



*The*  
HEALING  
ROSARY

“I do will it. Be made clean.”

—— *Mark 1:41* ——

FR. THOMAS J. CONNERY

# Prayers of the Rosary

## **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 arose 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.*

## **THE LORD'S PRAYER**

*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.*

## **THE 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.*

## **THE 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.*

## **THE FATIMA PRAYER**

*Oh my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those most in need of thy mercy.*

# What Is the Healing Rosary?

I love the rosary. It is part of my daily spiritual practice, and I cannot imagine going a day without praying it. It gives me great joy to offer you this brief booklet on the healing rosary. The healing rosary is, in no way, intended to replace the traditional meditation and prayers, but rather, it is a companion to them. The rosary, by its very nature, is a healing prayer. The calm, repetitive recitation of prayers slows our heart rate, eases our tension and centers our heart on the Lord. The healing rosary is a combination of the spiritual, psychological and good old common sense. It is not just a fifteen-minute prayer but is a lifestyle. A Christian living under God's authority has a heart full of gratitude and trusts in God's divine plan. This is a recipe not only for a holy life, but for a healthy one as well.

What makes the healing rosary so beneficial is that it is based totally on God's divine word. When we enmesh ourselves in his word, it becomes part of our life. We begin to think as God would have us think, desire what God would have us desire. We find an inner strength that comes only from God's source of nourishment...his holy word.

As you recite each mystery, I ask you to meditate and ponder each of the ten individual Scripture verses (consider one verse for each Hail Mary that you are saying). Perhaps they may apply to your own situation. You may need to make the necessary corrections in your life to live in accordance with God's word. As you pray, quietly seek that gift, and go ahead and make the needed changes. Where you are unable on your own strength to undergo the conversion, let God's grace mend and form your heart. I pray that this booklet may be a blessing for you. May the Lord our God shower his grace upon you. May you come to know and be convinced that God is your healer (see Exodus 15:26).

Fr. Thomas J. Connery



**EDITOR'S NOTE:** *"The Healing Rosary" is the inspired work of Father Thomas Connery. The Catholic Church formally recognizes four sets of mysteries of the rosary (the Joyful, Sorrowful, Glorious and Luminous). The materials presented here are for the further enrichment of the faithful and are not meant as a substitute for current Church-recognized practices.*

# The Healing Mysteries of the Rosary

## **First Mystery: Letting Go of Anger and Hostility**

Hostility is harmful. Doctors inform us that it is closely linked with heart disease, hypertension, high cholesterol and a weakened immune system. I believe we know this instinctively. If we are paying attention and are honest with ourselves, we know that anger and hostility are damaging to our body. Clearly, this is not God's plan for us. Even if we do become angry, which is a normal human emotion, we must "not let the sun set on (y)our anger" (Ephesians 4:26). We need to let it go. One of the primary gifts that our Lord gives us is his peace. "Do not let your hearts be troubled or afraid" (John 14:27). It is never a matter of who is right or who is wrong. Nor is it about winning or losing. It is all about remaining in God's grace. God's grace cannot coexist with anger and hostility. There is never room for both. It is either one or the other. The first step in healing, then, is releasing our negative, destructive attitudes and creating a healthy space for the Holy Spirit.

1. Be angry but do not sin; do not let the sun set on your anger.  
*Ephesians 4:26*
2. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. *Ephesians 4:31*
3. The ill-tempered stir up strife, / and the hotheaded cause many sins.  
*Proverbs 29:22*
4. Do not let anger upset your spirit, / for anger lodges in the bosom of a fool. *Ecclesiastes 7:9*
5. But now you must put them all away: anger, fury, malice, slander, and obscene language out of your mouths. *Colossians 3:8*
6. Refrain from anger; abandon wrath; / do not be provoked; it brings only harm. *Psalms 37:8*
7. ...for the wrath of a man does not accomplish the righteousness of God. *James 1:20*

8. Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath... *James 1:19*
9. But I say to you, whoever is angry with his brother will be liable to judgment... *Matthew 5:22*
10. It is my wish, then, that in every place the men should pray, lifting up holy hands, without anger or argument. *1 Timothy 2:8*

### **Second Mystery: *Forgiving Those Who Have Hurt Us***

Forgiveness is perhaps the hardest behavior to achieve. It does not come naturally or easily. Perhaps that is why our Lord speaks of forgiveness so frequently. The Beatitudes, the Lord's Prayer and his last words on the cross highlight the importance of forgiving others. A Christian is recognized by her or his willingness to forgive. Perhaps frighteningly so, we will be forgiven in accordance of how well we forgive others (see Matthew 6:15).

Forgiveness is now being recommended by the mental health community. They are discovering the extraordinary benefits of forgiveness. It is no longer just a religious edict, but part of a healthy lifestyle. It is good for the heart, blood pressure and our overall health. Forgiveness works. A forgiving heart is a healthy heart. If you want to grow in grace, then grow in forgiveness. In this way, you shall show that you are all sons and daughters of our heavenly Father.

1. Take no revenge and cherish no grudge against your own people. You shall love your neighbor as yourself. I am the LORD. *Leviticus 19:18*
2. Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ. *Ephesians 4:32*
3. If you forgive others their transgressions, your heavenly Father will forgive you. *Matthew 6:14*
4. So will my heavenly Father do to you, unless each of you forgives his brother from his heart. *Matthew 18:35*
5. When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions. *Mark 11:25*
6. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. *Luke 6:37*



No one likes to suffer. Pain is not only troubling, but complex. It doesn't merely have physiological roots; it has its origins in the spiritual, cultural and emotional as well. To treat only the physical symptoms is ignoring the extent of the illness. Why, even Plato noted that, while pain is physical, it is also an experience in the soul. Prayer attends to these wounds. Pray with this confidence that you are being healed as you trust in his mercy. "Whoever believes in him shall not be put to shame" (Romans 9:33).

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