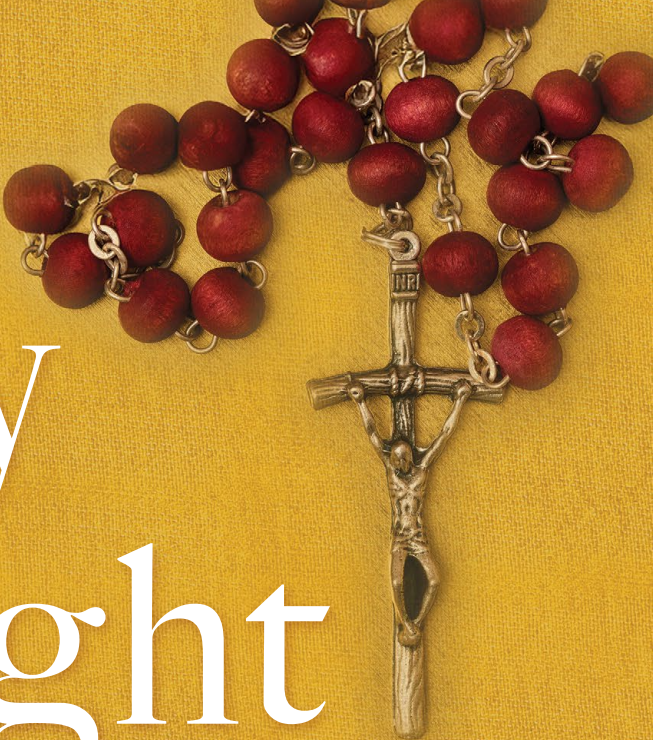




# Joy Light Sorrow & Glory

Praying the Mysteries of the Rosary

Leigh Ann Roman

# Author's Note

Prayer is the raising of one's mind and heart to God or the requesting of good things from God.

**ST. JOHN DAMASCENE**

**T**he Rosary is a collection of prayers and a treasure of endless riches. Through praying the Rosary, we raise our minds and hearts to God, and yes, we do request many good things of God too.

The Rosary's mysteries—those special events that God himself has revealed to us—are a window into the lives of our Lord Jesus and his—and *our*—Blessed Mother. Through meditating on these mysteries, we build our life of faith day by day and bead by bead in the Rosary, growing ever closer to Jesus and Mary.

So often, concerns about family, work or health can lead to an over-focus on oneself that can block or limit our connection to God. The Rosary is a beautiful and simple way to place our focus on Jesus and Mary, our truest friends, and to grow in love and understanding of their lives, as we turn our will and our own lives over to God day by day.

Through considering their journeys of joy, light, sorrow and glory, we discover inspiration for our own lives. When presented with hardships or unexpected demands, or in moments of grace and celebration, we can look to Jesus and Mary. The Rosary invites us to walk with our Lord and the Blessed Mother in an intimate way, while deepening our understanding of the Scriptures that the Mysteries of the Rosary are based on.

It is my hope that this booklet will be an aid to your growing friendship with Jesus and Mary and your trust in the goodness of God's will in your life.

*Leigh Ann Roman*

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# Introduction to the Joyful Mysteries

**T**he Joyful Mysteries describe important moments in Mary's life whereby we witness her humanity filled with the quiet joy of her relationship with God. Surely, at the Annunciation Mary was filled with gladness to hear that she would be mother of the Messiah. But her joy may also have been combined with bewilderment: "How can this be...?" she asked (Luke 1:34). Like Mary, we can invite joy into confusing circumstances by listening for God's guidance and resting in his peace.

In the Visitation, Mary travels to assist her cousin Elizabeth, who is also expecting a baby. She opens her life to more joy by sharing both her news and Elizabeth's and by serving her older cousin with love.

When the time of the Nativity, Jesus' birth, draws near, Mary finds herself far from home—in Bethlehem. She and Joseph struggle to find a safe place for her to give birth. Yet, Mary retains her joy amidst uncertain circumstances by trusting in God and his goodness and in the delivery of the Christ Child.

Later, at the Presentation in the Temple, as the young parents present their offering for the birth of their son, Mary hears a message of joy from Simeon: "...for my eyes have seen your salvation which you prepared in sight of all the peoples, a light for revelation to the Gentiles..." (Luke 2:30-32). Yet, it also was tempered with a warning "...and you yourself a sword will pierce..." (Luke 2:35).

At the Finding of Jesus in the Temple, Mary may not have understood the words or actions of Jesus when they found him teaching there, yet she remained close to God through contemplation and trust. "And his mother kept all of these things in her heart" (Luke 2:51).

The overwhelming message of the Joyful Mysteries is that true joy is grounded on trust in God. Mary trusted God's plan in many unexpected situations. Her example is one we would be blessed to emulate.

## The First Joyful Mystery

# The Annunciation

Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High...” **LUKE 1:30-32**

**T**he angel announces a joyful message: The promised Savior of the world will be born of a virgin. The humility of Mary in the Annunciation is a guide for all who seek God. Although she questioned the angel’s message, she also accepted his response. Then she surrendered her life to God’s will. “May it be done to me according to your word” (Luke 1:38).

Let us consider the many ways that God seeks to guide us in our daily lives. He may speak through our reading of Scripture or through the words of a friend. In some instances, God’s guidance may be made known through the consequences of our own poor choices.

Living in God’s will is the truest and shortest path to finding joy in life.

**Lord, may I begin every day and every prayer with a version of Mary’s Magnificat. (See Luke 1:46-55.) May thy will be done in my life. Amen.**



**Consider:** *How can I make space in my life to listen for God’s guidance? And how can I be sure that it is God’s voice I hear?*

**Pray the first decade...**

Our Father, 10 Hail Marys (contemplating the mystery), Glory Be.

## The Second Joyful Mystery

# The Visitation

For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled. **LUKE 1:44-45**

**M**ary went to see Elizabeth to share in her joy of becoming a mother late in life. Filled with the Holy Spirit, Elizabeth also shared in Mary's joy that she would become the mother of the Lord, saying, "Most blessed are you among women, and blessed is the fruit of your womb" (Luke 1:42).

Mary's gentle friendship with Elizabeth demonstrates how we can support our friends and family. Sharing in another person's joy magnifies it, and sharing another person's burden can make it lighter.

Relationships with others are a gift from God to enrich our lives and theirs.

**Lord, help me to remember Mary's great charity toward her cousin when I have the opportunity to reach out to others. Amen.**



**Consider:** *Do I show my gratitude for these relationships by being present to the people in my life? Do I practice the virtue of Christian charity by sharing in the joys and sorrows of my family and friends?*

**Pray the second decade...**

Our Father, 10 Hail Marys (contemplating the mystery), Glory Be.

## The Third Joyful Mystery

# The Nativity of our Lord

...and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for him in the inn. **LUKE 2:7**

When Mary traveled with Joseph to Bethlehem, she embarked upon the greatest adventure of her life and in the history of humanity. Her willingness to go where God led, and do as he asked, is a humbling testament to the importance of trusting God with our very lives.

As human persons, we love certainty and stability. But life is full of events we cannot control. The timing of a child's birth is one of them. Although birth is a joyful event, it can also be anxiety-provoking. Imagine being a first-time mother, knowing your time is near and not knowing where you will lay your head that night? Imagine that same worry for a first-time father?

Mary's and Joseph's trust and joy in the midst of unpredictable and impoverished circumstances gives us models of simple faith in uncertainty.

**Lord, when I am in stressful or unpredictable circumstances, help me to remember that you are with me as you were with the Holy Family in Bethlehem. Amen.**

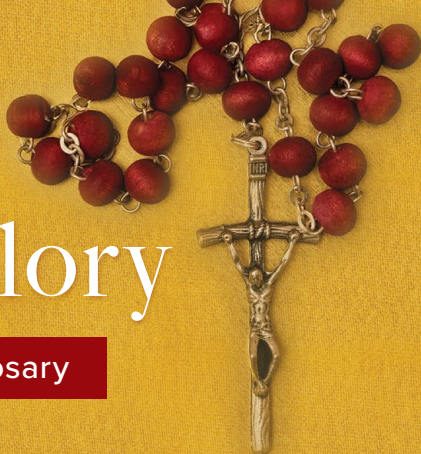


**Consider:** *How can I practice the virtue of faith in my life, relying on God with confidence that my dependence on him will ultimately lead to my good?*

**Pray the third decade...**

Our Father, 10 Hail Marys (contemplating the mystery), Glory Be.

# Joy, Light Sorrow & Glory



## Praying the Mysteries of the Rosary

**J**oy, Light, Sorrow, Glory is a devotional booklet inviting readers to learn the prayers and explore the mysteries of the Rosary through Scripture, meditations and reflection questions. This time-honored collection of prayers offers endless spiritual riches. The Rosary invites a more intimate walk with our Lord and the Blessed Mother, while deepening our understanding of the Scriptures that it is based on.

The mysteries of the Rosary are those special events that God himself has revealed to us. They are a window into the lives of our Lord Jesus, and his—and our—Blessed Mother. Through meditating on their journeys of **joy, light, sorrow** and **glory**, we can grow ever closer to Jesus and Mary, discovering inspiration for our lives.

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