



The Rosary is a Scripture-based prayer to help us remember the mysteries of our salvation, and to thank and praise God for them.

There are twenty mysteries reflected upon in the Rosary, and these are divided into:

The five JOYFUL MYSTERIES

The five LUMINOUS MYSTERIES

The five SORROWFUL MYSTERIES

The five GLORIOUS MYSTERIES.

The repetition in saying the Rosary leads one into restful and contemplative prayer related to each Mystery. Also the gentle repetition of the words helps us to enter into the silence of our hearts, where **Christ's** spirit dwells. The Rosary can be said privately or [with](#) a group.

'How to Pray the Rosary' is a free **PDF** file for families, catechesis, RCIA, church groups and anyone who wants to learn how to Pray the Rosary.

We would love to see this in the hands of every Catholic Family around the world. Please feel free to share this information with all of your friends and loved ones.