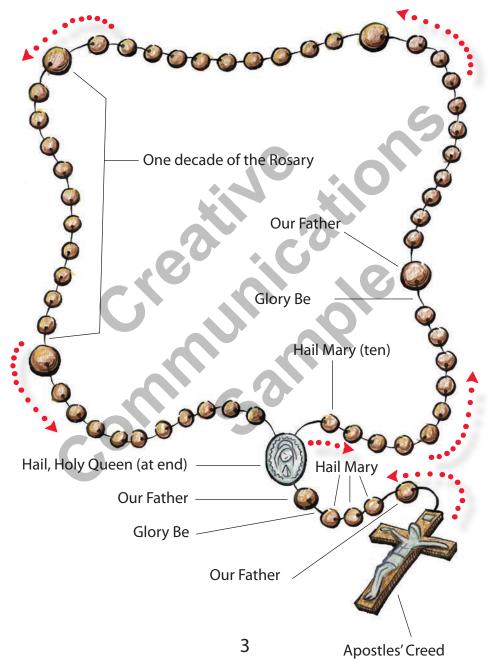
Remember when you were first learning to count and you would use your fingers to keep track? That's a pretty simple way to count, and it works—until you get into the really big numbers.

The Rosary is a prayer that uses beads on a string to count the prayers as we go along. You see, hundreds of years ago most people could not read or write, so they memorized whatever was most important to them. The Rosary is an easy way to remember both the words of the Bible and the most important stories from the life of Jesus. The prayers that make up the Rosary are very simple, and most of the words come right from the Bible.

The easiest way to learn the Rosary is to take it step by step, and as you do, you can use one of the stickers in this booklet to keep track of what you have learned.

Diagram of the Rosary and its Prayers

(beginning with the crucifix at the bottom)



Getting Started

Rosaries are made up of a loop of beads and a pendant. The beads may be made of wood or glass or even plastic, but the important thing is how you use them. At the end of the pendant is a cross, and that's where you begin. To make the **Sign of the Cross**, use your right hand to touch your forehead, then your waist, your left shoulder and your right shoulder while saying these words:



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

The Sign of the Cross tells us that we are directing our prayer to God in the Holy Trinity. As we pray, we will also ask the help of Mary, the Mother of God.

The next prayer is the **Apostles' Creed**, and you pray it on the cross at the bottom of the string of beads. A "creed" reminds us what we believe about God by listing some very important events and people. This prayer is called the Apostles' Creed because it is what Christians have believed going all the way back to the time when Jesus walked the earth.

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; 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,

Apostles' Creed

the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Lady of the Rosary, Pray for us!



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