

## How to Pray the Rosary in the style of St Louis De Montfort:

First of all don't forget that with each decade there is a special heavenly grace or virtue attached... so always remember to ask for the grace relating to the decade or mystery which is being contemplated.

### **The Joyful Mysteries (Tuesdays)**

First decade: *The Annunciation*-Pray for the Grace of HUMILITY

Add "blessed is the fruit of thy womb Jesus "incarnate." (Then continue) Holy Mary, mother of God....

Second Decade: *Mary visits her cousin Elizabeth* - Pray for the Grace of CHARITY

Add ...Jesus "sanctifying"

Third Decade: *The Birth of Jesus* - Pray for the Grace of POVERTY of Heart.

Add ...Jesus "born in poverty"

Fourth Decade: *Jesus is presented in the temple* - Pray for the Grace of Wisdom and Purity of Heart.

Add ...Jesus "sacrificed"

Fifth Decade: *The Epiphany: Jesus is paid homage by the wise men* - Pray for the Grace of paying homage to Jesus

Add ...Jesus "being paid homage"

(These have been copied from "The Secret of the Rosary" by St Louis de Montfort pgs 111-118)

### **The Early Sorrows of the Immaculate Heart of Mary: (Wednesdays)**

First decade: *The flight to Egypt* - Pray for the Grace of: trust in Gods constant protection.

Add "blessed is the fruit of thy womb Jesus "protected."

Second Decade: *Jesus in Exile* - Pray for the Grace of: Rejecting sin. (if we live in sin we are exiling ourselves from God)

Add ...Jesus "living in exile."

Third Decade: *Returning home:* (Jesus, Mary and Joseph return to Nazareth) -Pray for the Grace of Returning to a childlike faith in God.

Add ...Jesus "Returning home"

Fourth Decade: *Jesus is found in the temple* - Pray for the Grace of CONVERSION of sinners

Add ...Jesus "saint among saints"

Fifth Decade: *The passing of St Joseph* - Pray for the Grace of Total acceptance of the Will of the Father.

Add ...Jesus "son of Joseph."

**The Luminous Mysteries: (Thursdays)**

First decade: *Jesus is Baptized* - Pray for the Grace of submission to the will of GOD. (and/or thankfulness for our own baptism.)

Add "blessed is the fruit of thy womb Jesus "baptized."

(Then continue) Holy Mary, mother of God...

Second Decade: *Jesus fasts and prays for 40 days (before being tempted by Satan)* - Pray for the Grace of Resisting temptation (and help with prayer and fasting.)

Add ...Jesus "fasting and praying"

Third Decade: *The wedding at Cana* - Pray for the Grace of devotion to Mary

Add ...Jesus "saying YES to thee"

Fourth Decade: *Jesus is Transfigured (while praying)* - Pray for the Grace of: Holy fear (love) of GOD.

Add ...Jesus "transfigured"

Fifth Decade: *Jesus institutes the Eucharist* - Pray for the Grace of: Thanksgiving (especially For the Eucharist)

Add ...Jesus "instituting the Eucharist"

**The Sorrowful Mysteries: (Friday's)**

First decade: *The Agony in the garden* - Pray for the Grace of: True Contrition for our sins.

Add ..Jesus "in his agony."

Second Decade: *Jesus is scourged at the pillar* - Pray for the Grace of: MORTIFYING our senses.

Add ...Jesus "scourged"

Third Decade: *The Crowning of Jesus with Thorns* - Pray for the Grace of: MORAL COURAGE.

Add ...Jesus "Crowned with thorns."

Fourth Decade: *Jesus carries his cross.* - Pray for the Grace of: PATIENCE.

Add ...Jesus "Carrying his cross."

Fifth Decade: *Jesus is crucified.* - Pray for the Grace of: FINAL PERSEVERANCE.

Add ...Jesus "Crucified."

**The Deep Sorrows of the Immaculate Heart of Mary:** (Saturday's)

First decade: *Jesus is pierced.* - Pray for the Grace of: CIRCUMCISION OF OUR HEART.

Add "blessed is the fruit of thy womb Jesus "pierced."

Second Decade: *Jesus is Detached from the Cross (and his crown of thorns)*

Pray for the Grace of: Detachment from worldly things (that separate us from God)

Add ...Jesus "detached."

Third Decade: *The Pietà* (Jesus is laid in the arms of Mary) -Pray for the Grace of Dying to ourselves (and submission to Mary...That she may reform us into the likeness and image of her son.)

Add ...Jesus "in your arms"

Fourth Decade: *Jesus is placed in the tomb.* - Pray for the Grace of: Entombing Our (confessed) sins, (and our worldly desires)

Add ...Jesus "entombed."

Fifth Decade: *Jesus withdraws himself (from Mary and all humanity-for a moment.)* - Pray for the Grace of Seeking out GOD.

Add ...Jesus "withdrawing himself."

**The Glorious Mysteries:** (Sunday's)

First decade: *The Resurrection of Jesus* - Pray for the Grace of FAITH

Add "blessed is the fruit of thy womb Jesus "resurrected ."

Second Decade: *The Ascension of Jesus into Heaven.* - Pray for the Grace of HOPE.

Add ...Jesus "ascending to heaven"

Third Decade: *The descent of the HOLY SPIRIT at Pentecost* - Pray for the Grace of: Holy Love.

Add ...Jesus "filling thee with the Holy Spirit"

Fourth Decade: *The Assumption of Mary into Heaven.* Pray for the Grace :to live a holy life and have a holy death.

Add ...Jesus "raising thee up"

Fifth Decade: *Mary is crowned Queen of Heaven and Earth.* -Pray for the Grace of Increase of all Virtues

Add ...Jesus "crowning thee"

**The (Heavenly) LOVE Mysteries:** (Monday's)

First decade: *The Motherhood of Mary* - Pray for thanksgiving for Mary (A pure and perfect heavenly mother for each of us.)

Add "blessed is the fruit of thy womb Jesus "giving us thee as a Mother."

Second Decade: *Thanksgiving for the most holy rosary of Mary and Jesus.* (a gift to Mary received by all her children who love her) - Pray for the Grace of Thanksgiving for the Rosary.

Add ...Jesus "giving us the Rosary."

Third Decade: *The Majesty of Jesus.* - Pray for the Grace of: Thanksgiving for Jesus' Love for each of us.

Add ...Jesus "Beautiful Majesty"

Fourth Decade: *The Humility and Meekness of Jesus.* - Pray for the Grace humility and meekness.

Add ...Jesus "humble and meek."

Fifth Decade: *Establishing his Kingdom on earth.* (in every soul that invites him to dwell within himself/herself - Pray for the Grace of Unity with God.

Add ...Jesus "welcome here" (in my heart and soul)

I sincerely hope that this old method of praying the rosary will lead you to a happy holy life and a true joy of praying the rosary.

Love in Christ Jesus

Thru Mary

Alan Grohovac

Please note:

At the time the Rosary was delivered to St Dominic in 1214, there were only the three sets of Mysteries:

The Joyful, the Sorrowful, and the Glorious Mysteries:

The Luminous Mysteries were added in 2002 by now St John Paul II... when he added these they were merely a suggestion.... And further stated that any contemplation of the life of Jesus thru the eyes of Mary ( which is what the rosary always has been,) is pleasing to God.

These last three sets of Mysteries: Namely, *The Early Sorrows of the Heart of Mary, The Deep Sorrows of the heart of Mary, and The Mysteries of (Heavenly) Love,* Are added by myself after years of praying the Rosary and seeking to go deeper into the mysteries of Gods love for us as manifested to us thru the Lives of Jesus and Mary, who's eyes were always on Jesus.