

Prayers of the Rosary: Changes in Heavenly and Earthy Focus

By Rick McKinney, 2025-2026

When praying the mysteries of the Rosary, it is blessing to note the rhythmic changes between a focus on heavenly things to a focus on earthy things and then back again with eternal and temporal things changing every so often, much like breathing in and out, ascending and descending in graceful rhythm. Below is an attempt to mark those changes using italic for heavenly things and regular type for earthy things. Some lines may be both.

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

Pray 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, the communion of saints, the forgiveness of sins,
the resurrection of the body, and life everlasting. Amen.

Pray the Our Father

*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.
(For the kingdom, the power and the glory our yours) Amen.

On the next three small beads, pray a Hail Mary for each

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

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.

Announcing the Mysteries

Joyful – The Annunciation, Visitation, Nativity, Presentation, Finding Jesus
Luminous – Baptism, Cana Wedding Feast, Proclamation, *Transfiguration*, Eucharist Inst.
Sorrowful – Praying in the Garden, Scourging, Crowning, Bearing the Cross, Crucifixion
Glorious – *Resurrection, Ascension, Baptism in Holy Spirit, Assumption, Crowning*

Pray the Our Father

After the tenth Hail Mary for each Mystery, pray the Glory Be and the Fatima Prayer

O 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.

Repeat for the remaining mysteries

Each new mystery begins with announcing it, then praying an Our Father, ten Hail Mary's, the Glory Be, and the Fatima Prayer.

Pray the Hail Holy Queen at the Conclusion

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.

Final Rosary Prayer

Let us pray. *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 while meditating on 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.*

End with the Sign of the Cross

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