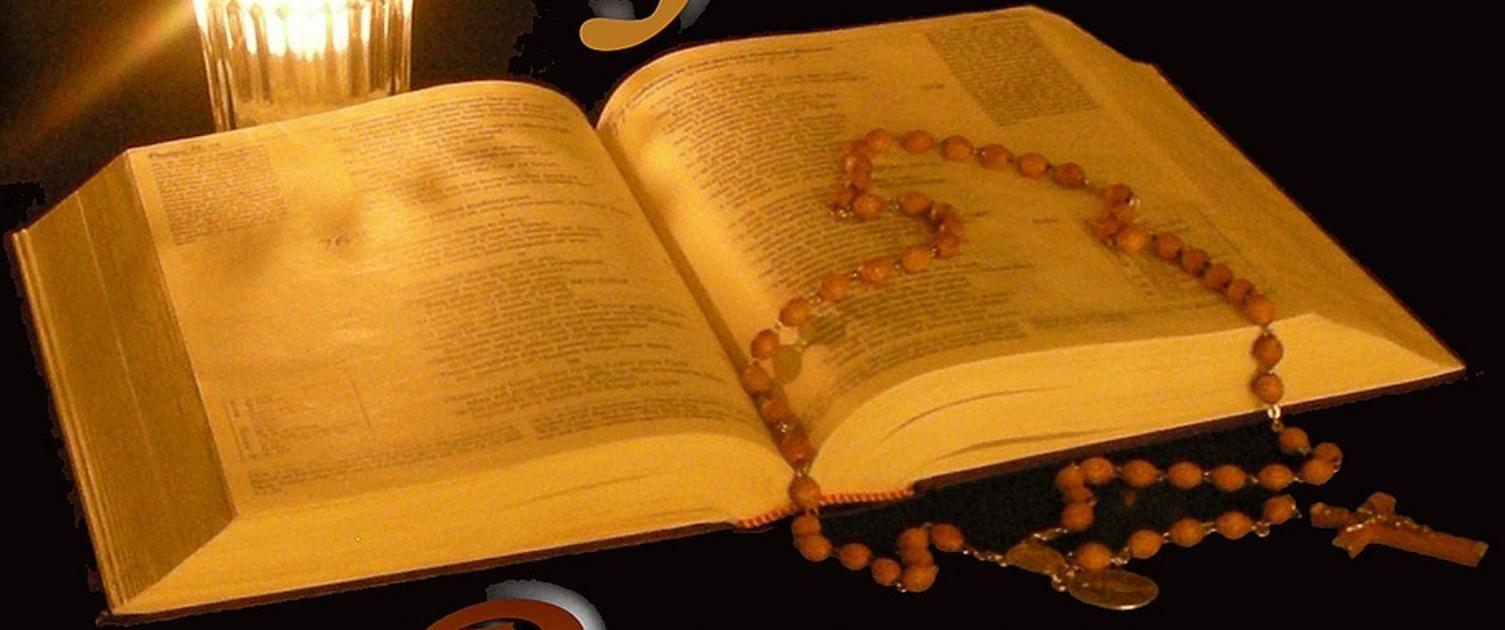


*33 Days
of*



*Rosary
Meditations*

**33 Days of
Rosary Meditations
Written and compiled
By Jeff Klazura**

Imprimatur:

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Bishop of Colorado Springs

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In accord with canons 822-24 of the Code of Canon Law.

33 Days of Rosary Meditations

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Prayers To Be Said Before Each Rosary

Heavenly Father, this rosary I offer to You is a rosary of love. As I contemplate Your birth, life, death and resurrection, may I be filled with Your holy presence. May my prayers rise to You and fill Your heavenly garden with roses of love, adoration and thanksgiving. As I journey this temporal life, help me to grow in virtues of patience, perseverance, purity, obedience, self-control, faithfulness, hope, and charity. I ask You to take care of all my needs, and especially ask for the gifts of my spiritual life. I want to grow in a closer walk with You. And above all, I pray for the salvation of my soul, and the souls of my family and loved ones. I pray that Your laws and morals may be written on the hearts and lived out in love by all mankind.

I Believe in God...

Our Father...

Hail Mary... (3x)

Glory be...

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DAY 1 - Monday

First Joyful Mystery

The Annunciation

(St Francis Xavier) – “We must be wary of our own strength and trust God immensely.” Oh Mary, when our Heavenly Father called you to be the mother of Jesus, you responded with a perfect and obedient “Yes”. You said, “Let it be done to me according to Your Word”. When you did this, you received Jesus as your son. Help me to realize and remember that when I respond “Yes” to God’s call, I will receive much more than I could ever imagine. I pray that I may have a clear spiritual vision of God’s Will in my life, and that I may always respond with a faithful acceptance of that Will.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

(St Francis of Assisi) – “It is no use walking anywhere to preach unless our walking is our preaching.” Oh Heavenly Father, when I think about how Mary walked a long distance to visit her cousin, I can see in this one example that her walking was her preaching. She showed her total trust in You and displayed charity to her cousin. I pray that I may be able to preach Your truths to others, by my daily actions, as Mary did. May I grow in a closer walk with You, dear Lord, as I trust and obey your requests. As You were brought to Elizabeth during Mary’s visit, May I, through my actions, bring You to those I meet.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

To fulfill the prophesy in the Old Testament, of Micah 5:1, which states, “You, Bethlehem-Ephrathah, too small to be among the clans of Judah, from you shall come forth for me one who is to be ruler in Israel, whose origin has no beginning,” You had Mary and Joseph leave their home and travel a long

distance to give birth to Jesus. Upon arrival in Bethlehem, there was no vacancy for them at the Inn. This would have been a means of great worry for a pregnant woman that was in the midst of labor, ready to give birth. However, Mary and Joseph lived in Your Will. I pray that even though circumstances in my life may not seem like You have Your hand in them, that I may have total trust that You will take care of all my needs and bless my obedience to Your Will.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

(St. Ignatius of Loyola) – “It is not hard to obey when we love the one whom we obey.” Oh Mary and Joseph, in obedience to the law of Moses, you took Baby Jesus to present Him in the Temple. I thank you for the example of your virtuous lives. I know I frequently fail in this virtue of obedience, and can easily overlook how valuable it is for me. Oh, Heavenly Father, I desire to grow in obedience. I know this means that You will allow to be sent to me circumstances in which I will need to display this virtue. Help me to be alert to these circumstances, so that I may practice this virtue, remembering what you said in your word; “He who obeys me dwells in security, in peace, without fear of harm.” (Prv 1:33) “For it is not those who hear the law who are just in the sight of God; rather, those who obey the law will be justified.” (Rom 2:13)

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Ps 27:4 – “One thing I ask of the Lord; this I seek; to dwell in the house of the Lord all the days of my life; to gaze on the Lord’s beauty, to visit his temple.” Jesus, You were the greatest treasure that Mary and Joseph had on earth. When they realized You were not with the caravan going back to Nazareth, they must have frantically searched for You. But then, what great joy they must have experienced in finding you... I can see the Kingdom of God being like this. Great joy is ours when we search and find that Kingdom, where You are our Lord and our God. I pray that I may find You in my everyday activities, and in finding You, may I spread Your presence to others.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 2 - Tuesday

First Sorrowful Mystery

Agony in the Garden

(St. Francis De Sales) – “Make yourself familiar with the angels, and behold them frequently in spirit; for without being seen, they are present with you.” Jesus, when You were suffering in the Garden, an angel came to serve You. Similarly, the Heavenly Father has commanded the angels to serve us. I give thanksgiving for our guardian angels, and ask you, Oh God, to grant them extra grace as they guide us to our eternal home. Ps 91:10-11 – “No evil shall befall you, no affliction come near your tent. For God commands the angels to guard you in all your ways.”

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

(Words of Our Lord to St Faustina) – “Even if the sins of a soul are as dark as night, when the sinner turns to My mercy, he gives Me the greatest praise and is the glory of My Passion.” Dearest Jesus, as I contemplate the scourging you endured at the pillar, I think about the pillars to which I have been chained. I know I cannot have freedom from these pillars until I decide to stop being so self-centered. Oh Jesus, how I need to work in union with Your grace to throw off those chains that I have bound myself to. May I be freed from the pillars of anger and resentment. May I be freed from the pillars of judgmental thought and selfishness. May I be freed from the pillars of addiction and worldliness. Free me, oh Lord, from the pillars of sin.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Rom 12:9 – “Let love be sincere; hate what is evil, hold on to what is good.” Some of the soldiers, out of mockery and sadistic pleasure, took several strips of thorn branches and formed them into a

piercing crown. These thorns were one and two inches in length. Using sticks as leverage, the soldiers wedged this crown of thorns into Your head. As they did so, Your blood poured and gushed forth, flowing into Your eyes... Oh Jesus, this makes me think of how I have sinned through the judgment of my mind and through what I have allowed my eyes to see. Oh how I pray for the grace to stop judging others, and that I may overcome the battle of my mind and defeat the sins of my eyes that have gone uncontrolled.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

(St. Teresa of Avila) – “We usually find that those who walked closest to Christ were those who had to bear the greatest crosses.” Jesus, You have many who love You and Your heavenly Kingdom, but few who are willing to carry Your Cross. You have many who desire to be consoled, but few who are willing to endure suffering. You have many friends that are ready to share in Your banquets, but few who are willing to share in Your fasting... I pray that I may carry the crosses in my life, whether big or small, for your honor and glory; and that I may offer the suffering in reparation for my sins and the sins of those for whom I have been a stumbling block.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

2 Pet 1:5-6 –“Make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, and endurance with devotion.” Oh Jesus, you died for me. When I choose to live for You, I must die to myself. This means having total trust in You. In this way I am able to thank You, whether I am in comfort or whether I am in suffering. When I am able to achieve such a complete disregard for my own self-importance, then I will find as much peace as is possible to have in this present life. I pray to grow in the virtue of faith, to have total trust in You, my God, and the ability to die to myself for the love of You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 3 - Wednesday

First Glorious Mystery

The Resurrection

(St. Thomas Aquinas) – “To love God is something greater than to know Him.” I wish I wasn’t so caught up in the many cares of this world. I wish to be able to love You above all else. My most gracious Lord, I implore You to keep me from worrying about the cares of this life, lest I find myself entangled in them. As I contemplate Your Resurrection, may I always contemplate heavenly things. May the thought of my own eternal life always be in the forefront of my mind and may I love You as I go about my daily activities.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Sir 40:11 – “All that is of earth returns to earth, and what is from above returns above.” Dearest Jesus, after Your Resurrection, some of the apostles may have thought that Your Kingship was going to happen on earth. Perhaps they may have even dreamed about themselves being glorified as princes of the King. However, they didn’t realize that Your kingship was to take place in people’s hearts. I can see myself being like this in some ways. I need to ask myself whether I am overly attached to earthly comforts, or whether I strive for honor and power. Oh Heavenly Father, please turn into bitterness every comfort that draws me from the love of ascending to You. Do not let these things overcome me. Do not let the world with its deceptive values trip me up. Instead, may I ascend to You in total love and faith.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Jn 15:7 – “If you remain in me and my words remain in you, ask for whatever you want and it will be

done for you.” To remain in You, I need to feed off of Your words. When Your Holy Spirit is active in my life, I find hidden nourishment in Your words. However, I can easily lack a deep longing for Your Word when I lack effort in having a close relationship with Your Holy Spirit. I pray that I may come to better know the Holy Spirit. I pray that the eyes of my heart may be opened to Your Word. I pray that I may be nourished with wisdom and knowledge that only comes from You, through Your Holy Spirit.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

(St. Augustine) – “You called and cried out to me and broke open my deafness. You shone forth your peace upon me. You breathed your love upon me and now I burn for you.” Oh Mary, you longed for eternal life with God. Your mind and heart were always in unity with God. When you assumed into heaven, you passed from a world of darkness into a world of light. I pray that I may always remember that this is just a temporal life that prepares us for our eternal home. May you help prepare my mind, heart and soul to be one with Christ as you were one with Him. When the time comes, at the final hour, unknown to all of us, I pray for peace and final perseverance. I pray that I may be accompanied by you to my eternal home.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Eph 5:1-2 – “Be imitators of God, as beloved children and live in love, as Christ loved us.” Mary, you are the most blessed daughter of God. You are the mother of the King of Kings. You are the spouse of the Holy Spirit. Mary, you are the best example of what it means to always humbly obey God. After living this earthly life as a clear reflection of Jesus, you were given a heavenly crown of glory. As you are a perfect reflection of God, I ask for your intercession, that I may be a clear reflection of Jesus in all that I think, say and do.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 4 - Thursday

First Luminous Mystery

Baptism of Jesus in the River Jordan

Jn 14:23 – “Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.” As John was baptizing in the River Jordan, he could look around and see the profound sites of several Biblical events. One could see the Dead Sea where Sodom and Gomorrah were destroyed. And off in the distance one could see the mountain where Moses received the Ten Commandments. Then, as John was spending his days in the Jordan, preaching repentance and baptizing, he saw You, Jesus, walking towards him. Your Spirit came upon him, and immediately John knew that You were the Lamb of God who had come to take away the sins of the world... Oh Jesus, as I contemplate this scene, which begins Your public ministry, I give You praise and thanksgiving for all the blessings you have given me. May I also contemplate my own baptism and remember that I am called to have my own public ministry of spreading Your love to others.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Luminous Mystery

The Wedding Feast at Cana

Jesus, as I think about this wedding feast in Cana, I wonder how a wedding party could possibly use hundreds of gallons of wine. But then I read about weddings of this era, and have learned that the weddings typically consisted of over 100 guests and the celebration would last for days. As the celebration continued, the Virgin Mary came to You and said, “They have no more wine.” At which You looked at Mary with great love and said, “What is that to you and to me? My hour has not yet come?” This seems like an odd response, but again, I have learned what was really taking place. You were waiting for Mary to tell You that she was ready. She was ready for You to begin Your public ministry. You must have looked compassionately and lovingly upon Your mother, because You knew what You were asking, and so did she. Mary knew that the time had now come. She knew the time had come for You to preach Your Kingdom, perform miracles so that many might come to believe in You, and to ultimately lay down Your life for the salvation of mankind. As I contemplate this scene of Your first public miracle, I give thanks for such a loving mother. Mary is the perfect example of what it means to have total trust in You. I pray that I may be filled with that same trust, always remembering the last words we hear of Mary in the Bible, as she says, “Do Whatever He Tells You”.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Luminous Mystery

Proclamation of the Kingdom of Heaven

1 Tim 6:11-12 –“Pursue righteousness, devotion, faith, love, patience, and gentleness. Compete well for the faith.” Oh Jesus, in many of your teachings to the people, You stressed the point to always focus our sights on You, no matter what the storm of life may bring. And life is quite a journey of emotional storms. There are times when I am happy and times when I am sad. There are times when I am at peace and times when I am filled with stress. However, true wisdom is rising above these changes. Instead of focusing on how I feel, I need to focus on my eternal goal. I need to keep my sights focused on You as I am tossed about, so that I may remain firmly planted in Your foundation. The more closely I focus my sights on You, the more firmly I can press on through the storms of life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Luminous Mystery

The Transfiguration

(St. Augustine) – “Put off all that is old and stale. The new song sings of our love and yearning for God’s Kingdom. Sing the new song, and sing it with your lives, not your mouths.” Dearest Jesus, this mystery recalls You being transfigured into a glorious state on Mount Tabor. It is a foreshadowing of the glory to come. Let it bring to mind the glory that awaits us when we pass from this life. I must desire holiness, and I must learn to accept and make the necessary sacrifices to attain that holiness. Oh Father God, help me in my journey, that I may transform my vices into virtue. I want to be a pleasing love song to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Luminous Mystery

Institution of Eucharist

Jn 15:4 – “Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me.” Oh Jesus, You told us that You are the bread of life, and unless we eat of Your body and drink of Your blood, we do not have life within us. You said these words on the night of the Last Supper, the day before the feast of the Passover. You had sent Peter and John to prepare for the feast. As I contemplate this scene, I pray for reverence in the Holy Eucharist, and that I may prepare myself worthily to receive Your Body and Blood as I heed the words of Pope St. Pius X, who said, “I know of nothing so important as the preparation to receive the Holy Eucharist.”

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 5 - Friday

First Sorrowful Mystery

Agony in the Garden

Ps 27:2-4 – “The Lord is my light and my salvation, whom shall I fear? Though an entire army may encamp against me, my heart shall not be afraid.” Oh Jesus, You tell me that it is a sign of virtue to fight against fears that I may have in my life, and to resist evil thoughts of the devil. It is the devil who strives in every way he can to block me from growing in a spiritual journey with You. He wants to wear me out and frighten me. When this happens, I need to throw the evil thoughts right back in his lap. May I always prefer any form of suffering than to give in to the devil. As I contemplate the battle You endured in the Garden of Gethsemane, may I always remember that You are my light and my salvation.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

As I journey this life, there are times when I am more concerned with who is on my side and who is against me. But all that really matters is that You, oh God, are with me in all I do. There will be times when I will have to endure scourges in my daily encounters. If I know how to be silent and how to put up with my troubles patiently, You will always be there to help me. I need to trust in You, oh Lord, for You know how to help me grow in virtue. I desire to be able to “do everything without grumbling or questioning, that I may be blameless and innocent, without blemish, in the midst of a crooked and perverse generation, among whom we shine like lights in the world.” – Phil 2:14-15

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Oh Jesus, little did they know, that when in mockery, they placed a crown of thorns upon Your head,

that they were crowning You King of this earth as well as King of Heaven. You now have power over this world. I pray for power over the evil in my life. There are times when I say that the world's values are worthless, but then I continue to be dominated by them, caught in a bed of thorns. During those times, I can easily become blinded to the beauty that exists in living in harmony with Your Will. I pray that I may overcome the worldly sin in my life, and be freed from the bed of thorns that ensnare me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Rev 2:10 – “Do not be afraid of anything that you are going to suffer. Remain faithful until death, and I will give you the crown of life.” Dearest Jesus, You have often said that everything is founded on the Cross, and everything consists in dying on it. If I join You in suffering, then I will join You in glory. If I die with You, then I will live with You. I need to pick up my cross and follow You. In doing so, may I remember the words of St. Maximilian Kolbe who said, “When crosses overwhelm us, the grace of God will warm our hearts and inflame them with such love that we will burn with a thirst for suffering without limit in order to show how much we love Our Father, Jesus Christ, and his beloved Mother.” Oh I pray that I may carry the crosses in my life well, for Your honor and glory, and for the reparation of my sins.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

(St. Maximilian Kolbe) – “When God sends us pain and suffering and the soul walks on thorny ground, it is time to rejoice that God has destined it for high perfection.” After a difficult day, or a long week, it is easy to seek rest from my troubles. However, this temporal life is just a stepping stone to our eternal rest. With this in mind, instead of making frequent times of rest as my goal, I need to make the virtues of patience and perseverance as my goal. Heavenly Father, I desire to endure all things out of love for You. When these difficult times come, may I find strength in Your words, as

You've said, "Accept whatever befalls you, in crushing misfortune be patient; for in fire gold is tested" – (Sir 2:4-5). Heavenly Father, I pray that I may willingly endure labor and sorrows, sufferings and pains, temptations and anxieties, illnesses and injuries, humiliations, doubts, and chastisements, all for the love of You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 6 - Saturday

First Joyful Mystery

The Annunciation

Jn 10:27 – “My sheep hear my voice; I know them, and they follow me.” Mary, you were able to accept God’s Will for you, with complete trust and faith, because your soul was prepared and ready. Through your intercession, I pray that I may come to know, love, serve and trust God as you did, that I too might be ready for Jesus to enter into me. I pray not to be deaf to God’s voice in my life because of worldly distractions. I pray that I may be prepared and ready for His visitation to me, responding with the same trust and faith with which you responded..

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

Ps 27:14 – “Wait for the Lord, take courage; be stouthearted, wait for the Lord.” Oh Jesus, as I contemplate this mystery of the Visitation, I reflect on the visits You have made in my life, with Your comfort and mercy. When You visit me, I become strong again. In that restored strength, I desire to bring that same comfort and mercy to those that are in need. And during the times I go through hardship and struggle, may I always remember to be faithful and patient. May I always remember to have courage, for You will come with Your visit, and restore me, beyond anything I can imagine.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Phil 4:7 – “The peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.” Father God, You have often said that You are the peace that the world cannot give. The opposite of peace is anxiety. When I let worldly concerns control my life, anxiety easily grows within. The enemy doesn’t care whether he distracts me with the love of present cares or with the fear

about future things. When I get caught in this rut of thinking only of this earthly life, I often let anxiety and fear to be born within. Oh how I do not want this in my life, but rather, I want You, Jesus, to be born into my life. I want Your peace, which the world cannot give. Oh Jesus, please be born within me. Bring me Your peace.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

Ps 27:13 – “I believe I shall enjoy the Lord’s goodness in the land of the living.” Heavenly Father, You promised Simeon that he would see the Savior before he died. And Simeon did receive Jesus through the arms of Mary. I can also receive Jesus through the arms of Mary. And when I receive His presence, it is a wonderful thing. I feel like I can remain strong against worldly pressures. But that feeling comes and goes. There are times when Jesus’ presence seems far away. During those times, may I never despair, for that is the road to the Kingdom of Heaven. You know what is most helpful for my salvation, which sometimes involves spiritual dryness. If I always felt Your presence in my life, it would be easy to take it for granted. And so, I pray that I may always be true and faithful to You, whether I am in spiritual bliss or spiritual dryness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Jn 12:46 – “I came into the world as light, so that everyone who believes in me might not remain in darkness.” Oh Jesus, how I want to find You and rest in You above all else. There are times I can rest in this life, but I cannot truly rest unless I rest in You. But to find You is sometimes hard to do, amid the darkness. Additionally, I mourn for my sins that cast this dark shadow, making it hard to find You. My sins often get in the way and distract me. Sometimes I feel as though I have lost You, or that I cannot find You. Oh Jesus, I want to find You in every part of my life, so that I may rid myself of my sinfulness, so that I may embrace You completely.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 7 - Sunday

First Glorious Mystery

The Resurrection

(St. Augustine) – “Do you wish to rise? Begin by descending. Do you want to plan a tower that will pierce the clouds? Lay first the foundation of humility.” Oh Jesus, You often remind me that the suffering of this present life is nothing compared to the glory that is to come. Suffering and trials are a great opportunity to grow in humility. Sometimes I can fall into despair amidst my trials, but I need to remember to remain steadfast in offering my suffering for Your glory. Remembering that You have promised to be with us in every trial should help me remain steadfast. As I travel this temporary life, filled with all kinds of ups and downs, may I remain faithful, with the Resurrection always in my sight.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Loving Savior, after You rose from the dead, You spent many days with the apostles. On one of those occasions, You asked Peter three times if he loved You. Each time Peter said, “Yes, Lord, I love You.” And each time You replied, telling him to feed Your lambs and to tend and feed Your sheep. Before You ascended, You commanded the apostles to go out and make disciples of all nations. I want to be a disciple of Yours. And so, I pray for a heart on fire to spread the good news to those around me, through my words and my actions.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Heavenly Father, if someone were to ask me what my wishes were, what would I say? Would it be a wish to be filled with Your holy presence? Or would it be something more worldly? Everything

clings to me according to the love and affection I have for it. If my life is pure and simple, knowing that I am simply a traveler in this temporal life, I will not be a slave to anything. Oh how I wish for the Holy Spirit to fill my life, accompanying and protecting me on this journey, so that I may not seek after things I should not have. Oh Holy Spirit, I wish for You to cling to me, and to fill me with a greater love for You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

(St. Bernadette of Lourdes) – “My own concerns no longer concern me: from now on I must belong entirely to God, and God alone. Never to myself.” Oh Mary, as I contemplate your assumption, I contemplate your total self-surrender to God. In the same way, I am to resign my will completely to God. But sometimes, beaten down by life’s struggles, I tend to see myself slowly going back to my old ways, making little progress in virtue. And if I continue to do this, I will not have a joyful intimacy with God unless I surrender myself, each day, to Him. Oh Father God, how I want that joyful union with You. Through the intercession of our Blessed Mother, I pray that I may have the same trust and self surrender that she had. Lead me to a joyful union with You, now and forevermore.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Lk 10:2 – “The harvest is abundant but the laborers are few.” Oh Mary, you have received your crown of glory. A crown awaits all of us. I cannot imagine the glory God has planned for me. But that eternal crown of glory involves wearing several other crowns in this temporal life. One of those crowns I am called to wear is a crown of faithfulness during affliction, which is the same crown you and Jesus wore. I am called to bear fruit through my hardships. One of the ways I can bear fruit is by never complaining or losing heart. Through your intercession, oh Queen Mother, I pray that I may bear much fruit through my labors and hardships.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 8 - Monday

First Joyful Mystery

The Annunciation

(Blessed Anne Catherine Emmerich) – “The High Priest of the Temple had a vision that he was to pick a husband for Mary from the line of David. In the vision he was told to have all the single men from the line of David to bring their staffs, and the staff that would blossom flowers would be God’s choice for her husband. This happened as God had prophesied. Joseph of Bethlehem took Mary home to her parent’s house in Nazareth. Joseph left and began building a home for themselves.” Oh Heavenly Father, both Mary and Joseph showed total trust in You and they were always obedient to the Church and to the law. No matter what happens in my life, may I always have trust and obedience in You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

(St. Louis Marie de Montfort) – “Mary is the safest, easiest, shortest, and most perfect way of approaching Jesus.” Oh Blessed Mother, as Saint Elizabeth was filled with the Holy Spirit, she immediately knew that you were the Mother of God as she shouted out, “Blessed art thou among women and blessed is the fruit of thy womb. And why would the Mother of my Lord come to me?” This was the first recognition that you were the Mother of God and that God had become man. You did not deny it, but answered with your great canticle of love, saying, “My soul magnifies the Lord and my spirit rejoices in God my savior.” Oh Mother Mary, I pray to be childlike and that I may be received by you, so that you will take me to your Son.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Oh Heavenly Father, as I travel the ups and downs of this life, may I wait in peaceful assurance of Your heavenly visit. I know that my desire for virtue will not always be strong, and sometimes I descend to lesser things. As long as I wander about this world in my mortal body, I will know suffering and spiritual dryness. May I wait, with confidence, for Your coming to free me from all my worries. When I allow You to be born in my heart, You help me endure my sufferings. When You are born in my heart, I will enjoy inner peace amidst affliction. I pray to grow in virtue of perseverance in faithfulness, and that I may prepare myself for You to be born in my heart.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

In 14:27 – “Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you.” Oh Father God, You have often told me to let go of myself, and to walk away from my selfishness. If I am able to do so, I will enjoy great inner peace. You tell me that if I give all and seek nothing in return, that I will be free and no darkness will oppress me. I pray that I may be stripped of anything that puts a barrier up between us. I pray that You will present to me all my vain fancies, evil thoughts, and useless worries, so that I may work in union with Your grace to walk away from these things and to let go of my selfishness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Ps 107:4-7 – “Some had lost their way in a barren desert. In their distress they cried to the Lord, who rescued them in their peril and guided them by a direct path.” Oh Jesus, I think about the time when You were twelve years old, and You went with Mary and Joseph to Jerusalem, for the Passover feast. When this multi-day celebration was over, the whole caravan began their journey home. However, You stayed behind in Jerusalem. After a long time of travel, realizing that You were not in the caravan going back to Bethlehem, Mary and Joseph began to worry and started to seek You. They did not stop until they found You. I pray that I may always cry out to You in any of my distress or

whenever I have lost my way. I pray to have that comfort of total trust that You will rescue me in my peril and guide me on a direct path back to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 9 - Tuesday

First Sorrowful Mystery

Agony in the Garden

Heavenly Father, You remind me that I am called to fight the good fight. However, through my weaknesses I often fall short. When this happens, may I always rise again, sure of Your greater grace. You tell me that the sins of self-satisfaction and pride will cause me to go astray, and fall into a spiritual blindness. You tell me that many have met their ruin through pride and self-reliance. Oh how I pray to be humble and filled with the knowledge that You are the one who has total control of my life. I pray to be a brave soldier for You, fighting against pride and self-reliance, as I remember the words of St. John Bosco who said, "From now on, I no longer want to place any limit on my trust in God."

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

Jesus, You were innocent of any wrong doing, and yet You were scourged. You suffered grave injustice. I know that there will be times in my life in which people will think ill of me, and say things that I would rather not hear. When this happens, may I respond the same way You responded in Your scourging, by being silent in bad times, and by turning inwardly to our Heavenly Father. My peace should not depend on what others say about me. After those whipping words are hurled, I remain the same person. True peace and glory is in You alone. I pray for the desire to please You alone, and in doing so, may I practice the virtue of charity toward others in my words, actions and thoughts. May I be charitable to my family and friends. May I be charitable to my neighbors. May I be charitable to my enemies. May I be charitable to strangers that You will bring into my path today.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

2 Tim 4:3-4 – “The time will come when people will not tolerate the sound doctrine of God, but following their own desires and curiosity, they will stop listening to the truth and will be diverted to evil ways.” Sometimes I fill my mind and lips with needless thorns of this world. Oh how good it would be to not burden myself with these useless things. I know that my duty is to follow You, oh God. In the end, I will not have to answer for others, but I will have to answer for myself. So why do I still find myself getting involved? You want to speak to me and to reveal Your most inner thoughts to me. I just need to carefully await Your coming and open the door of my heart to You. I pray to be prudent and watchful in prayer, and to be humble in all things as I carefully await Your coming into the door of my heart. I also pray to rid myself of all those thorns in my life that divert me on my path to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

1 Cor 1:18 – “For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.” Oh Jesus, I need to remember that it is not my own deeds that accomplish great things in me, but rather it is Your grace. And it is this very grace that will flow strong in me when I am willing to carry the Cross. Granted, it is not in human nature to love the Cross, but I must discipline myself. Part of this discipline is to avoid seeking praise. I must humbly suffer insults, and endure in adversity and loss. I must not seek prosperity as my first goal. But I can do none of this alone. If I confide in You, then all I have resolved to do will become easier, through Your heavenly strength. And so, I pray to be sealed with Your cross, oh Christ, armed with faith, as I endure in fulfilling my resolutions.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

Jn 14:21 – “Whoever has my commandments and observes them is the one who loves me. And

whoever loves me will be loved by my Father, and I will love him and reveal myself to him.” Oh how happy I will be if I strive to be in life what I wish to be found in death. If I live for You, oh God, and not for myself, I will die happily. To live for You means to live in virtue. And so, I pray for a burning desire and the strength to advance in virtue. I pray for love of discipline and a spirit of penance. I pray for a firm and steady obedience to Your commandments. I pray for self-denial and the strength to bear any hardship out of love for You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 10 - Wednesday

First Glorious Mystery

The Resurrection

(St. John Vianney) – “You cannot please both God and the world at the same time. They are utterly opposed to each other in their thoughts, their desires, and their actions.” Oh Jesus, remind me not to live my life as if my entire existence was bound to this world. When I think about the culture we live in, I often see lives that focus only on the present without regard for the consequences. All the oldest of sins are committed again and again. The world is full of lying and cheating, stealing and greed, lust and envy, anger and judgment. Oh Jesus, I want to rise above all this. As I contemplate Your rising from the dead, I pray that I may rise above all worldliness and above anything that would lead me to lie, cheat or steal, lust, covet or envy, gossip, judge or anger.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

(1 Cor 9:14) – “The Lord ordered that those who preach the gospel should live by the gospel.” Jesus, before You ascended into heaven, the last instructions You gave were to go out and preach the Gospel to all nations. The best way I can do this is by example. As I reflect on my day to day living, I need to ask myself if I am leading a public life that reflects my belief in You? Am I also leading a private life that reflects my belief in You? When I do lead by Your example, others will see this and will want to follow. I pray that I may always be able to go out and preach Your gospel through my example and by the way I live my life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Acts 4:20 – “It is impossible for us not to speak about what we have seen and heard.” Dearest Jesus,

after Your death, the Apostles locked themselves in a house, afraid that a similar result would happen to them. But then, in this locked room, a strong wind came through and the Holy Spirit rested upon them, strengthening them. Their fear turned into confidence as they went out and made bold proclamations that were understood in many foreign languages. I pray to be filled with the gifts of the Holy Spirit, and that I may be renewed in my Baptismal and Confirmation promises, so that with boldness, I too can stand up for what You have taught to be right, even if I am standing alone.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

(St. Maximilian Kolbe) – “Mary Immaculate is the ladder up which we climb to the Sacred Heart of Jesus. If that ladder is taken away from us we shall not reach our aim.” Dearest Mother, over the centuries you have appeared to many different people. In these appearances, you have instructed us in the ways to live in God’s grace and ultimately live in His kingdom. Your messages to us are to pray constantly, read the Holy Bible, and to fast. You also instruct us to frequent the Sacraments of holy Confession and the Eucharist. I pray that I may be filled with a loving desire to follow these words you have given to the world.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Mary, you received your merited crown. Everything you did, you did well. I need to turn to your example on how to live my life. I will not labor in this life for long. I will not always be burdened with sorrow and affliction. All this will pass with time. So, whatever burden or labor I may be experiencing, may I do it well. May I work faithfully in God’s vineyard, for He shall be my reward. Oh, if only I could see the merited crowns of the saints in Heaven, who while in this life were held in disrespect and dishonor. Yet they labored well, suffered well, loved well, and endured well. I pray for the grace, the passion, and the willpower to do the same.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 11 - Thursday

First Luminous Mystery

Baptism of Jesus in the River Jordan

Ps 4:4 – “Know that the Lord works wonders for the faithful; The Lord hears when the faithful call out.” When I feel some sort of heavenly visit, or when I am filled with some sort of heavenly insight or wisdom, may I offer the greatest of thanks to You, oh God, for visiting me with such mercy. May I allow these visits to encourage me and powerfully guide me. These heavenly inspirations are to help me grow in virtue, so that I may cling to You with all my heart, with a burning desire to serve You. I pray that I may always have a longing to cling to You with all my heart, and serve You in all I do, whether I am experiencing spiritual gifts from the Holy Spirit or whether I am going through spiritual dryness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Luminous Mystery

The Wedding Feast at Cana

Heavenly Father, You know the passions in my heart, but You also know what is best for me. You have heard my frequent sighs. You know that I wish to share in the glorious wedding feast of Heaven, and that I wish to already be in my eternal home with You. However, that hour has not yet come, but I am still in the hour where I need to keep my wick trimmed and my lamp filled with oil. I am in the hour where I must have my lamp shine brightly, waiting for You, the bridegroom. But I also know that the flame of my lamp does not ascend without the smoke of sin. I pray that my flame may burn purely without this smoke of sin. Knowing that as a lamp burns brightly, the oil and wick are being used; I pray that I may have my wick trimmed and that I may always refill my lamp with oil, as I partake in the sacraments of the Church.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Luminous Mystery

Proclamation of the Kingdom of Heaven

Sir 27:1 – “For the sake of profit many sin, and the struggle for wealth blinds the eyes.” Heavenly Father, You have always taught mankind from the beginning, proclaiming Your Kingdom. Even now You do not stop from speaking, but many cannot hear Your voice, for they have chosen not to listen. It is easy to get distracted by what the world has to say than to listen to what You have to say. But when I truly look at the two different ways, I see that the world promises trivial things that last but a moment, while You promise the sum of all eternal things. Oh how I need to serve and obey You in all things, with the same care and attention I often give to the things of this world. Oh how I should mourn the efforts I give to the things of this world, and how I sometimes scarcely lift a finger for the things that are eternal. I pray that I may serve and obey You in all things, with more of a concern and care than I have for the things of this world.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Luminous Mystery

The Transfiguration

Rom 12:2 – “Do not conform yourself to this age but be transformed by the renewal of your mind, that you may discern what is the will of God.” I wish to be filled with Your transforming power, oh God. As I wait for this hour to come, You tell me that I still have to be tested and tried in many things. As I endure these trials, may I do my best to stay in Your light and reflect this light to others. In these tests and labors of life, I am to become a new person, changed into what You want me to be. To do this often requires doing that which is uncomfortable and setting aside the things I want to do. Some of these opportunities for growth may involve giving to others, but receiving nothing in return. This may naturally upset me. However, if I give with an authentic loving heart, in the long run, this will help me in my spiritual growth. For it is in these, and in many similar things, that Your faithful servants are tried and transformed. As I contemplate this mystery of the Transfiguration, I pray that I may humbly endure all that is involved in transforming myself into what You want me to be.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Luminous Mystery

Institution of Eucharist

If I wish to be blessed by You, oh God, I must refer all things in my life back to You, for everything I have has come from You. If I seek fulfillment in anything but You, or if I seek happiness in my own making, I will not find Your true joy, but instead, I will encounter a mountain of obstacles and anxieties. You have given me everything and I wish to thank You for these gifts. As I contemplate this mystery of the Eucharist, which the word in itself means, "Thanksgiving", may I give You all of my thanksgiving for everything You have done for me, and for all that You have given me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 12 - Friday

First Sorrowful Mystery

Agony in the Garden

Rom 13:11 – “It is the hour now for you to awake from sleep.” The saints in Heaven know how joyful the day of Resurrection is. However, with all the hustle and bustle in my daily life, this is a day I rarely think about. I know that my days in this life do have their share of sorrow and misery, where I can become more and more stained by sin. Through these stains of sin, this life can easily become an agony in the garden. I pray for a good examination of conscience of my entire life, that I may receive healing in the Sacrament of Confession, and that I may travel a path in which I will grow in virtue. I pray to let go of the guilt of previous sins that have been absolved in the Sacrament of Confession. I pray that I may no longer be ensnared by the many worldly passions or cares and curiosities of this world. I pray that I may not be bound by fears or anxieties. I pray not to be weighed down by temptations or tormented by wants, but that I may persevere in virtue.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

Prv 18:21 – “Death and life are in the power of the tongue.” Oftentimes the tongue is the cause of many scourges. Oh how I need to train myself to be silent when the scourging tongue of others comes my way! If I truly love You, oh God, I have nothing to fear. Other people’s words hurt themselves more than they hurt me, for they cannot escape Your judgment. It is important that I do not fight words with words, but that I remain silent, with my sights fixed on You. On the opposite end, if I am the one scourging others with my words, gossip, or judgments, I ask You to help me recognize this and immediately stop and ask the person for forgiveness. One day I will stand before You, oh God. May I not have to hear Your question, “Who are you to judge? Who are you to speak ill of others?” May I look inside myself and see the beam in my own eye instead of the splinter in others’.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Heavenly Father, You remind me that where my treasure is, there my heart will be. Often times my heart is where my thoughts are. There are times when my thoughts are the cause of my own crown of thorns. Oh how I want my thoughts to be on heavenly things instead of the things of this world. I want my thoughts to be about how to improve my life of virtue. I want my thoughts to be about growing in charity towards others. I want my thoughts to be about compassion and mercy instead of anger and judgment of others. I want my thoughts to be of You, oh God. This is where I want my treasure to be.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Searching for paradise on earth, especially during times of carrying crosses, is a difficult thing to comprehend. However, when I come to the wisdom that it is good to endure pain and sorrow for Your sake, then I will have found that paradise. If I view suffering as a miserable thing that I seek to avoid, then the very trouble that I run from will hound me wherever I go. I pray to focus less on myself, which will lead me to center more on You. Nothing is better for me in this world than to be willing to carry the cross for You. Oh Jesus, I pray that I may worthily carry and offer the crosses in my life for Your honor and glory. May I remember the words You said to the good thief who focused on You while on the Cross, as You said, "Amen, I say to you, today you will be with me in Paradise." – Lk 23:43.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

Jn 6:66 – “Many of his disciples returned to their former way of life and no longer accompanied him.” Dearest Jesus, Your precious grace flows from the Cross for all of us. However, Your grace will not mix with the things that are barriers between us. I need to cast aside those things that stand in

the way. May I seek a quiet place and pray that I may know what is standing in the way of Your grace. May I seek times of privacy, even from friends and loved ones, to examine my heart and to fully receive Your grace. Show me those barriers in my life, oh Lord. I pray that I may have no attachments to this world, but as the apostle Peter instructed, that I may be a stranger and pilgrim in this world. Oh what confidence I will have at death if I am not held back by any attachments to this world!

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 13 - Saturday

First Joyful Mystery

The Annunciation

1 Pet 4:2 – “Do not spend what remains of one’s life in the flesh on human desires, but on the will of God.” Mary received Baby Jesus in her womb and always did the will of God. Heavenly Father, I want to know Your Will for me. Nothing in my conscience lies hidden from You. You know the future before it happens. You know what I need for my spiritual progress. Grant me, Lord, to know what I ought to know, to love what seems most precious to You, to detest what is loathsome in Your eyes. Let me discern between earthly and spiritual matters. Above all, let me always seek to know Your Will, and to respond with the same “Yes” with which Mary responded.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

Ps 143:8 – “Show me the path I should walk, for to you I entrust my life.” As Mary traveled the true way of life, trusting in You, she visited Elizabeth who was thought to be too old to conceive. Elizabeth miraculously conceived through the Holy Spirit. Nothing is impossible with You, oh God. As I travel my own life, I pray to always follow You. You are the Way, the Truth, and the Life. You are the Way I am to follow. You are the Truth I am to believe. You are the Life I am to strive for. You are the Way that cannot be destroyed. You are the Truth that cannot be wrong. You are the Life that cannot be ended. I pray that in all things, throughout my life, that I may follow You, the True Way of Life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Eph 3:19 – “To know the love of Christ that surpasses knowledge means you will be filled with all

the fullness of God.” When I am filled with Your fullness, oh God, then I will rejoice from the very depths of my soul. What can I give back to You for Your grace and Your love? There is nothing I can give that is more acceptable than to offer my whole life, which is also the most beneficial thing I can offer. But the only way I can do this is if You are within me, born in me, residing in me. I pray that I may join in an intimate, ever growing relationship with You, oh God.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

Prv 26:11 – “As the dog returns to his vomit, so the fool repeats his folly.” Father God, You wish for me to present my vices to You. You want me to present myself to You, the way I am. In doing so, You will shed light on my darkness, and present to me the grace to walk away from those things that stand in the way. The more often I place You at the center of my life, the more I will be presented with Your comfort and grace. But when I first lay my deep rooted habits out in the open, I will most likely feel affliction and conflict. The habit will want to resist. The old serpent will want to prevail, and will tempt and entice me, to prevent the habit from leaving. But if I continually present myself to You, in prayer, You will help me overcome my bad habits, replacing them with habits that will bring me closer to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Sir 24:21 – “He who obeys me will not be put to shame, he who serves me will never fail.” The Child Jesus was found safe in the Temple. He then returned with His parents and was obedient to them. Obedience is a necessary virtue. If I do not practice this virtue, then I withdraw myself from grace. I need to submit to my superiors. I need to obey Your commandments. If You, oh God, subjected Yourself to man for our sake, then I should subject myself to man for Your sake. Oh God, I pray to grow in obedience to all you have commanded, and that I may raise my children to be obedient sons and daughters of Christ.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 14 - Sunday

First Glorious Mystery

The Resurrection

Jesus, when You died, grief gripped the hearts of all who loved You. However, Easter morning dawned to find an empty tomb. You had risen. Life had victory over death. I pray for all who are grieving the death of a loved one and for all those who fear death. It is easy to fear death if I hold on to the sins of the past. Holding on to these past memories causes anxiety. Granted, I have faith and trust that You have forgiven me of my sins, but there is still the worry about the just purification that must occur in Purgatory, which cleanses the stains on my soul for the sins that I have committed. So, when hardships or pain approach, I pray to willingly endure them as purification. I pray for final perseverance at the hour of death, and for total trust in Your saving power.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Jn 3:31 – “The one who is of the earth is earthly and speaks of earthly things. But the one who comes from Heaven is above all.” Dearest Jesus, You said that You had come from the Father and that You were returning to Him. You tell us to ascend above the things of this earth and to focus on our Father in Heaven. How foolish I become when I get so engrossed in the things of this life! In the end I will see how worthless those things were. I need to look to the saints and devout friends as an example of how to not be controlled by the things of this world. I pray that I may arise and ascend to heavenly things.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Jn 12:25 – “Whoever loves his life loses it, and whoever hates his life in this world will preserve it

for eternal life.” Heavenly Father, if I turn to You with all my Heart, I will see Your Kingdom in my day to day living. I will see peace and joy of the Holy Spirit, even in the midst of affliction. These are not gifts given to the immoral. Part of turning to You with all my heart involves preparing a fit dwelling place for You, through growing in virtue and abandoning sin. Come Holy Spirit into my heart, that I may see the things of God. Come Holy Spirit into my mind, that I may know the things of God. Come Holy Spirit into my soul, that I may belong only to God. Sanctify all that I think, say, and do, that all will be for the Glory of God.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

1 Cor 6:19 – “Do you not know that your body is a temple of the Holy Spirit.” Heavenly Father, You chose Mary’s body to bear Your Son. You also chose that her body was not to decay in the earth. Her body was assumed into Heaven, changed, and glorified. You also chose my body to be Your temple. I pray for all those whose bodies have been misused, abused or neglected by the cause of others, that they may be comforted in the folds of Mary’s Heart. I pray for a conversion in my own life, for all those times I have misused, abused or neglected my own body. I pray to always remember that my body is a temple of the Holy Spirit, and to have reverence and respect for this temple.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

(St. Maximilian Kolbe) – “The devil knows that the nearer we draw to Mary Immaculate the more graces we shall obtain from her hands. For that reason, he tries at all costs to alienate souls from the Blessed Mother.” Oh Mary, you are the humble handmaid of the Lord. You are exalted by God and crowned as Queen of Heaven and of His Church. You are to be honored in Heaven and on Earth. I pray for all those who do not know you, and for those that blaspheme you out of ignorance. I pray that you may be made known to all, as our heavenly Mother. Oh, how clean are your hands, how pure are your lips, how sanctified is your body and how immaculate is your heart! Oh Mary, please take my

heart, my hands, my lips, my body and my soul and present them to our Heavenly Father, that He may heal and purify.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 15 - Monday

First Joyful Mystery

The Annunciation

Eph 5:17 – “Do not continue in ignorance, but try to understand what is the will of the Lord.”
Heavenly Father, upon the Angel’s announcement to Mary that she would become the Mother of our Savior, she always made Your Will to be her own. I need to do the same. Oh how I want to make Your Will my own. May I not rely so much on what I want without first consulting You about it. I may find that what at first seems like the right thing to do, in the end will leave me battling against Your Will for my life. So, in all my actions, may I consult You. I pray to be totally in tune and united with You in my daily concerns, remembering to go to You in all aspects of my life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

After the angel’s announcement to Mary that Elizabeth was in her sixth month, Mary rushed to her side. There are times when I hear about or see someone in need, but something restrains me from going to their side. Why am I not more eager to love those in need? Is it because of suspicion or resentment? Is it because of a conflict or anger? Or is it just because I think that I don’t have time? No matter what the excuse may be, the real reason is because I need to be more united with You, oh God. As Blessed Mother Teresa of Calcutta has said, “The more we are united with God, the more eager we will be to love and serve those in need.” And so, I pray to be freed from whatever restrains me from helping those in need, or from lessening my charity towards others.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Oh Jesus, after Mary gave birth to You, it was no longer safe for You, Mary and Joseph. The three of

you had to flee Bethlehem to escape the rage of Herod, but the Holy Innocents did not escape his evil. Herod killed so many of the first born children of the Jewish people. They would become the first martyrs of the Church. As I contemplate all this, it easily takes my thoughts to our world today in which the killing of babies in the womb is legalized. Then it makes my thoughts jump to Your Passion, when You came across the weeping women. You turned to them and said, “Do not weep for me, but weep for yourselves and your children. For the time will come when they will say, ‘Blessed are the childless and the wombs that never bore and the breasts that never nursed.’” – Lk 23:28-29. Were You speaking of our time, the legalized killing of babies in the womb? Oh how I pray for Your laws and morals to be written on the hearts and lived out by all mankind, beginning with the abolishment of abortion, once and for all!

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

Tit 2:7-8 – “Show yourself as a model of good deeds in every respect, with integrity in your teaching, and sound speech that cannot be criticized.” Oh Jesus, after Your birth, when Mary and Joseph took You to the Temple to be presented, Simeon held You in his arms. You are the Son of Righteousness. And Simeon held you close to his heart. As I picture this, I pray to hold that which is righteous close to my own heart, living out that righteousness day by day.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Jas 4:7-8 – “Submit yourselves to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.” Lord Jesus, when You were found in the Temple as a little boy, preaching and teaching the elders, You were submitting yourself to the Father’s will. In all situations You submitted to the Father’s Will and carried it out without hesitation. In contemplating this submission to the Father’s Will, I pray for the rulers of this world, that they will receive the grace to submit to the laws of God and to ensure that they are respected. I also pray that this submission to

God's laws may begin with me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 16 - Tuesday

First Sorrowful Mystery

Agony in the Garden

(St. Francis of Assisi) – “Most High, glorious God, enlighten the darkness of my heart.” As I contemplate the dark night in the Garden of Gethsemane, I contemplate the darkness in this present world. Heavenly Father, I pray for my soul to be flooded with Your light. Where there is darkness of pain and suffering, fill me with Your peace and healing. Where there is darkness of guilt and sorrow, bring me Your peace and healing. Where there is darkness of sin, grant me Your peace and healing. May Your Light shine and take over the darkness in this world, in my life, and in my soul, that I too may bring Your peace and healing to others.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

(St. Maximilian Kolbe) – “Strip yourself of everything of this world and you will find Christ.” If I am able to abandon myself completely, I will find You, oh God. If I am able to strip myself of everything that takes precedence over You, the more I will find You. How else can I be united to You unless I am completely stripped of my own self-will? Help me to have a good examination of my own personal life and the things of which I need to be stripped. When I am able to do this, whether in small things or in great things, I find just a little bit more of You. I pray that I may find You in every aspect of my life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

(Eucharistic Liturgy) – “Lamb of God, You take away the sins of the world... have mercy on me.” It was the celebration of the Jewish Passover. As the paschal lambs in the distance were being tied with

ropes and taken to the Temple, the true and everlasting Paschal Lamb was being tied, crowned with thorns, mocked and led up the stairs to the balcony of Pilate. May I offer my love and worship to You, the Lamb of God who takes away the sins of the world. May I never cease in giving You thanksgiving for Your great love for me, that You would undergo such a cruel passion and death for the remission of my sins.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

(St. Sebastian Valfre) – “When it is all over, you will not regret having suffered; rather you will regret having suffered so little, and suffered that little so badly.” Oh Jesus, if there had been anything better, anything more suited or more useful to my salvation than suffering, You surely would have pointed it out by Your Word and example. For the disciples who followed You and for all those who wish to follow You, You clearly urge that we, too, carry the cross, saying, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” – Mt 16:24... I pray that whenever any suffering comes my way, whether big or small, whether quick or long-lasting, that I may offer the redemptive suffering up to You, and that I may rejoice in my suffering, knowing that You have destined my soul for such an act of love.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

Lk 12:40 – “You also must be prepared, for at an hour you do not expect, the Son of Man will come.” Dearest Jesus, as I contemplate Your death, may I contemplate my own ending. Very soon it will be over. Oh how foolish it is to think only of the present and not look to the future. Today I am, tomorrow I am gone. This being the case, I need to strive to conquer my vices and be found in virtue. If I had a good conscience, I would not fear death so much. If I am not prepared today, how will I be ready tomorrow? Through the merits of Your redemptive crucifixion, I pray to be able to master my every act and thought as if I were to die today.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 17 - Wednesday

First Glorious Mystery

The Resurrection

(St. John Bosco) – “So wide is God’s mercy that no sin is too great or too small for forgiveness. So much narrower is our charity that we often find the small annoyances the hardest to forgive. The more often we turn in prayer to the all-forgiving God, the more we will become like Him in extending the hand of pardon to others, in every day circumstances.” Lord Jesus Christ, through your Death and Resurrection You have reconciled all of mankind with God and opened to us the Gates of Heaven. I pray that I may take the steps to reconcile with anyone whom I need to bring the healing of forgiveness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Col 3:14 – “Over all these put on love, that is, the bond of perfection.” Oh Jesus, You reigned on earth for forty days, showing the authenticity of Your resurrection. During this time, You employed the apostles with a mission of furthering Your kingdom on earth. You then spread Your pierced hands over the people and ascended into Heaven. This mystery teaches me of the unfailing hope I am to have in You. No longer is my home simply the here and now. Rather, I have an eternal home that awaits me. When that day comes, my hope will be hope fulfilled. My faith will no longer be something I believe to be true, but it will be a faith that is fulfilled. And the last of the three cardinal virtues is charity, of which this is what You meant when You said “in the end, love will remain.” And so, as You told the apostles to further Your kingdom on earth, I pray that I may do this through continual acts and thoughts of charity.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

(St. Jeanne de Chantal) – “May this Sweet Savior live and reign in our hearts forever amid the desolation and darkness. He is our light. He leads us. Let us fear nothing. He will never let us down.” Oh Holy Spirit, after You filled the apostles and disciples at Pentecost, they were no longer a frightened people. They were able to proclaim the gospel with boldness. I pray to be healed of any cowardice or insecurities. I pray that I may put my total trust in God, with no fear of what may happen, knowing that my life is in His hands.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

Heavenly Father, You lifted Mary into heaven. She is now our Heavenly Mother. She is excited to help us root out our vices. Many of my vices are a result of my tongue. I am called to use my words to “lift” people up. I pray to be healed of any shortcoming that would cause me to put myself and others down instead of speaking uplifting words. May I remember the words of St. James who reminds us that, “If anyone thinks he is religious and does not bridle his tongue, his religion is in vain” – Jas 1:26.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Jas 1:12 – “For when he has been proved he will receive the crown of life that is promised to those who love him.” Oh Mary, as I contemplate your beauty as our Queen Mother, I realize that you want only the best for me. You want me to be close to Jesus. What you ask of me is not terribly difficult. You ask me to recognize God in my life through prayer, and that I may act according to His word. Oh Mary, through your intercession I pray that I may recognize God in my day to day living. I pray that I may work in union with His grace to grow in holiness, toward my own eternal crown of life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 18 - Thursday

First Luminous Mystery

Baptism of Jesus in the River Jordan

Sir 17:20 – “Return to the Lord and give up sin, pray to him and make your offences few.” Heavenly Father, Your word came upon John the Baptist, telling him to go forth and prepare the way of the Lord. John had lived in the desert for years. With his sun-parched skin and camel hair clothing, his appearance was quite rugged. His eyes pierced right into people’s souls as he was baptizing them in the River. He was not gentle in his speaking. He knew the sins of mankind and was urgent in his mission. If one were to go out to the desert, to where he was preaching, one would often hear him yelling out, “Repent! Have sorrow for your sins and change your ways!” I pray that I may not simply take these events as historical occurrences, but that I may have sorrow for my sins and decide to change my life so that I can better live out my baptismal promises.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Luminous Mystery

The Wedding Feast at Cana

Jn 2:5 – “His mother said to the servers, ‘Do whatever He tells you.’” Oh Mary, because of the miracle at the wedding feast in Cana, which Christ performed at your request, the disciples came to believe in Him. You are always interceding for us, so that He may attend to our needs and show Himself to us. Please take my prayers of love, adoration, and thanksgiving, as well as my prayers of petition, and present them to your Son. In return, may I follow your words of “doing whatever He tells me.”

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Luminous Mystery

Proclamation of the Kingdom of Heaven

(St. Teresa of Avila) – “Since the spiritual world is based entirely on humility, the closer one gets to

God, the more this virtue should grow.” Oh Jesus, as You proclaimed the Kingdom of heaven during Your public ministry, many people decided to follow You. I desire to have that same courage to be a true follower of You. Knowing that You give yourself to the humble person, I desire to be humble in all things. I don’t want things to always be about me. The more humble I become, the more You reveal Yourself to me. This is what I desire. I pray that You may reveal to me the times I am self-centered through pride or through false humility. I pray to be a humble follower of You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Luminous Mystery

The Transfiguration

Mt 5:16 – “Your light must shine before others, that they may see your good deeds and glorify your Heavenly Father.” Oh Jesus, sometimes the light within me becomes dim. Sometimes I can become so blind and desensitized that I do not even know it is dim. I often condemn small things in others, but overlook the serious things that I commit. I am quick to feel hurt when others offend me, but I do not notice how I hurt others. Oh how I wish to be transformed! I need Your light to shine on me. Just as the defects and flaws in a car’s windshield can be seen when it is traveling toward the light, I need to see my own defects. This means that I need to be traveling toward Your light, so that You can illumine all my defects. I pray that I may recognize these defects, have true sorrow for them, so that I can take the steps to clean and amend my spiritual windshield.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Luminous Mystery

Institution of Eucharist

Mt 12:6 – “I say to you, something greater than the Temple is here.” Oh Jesus, how I need to be consistent in seeking You! I desire to seek Your wisdom, but I don’t do it in all aspects of my life. Sometimes I get caught up in different circumstances or daily interactions. When I find myself confused or worn down, I need to do just as Moses did. I need to go to Your tabernacle to converse with You. I know that when I do this, I often hear Your wisdom that allows me to return to my daily life more focused on the things of God, and how to handle the circumstances in my life. Moses always

went to the tabernacle for solving doubts and questions. He ran to the tabernacle for help in easing dangers and in dealing with deceitful people. Oh how I should also take refuge in Your tabernacle, where you are truly present. You are calling to me. You are waiting for my visit. Help me to be consistent in seeking Your presence.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 19 - Friday

First Sorrowful Mystery

Agony in the Garden

Col 3:5-6 – “Put to death the parts of you that are earthly: immorality, impurity, evil passions and desires, and greed. Because of these the wrath of God is coming.” Dearest Jesus, when You were in the Garden of Gethsemane, You experienced mental torment beyond normal human strength. I pray to be freed from mental torments caused by myself or by others. I pray to be freed from vain and worldly imagination. I pray to be freed from useless fantasies and evil thoughts. I pray to be freed from judgmental thoughts.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

Ps 69:2-3 – “Save me, God. I have sunk into the mire of the deep, where there is no foothold.” Oh Jesus, You were bound to a pillar and scourged. There are times when I am bound in some way, suffering and powerless to help myself. Sometimes I am bound to pillars of worldly concerns. I also find myself bound to pillars of addiction and routine sin. I pray to be able to recognize and work in union with Your grace, so that I may be freed from that which binds me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Mk 11:25 – “When you stand to pray, forgive anyone against whom you have a grievance, so that Your Heavenly Father may in turn forgive you of your transgressions.” Oh Jesus, even though the cruel soldiers mocked You and crowned You with thorns, You did not let bitterness enter Your heart. There are times in my life that I have experienced hurt caused by others. These hurts are hard to get rid of. They can become a constant thorn in my side. I know You tell me to hand it over to You and to

forgive. I know that You tell me to love my enemies and pray for those who hurt me. But in some areas of my life, I still have not done this. Some of these thorns are buried deep, causing spiritual scarring within. I need to be freed from these thorns of resentment and bitterness. Help me to truly heed Your word in forgiving those that have caused pain in my life. Let me look at You in Your Passion to understand how this is done.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Mt 25:40 – “Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” Oh Jesus, as I contemplate how Simon of Cyrene was put into service in helping You carry Your Cross, I try to put myself in his footsteps. I may have easily turned away in disgust at the task. But then, being pressed into service to carry the cross, with Your arm holding onto my back, Your almighty power would have naturally strengthened me in this task. This leads me to think about my own difficult times that I have experienced in life. I give thanksgiving for all those who have helped me carry my crosses. I pray that I may be of help to others in the carrying of their crosses. I can do this by simply being an ear they can talk to, a heart that is compassionate, arms that love, and hands that give.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

Ps 107:13-14 – “In their distress they cried to the Lord, who saved them in their peril, led them forth from darkness and gloom and broke their chains asunder.” Oh Jesus, You were crucified for all of mankind. While hanging from the Cross, the soldiers offered You wine, drugged with myrrh, but You did not take it. Oh Holy Spirit, give us and those for whom we pray, freedom from addictions that are deadly to our bodies, our souls and our relationships.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 20 - Saturday

First Joyful Mystery

The Annunciation

2 Tim 4:18 – “The Lord will rescue me from every evil threat and will bring me safe to his heavenly kingdom.” Oh Mary, when the angel appeared to you, he said, “Do not be afraid.” You never feared, but always had total trust in God and complete resignation to His Will. Through your intercession, I offer up my fears that are preventing me from having total trust in God. Free me, oh Lord, from my fears, by filling me with grace to have total trust in You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

Phil 2:17-18 – “I rejoice and share my joy of Christ with all of you. In the same way you should rejoice and share your joy with me.” Oh Jesus, when Mary entered the house of Elizabeth, Your holy presence was so evident that the unborn child in Elizabeth’s womb leaped for joy. This is true joy, to have Your holy presence in my life. However, the world presents me with a lot of false joys that I tend to run after. I need to examine myself to see what I am seeking. Am I chasing after Your presence in my life, or is it something else? Are material goods or material improvements the center of my thoughts? Do I feel that I will find true joy in power, success, or popularity? Am I spending too much time and energy seeking joy in some sort of physical pleasure? Sometimes these things take over what I know to be the truth; that true joy can only be found in You, and not in what this temporal life has to offer. I pray for You to be the foundation in all aspects of my life. This will lead to You being the foundation of all my joy. May I then take Your joyful presence to others.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Mt 15:8 – “This people honors me with their lips, but their hearts are far from me.” Oh Jesus, when I think about the night of Your birth, I think of that cold and drafty stable. How tough that must have been! But then I think about how I want You to be born in my heart, yet how similar my heart is to that cold and drafty stable. I easily get occupied with passing things in this temporary life. I rarely work on conquering any of my vices. I have little motivation to practice virtue. Thus, my heart remains cold. Oh how sad it is that I cannot regularly think about how short this life is! I need to work on warming my cold heart, which should first involve realizing how my coldness of heart hurts You. Oh Father God, I pray for a sincere heart of contrition, that I may see where my heart is cold. Instill in me a passion, accompanied by a persevering effort, in changing my coldness of heart into a heart on fire for You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

Prv 8:33 – “Happy the man who obeys me, and happy those who keep my ways.” Oh Mary, your love of obedience was first demonstrated when you answered the angel by calling yourself the handmaid of the Lord. When you called yourself the handmaid of the Lord, you were calling yourself the servant of the Lord. As a good servant of our Heavenly Father, you always promptly obeyed. When you took Jesus to the Temple for the Presentation, you were obeying the precepts of the religious law. Through your intercession, I pray that I may always be obedient to God’s laws, morals and commandments, and to the precepts of the Catholic Faith.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Mt 13:17 – "Amen I say to you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it." Oh Heavenly Father, how often and easily I am drawn astray from You, but in Your mercy and love You always call to me. You never stop calling, but sometimes I get so deeply engrossed in the things that end up leading me astray from

You. Please never stop beckoning me and sending Your intervention to lead me back to You. I love You and want You to be the center of my life. Help me to remember what it is like when You are not the center of my life, and let this motivate me to stay on the straight and narrow path of righteousness. Let me remember, with great joy, the times I found You after I had gone astray. May I always give You thanksgiving and love for Your mercy and love for me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 21 - Sunday

First Glorious Mystery

The Resurrection

Jn 8:12 – “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” The dark tomb was suddenly filled with light. Oh Jesus, shine Your light upon the darkness in my life. Sometimes I become blinded by those dark areas. Please show me my sins the way You see them. I want to live in holiness. I want to rid myself of all darkness. I want to be filled with Your light. I know that Your light will shine upon my darkness through prayer and fasting, through imitating Your love and obeying the Father’s commands. I pray to be filled with wisdom from Your teachings, and the motivation to live them out, so that Your light will always shine upon me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Prv 4:25-26 – “Let your eyes look straight ahead and your glance be directly forward. Survey the path for your feet, and let all your ways be sure.” Jesus, You ascended into Heaven and presented Yourself to the Father, victorious over Satan, sin and death. All power and glory now belongs to You, the Lamb of God. I place my life in Your hands. I pray to be freed from anyone or anything that tries to take me out of Your hands. I pray for the grace to have a great longing for Heaven, my true home.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

2 Cor 3:17 – “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” Oh Holy Spirit, You come with Your gifts. You are Wisdom. Oh Holy Spirit, pour forth Your wisdom on me, and Your truth that will set me free. Set me free from the worthless passions that I run after. Set me free from focusing so much on worldly paths. Set me free from my bad habits. Set me free from my

sinful ways. I ask to see myself the way You see me, and not through my own distorted vision. Enlighten my heart and enkindle in me the fire of Your love.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

Sir 28:6 – “Remember your last days. Remember death and decay, and cease from sin!” Mary, when your earthly life was finished, you were not attached to any worldly thing. I know it is worthless to chase after and place my trust in the things of this world. The world tells me of many things that I should want or long for, but which I would end up paying a high price for at the hour of my death. Oh Jesus, grant me a happy death and final perseverance at the hour of my death. Preserve me from a sudden death and send me the grace to live each day as if it were my last. I pray to be ready to meet You, oh God, and provide to You, the Just Judge, an account for all my actions, both good and bad.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Wis 7:14 – “To men she is an unfailing treasure; those who gain this treasure win the friendship of God.” Oh Mary, you are crowned Queen of Heaven and of Earth. You are not one of the apostles, but rather, you are the Queen of the Apostles. You are not a priest, but you are the Queen of Priests. You are not the Church, but you are the Mother of the Church. We cannot have Jesus as our King if we don't have you, His Mother, as our Queen. I pray that you may be honored and respected as the Queen of Heaven, knowing that you will always return us back to the King of kings, no matter how far we have wandered.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 22 - Monday

First Joyful Mystery

The Annunciation

Rom 13:14 – “Put on the Lord Jesus Christ, and make no provision for the desires of the flesh.” Oh Jesus, After the angel’s announcement and Mary’s acceptance, her body became Your dwelling place. I also want my body to be a dwelling place for You, through purity, through humbleness, through holiness. My body will become Your dwelling place through humble acceptance of Your Will in my life. Through the intercession of Mary, I pray that the hopes that are instilled in my mind and in my heart will be hopes that will lead me to accept Your Will in my life. Through acceptance of this will, may I become a pure, humble, and holy dwelling place for You, reflecting You to others in my day by day living, for Your honor and glory.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

When Mary visited Elizabeth, she proclaimed her great magnificat, saying, “My soul magnifies the Lord.” When I ponder that statement of her soul magnifying You, oh Lord, I realize that I will better see and understand You more through her than with my own efforts. She wants all of us, her children, to see You with clarity and love. Thus, she magnifies You to us. Oh how I pray for all my family and loved ones who have strayed from the faith! I pray for all those who vainly walk a life of religious rituals that are empty within. Oh Mary, please visit us, and magnify God’s love to us. Embrace us, and with your motherly love, beckon us all back to the flock of Christ.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Joyful Mystery

The Birth of Christ

Prv 11:2 – “With the humble is wisdom.” Oh Jesus, what true humbleness occurred in Your birth.

You were born in a feeding trough for animals. Then, the first visitors to see You were the lowly shepherds of the land. Mary was also humble. She did not say a word. She did not seek attention or praise. Rather, the Bible tells us that she “kept all these things and pondered them in her heart.” I pray for this same kind of true humbleness as a virtue in my life, being quick to silently reflect versus being quick to hastily react.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

Phil 3:18 – “For many conduct themselves as enemies of the cross of Christ. Their end is destruction.” Oh Jesus, when Mary and Joseph brought You to the Temple for the Presentation, the prophet Simeon said that You would be a sign that would be contradicted. This was not just a prophecy for Your time on earth, but is a prophecy that continues even today. All through the ages, You have had enemies who have opposed and attacked Your Church. Even today, there are those that assault its members and criticize its teachings. I pray for the welfare of the Holy Catholic Church, for the intentions of the Holy Father, for world peace and for the conversion of mankind.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

(St. Aloysius Gonzaga) – “It is better to be the child of God than king of the whole world.” Oh Jesus, You stripped yourself of power and glory as you came into the world as a little child. I know You have told me that I must become like a child if I am to enter into Your Kingdom. When I look at children, I see that they do not have pride. They do not have urgings toward self-importance. But when I look at myself, I see the opposite. I often think myself better than others. I really need to see myself as You see me, and not through my own distorted vision of self-importance. This is a great lesson I need to learn, to know myself for what I truly am. I need to freely admit my weaknesses and put forth effort in changing them into strengths. Help me, oh Lord, to become more like an innocent child.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 23 - Tuesday

First Sorrowful Mystery

Agony in the Garden

Ps 54:4 – “O God, hear my prayer. Listen to the words of my mouth.” Jesus, when You arose from prayer in the garden and found Your disciples asleep, You told them to stay awake. You told them to pray. I know that in my own life, there are many times I need to be shaken awake from my own spiritual drowsiness. I don’t want to slumber on this path of life, but often find myself doing just that, especially when I come across those that need comfort and support from their suffering. I pray to be awake during the hours that come in my life in which I am called to give support to those that are suffering. I also give thanksgiving for those that have been that comfort to me in my own times of anguish.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Sorrowful Mystery

Scourging at the Pillar

Sir 26:3-4 – “Should a man nourish anger against his fellows and expect healing from the Lord? Should a man refuse mercy to his fellows, yet seek pardon for his own sins?” Oh Jesus, when I think of all the evil done to You, it is easy to have hatred for those that do not love You. However, in the midst of that wickedness, You still loved each soul. You even begged Your Father to forgive them. And I am called to do the same. There are times that I have endured injuries silently as I prayed for my enemies. And in these times I know there was great progress. But in all reality, more often are the times that I have not grieved for those who did evil, but instead I condemned them in my thoughts. I am quickly moved to coldness and anger when I see the evils of sin instead of praying for those that commit these offenses. Even though You continue to tell me to pray for my enemies, I am quick to see their faults and just as quick to overlook my own. I need to pray for and forgive those with whom I struggle, and be quick to ask forgiveness of those I have hurt. Please help me develop this virtue.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

(St. Seraphim of Sarov) – “You will be judged for the very deed you are judging.” So often I fashion a crown of thorns for myself as I judge others with my mind. Oh Heavenly Father, how I need to tend to myself and care for my own soul. If I am truly focused on the state of my soul and on You, I will not pay so much attention to what other people are doing. I will not get caught up in judging others. I know that when I stick my nose in other people’s affairs, I often lose just a little more of my progress toward holiness. I pray that I may advance in holiness by gaining control of my judging mind and unruly tongue that have caused crowns of thorns in other people’s lives.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Phil 4:13 – “I have the strength for everything through him who empowers me.” My loving Jesus, as I contemplate You carrying the Cross for all of us, I also contemplate my own crosses and the things that I struggle to bear. When I look at the saints, I see that they progressed most in virtue when they made a strong effort to overcome the things that were most troublesome to them. They put forth great effort in conquering those things that worked most against them. Oh how I pray for the strength, the assistance, and the ability to overcome the things that are most damaging to my soul! May I put forth greater effort.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

2 Cor 4:8-9 – “We are afflicted in every way, but not driven to despair; persecuted, but not abandoned; struck down, but not destroyed.” Jesus, when You died on the Cross, Your disciples must have felt so alone. I know that when I go through spiritual dryness, in which I do not feel Your presence, I can easily fall into despair. But You tell me to faithfully persevere, for times of dryness

are for my benefit, and You will return with Your heavenly visit. This is nothing new or strange to those who know Your ways. The great saints and prophets often experienced such changes. So, the next time I feel as though grace has been put on hold and I have been left in my own poverty, there is no better remedy than to patiently persevere in humble faithfulness. Dryness is often a sign of blessings to follow. You remind me that heavenly comfort is promised to those who are tried by temptation. I pray that I may never despair, but patiently persevere in hope.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 24 - Wednesday

First Glorious Mystery

The Resurrection

Rom 12:12 – “Rejoice in hope, endure in affliction, persevere in prayer.” Oh Father God, when Your grace comes to me, then I feel strong in all things. I feel like I can endure anything. But when I feel as though Your grace has left me, I become poor and weak. I know I should not be dejected or despair. Rather, I need to stand with a steady mind and endure whatever comes my way. You remind me in so many of my experiences that after the bitter winter, comes the summer warmth. After nightfall, comes the morning daylight. After a storm, comes great calm. And after death, comes the resurrection. Knowing this, I pray that I may always stand steady in faithfulness, no matter what affliction comes my way.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

(St. Jerome) – “Read the divine scriptures constantly. Never let the sacred volume be out of your hand. Learn what you have to witness and hold fast to the faithful Word.” Jesus, You are the Word of God made flesh. You ascended back into heaven from where You came; but You have left us Your Word in the Holy Scriptures. You have also sent Your Holy Spirit to help us understand what has been given to us. Your Holy Scripture is more than just a great piece of literature. It is wisdom. It is spiritual guidance. It is You speaking directly to us. So, why wouldn't I make it a daily habit to visit You in Your Word? I pray to be graced with a deep love and a daily longing for Your Word in the Holy Bible.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Oh Jesus, as I contemplate how Your Holy Spirit descended upon the apostles, I think about Your promise, when You said, “For where there are two or three gathered together in my name, there am I in the midst of them.” -Matthew 18:20. At Pentecost, the disciples were united in prayer. They were gathered in Your name, and indeed there You were in the midst of them. With this in mind, may I gather with others and offer prayers of adoration, thanksgiving and love, knowing that You are in the midst of everything happening in my life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

Wis 8:7 – “The fruit of her works are virtues; for she teaches moderation and prudence, justice and fortitude, and nothing in life is more useful for men than these.” Oh dear Blessed Mother, you have perfected all virtues. You are a model to all people, whether they be man or woman, married or single, young or old. I want to strive to be saintly, and am happy to have you as my Queen of All Saints. It is motivating to know that you will help me, and pray for me, especially as I attempt to imitate you in rooting out my vices and growing in virtue. Queen Mother, please pray for me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Sir 11:5 – “The oppressed often rise to a throne, and some that none would consider wear a crown.” Mary, your coronation gave you many titles. One of those titles is that you are the Queen of Peace. Like many people, when I think of peace, I think of a world without war and conflict. And while that is a lofty goal and something worth praying for, you want me to dig deeper. I know we cannot have peace in this world with each other, unless we have an inner peace with God and with ourselves. Through your intercession, I pray to work towards this internal peace by reconciling my ways with God’s ways. Forgive me and heal me, oh Lord.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 25 - Thursday

First Luminous Mystery

Baptism of Jesus in the River Jordan

(St. Thomas Aquinas) – “Just as a man cannot live in the flesh unless he is born in the flesh, even so a man cannot have the spiritual life of grace unless he is born again spiritually.” Oh Jesus, I know it is not enough to be baptized. I know I must live out my baptismal promises. This means bearing good fruit, uprooting vices and bad habits, and ridding myself of immorality. I pray that I may honorably live out my baptismal promises by being an imitator of what You have taught, and by being a witness to my faith.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Luminous Mystery

The Wedding Feast at Cana

(St. Anthony Mary Claret) – “Our Lord has created persons for all states in life, and in all of them we see people who have achieved sanctity by fulfilling their obligations well.” Heavenly Father, my heart is sorrowful as I continue to witness the sin in our world, in which the sanctity of holy marriage is being more and more compromised. I pray for the vocation of holy marriage, which prepares a man and woman to receive new life as a gift, because they have first chosen to make themselves irreplaceable to each other.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Luminous Mystery

Proclamation of the Kingdom of Heaven

Jn 13:15 – “I have given you a model to follow, so that as I have done for you, you should also do.” Jesus, You are the ultimate example on how to model my life. You proclaimed the Kingdom of Heaven through your words and actions. I want to pursue the good things that will help me model You in my life. However, I easily get sidetracked with the things in others that irritate me. But even this

can be used for my own good. I ask for Your grace to see these irritable things in myself, and the motivation to rid myself of these faults. May I turn everything to my advantage. If I see or hear good examples, may I imitate them. If I think something to be evil or disgraceful, may I be careful not to do the same thing. If I have done them, may I try to correct myself quickly. And may I always remember that as I watch others, so too, do others watch me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Luminous Mystery

The Transfiguration

Phil 2:3 – “Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourself.” Heavenly Father, I want to climb Your holy mountain. I want parts of my life transformed. I know that this means uprooting every movement toward self-centeredness. If I look at all my vices, they all stem from me being the center of my own world. I know that when I am able to master this, Your peace fills my life. However, because I don’t always strive to rise above myself in this way, I often find my wings entangled in a web that prevents me from soaring high up Your mountain. I pray to have the extra insight to my self-centered ways, and the motive and strength to transform these ways into selflessness, so that I may ascend Your mountain and walk freely with You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Luminous Mystery

Institution of Eucharist

Mt 22:14 – ” Many are invited, but few are chosen.” Oh Jesus, when all those people got up and left You, rejecting what You were saying about Your flesh being the true food for eternal life, You did not stop them and say that You were speaking symbolically. Instead, You turned to Your Twelve and said, “Do you also want to leave?” This is an invitation. You are not forcing Yourself upon us, but offering Yourself to us. We either accept or reject this invitation. You also said that “no one can come to me, unless the Father beckons.” I want to accept Your invitation. I believe You are truly present in the Eucharist. I love You and thank You for Your love for me. I pray for all those who do not know You in the Eucharist. May You beckon them, and give us all a renewed love for You. May I come to

You with my heart and soul prepared to receive You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 26 - Friday

First Sorrowful Mystery

Agony in the Garden

(Message from Our Lord to St. Faustina) – “You will accomplish great things if you abandon yourself entirely to my will.” Oh Jesus, amidst the agony in the garden, You prayed that the Father’s Will be done. I too pray for Your Will to be done in my life. Grant me Your grace to always desire what is most acceptable and pleasing to You. May Your Will be mine, and let my will always follow Yours. Fill me with ambitions that will work in union with what You want of me.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

(Blessed Pope John Paul II) – “God passionately desires and ardently yearns for our salvation. Nothing is greater than this: that the blood of God was poured out for us.” Oh Jesus, I have read the writings of saints who described the mercenaries who scourged You. They first whipped Your entire back and legs until there was no skin that was not bleeding. Then they turned You around and did the same to Your front side, until You were in a pool of Your own Precious Blood. Symbolically, in the distance, one could hear the sound of the lambs being washed in the pools, in preparation for the sacrifice of Passover. Oh, Lamb of God, You take away the sins of the world. Have mercy on me. I love You, oh Christ, and I praise You, for by Your passion and death You have redeemed the world.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Oh Jesus, after Your scourging, You were presented to the people on Pilate’s balcony. Pilate brought You forward and shouted to the crowd, “Behold The Man!” “Ecce Homo!” As You were displayed before the crowd, even they must have been shocked. Your body was a bloody sacrifice, from the

crown of thorns on Your sacred head down to Your holy feet. Pilate was angry at the severity of what they did, and he did not want anything to do with it. So he shouted out, “Behold your King!”Oh yes, Jesus. You are my King and my God. I have great remorse knowing my sins partook in this cruelty. It is easy to stand back and wag my head at the ones who actually did the physical torment to You. However, the fact is that it was the weight of all the sins of the world; past, present and future, that did this to You. Oh how I pray for a good conscience, sorrow for my sins, and a firm resolve to avoid future sin.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

(St. John Bosco) – “When many different temptations and difficulties overwhelm our soul, when it feels abandoned and left in spiritual darkness, without any consolation; yet in spite of this we quietly and joyfully accept and carry that cross for a long time – this is true perfection. The soul does not realize to what heights it is rising and to what great glory God is preparing for him in Heaven.” I pray that I may carry well the crosses given to me, and that I may be able to overcome the sinful crosses in my life that weigh me down. As I carry these crosses, may I be focused on the end of the path, my eternal home.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

(St. Rose of Lima) – “We cannot win grace if we do not suffer affliction; toil upon toil must be ours if we are to attain an intimate share in the divine nature.” Oh Jesus, I pray for the strength of mind to offer up small sacrifices. You tell us that when we suffer well, then we will gain You and we will be found in You! Oh how I want to be found in You. I pray to never complain when suffering comes my way, but rather, may I bear my suffering well.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 27 - Saturday

First Joyful Mystery

The Annunciation

(Blessed Anne Catherine Emmerich) – “What I saw in her I can only describe by saying that I recognized in her the cradle and tabernacle of the holy child she was to conceive and preserve; a mother blessed indeed.” Oh Blessed Mother, through your intercession, I pray for the holiness of all mothers.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

(St. John Vianney) – “Every time we are seen in public, every time we go to the city or elsewhere, we preach a sermon.” Oh Jesus, I desire to walk a holy life. There are many times, though, that I regret some actions I may have done in public. Sometimes it is at the workplace. Sometimes it is while I am driving. Other times it is in places such as the grocery store or city offices. I want to walk a path of virtue, but sometimes find myself impatient and pushy while in my car. I long to be an imitation of You, but sometimes I find myself short and uncharitable while shopping at the grocery store. I want to be a good example at work, but often times I get caught up with all the negativity. Oh Jesus, I wish to walk a holy life, but have quite a bit of improvement to do! As tomorrow comes, I pray that I may do a better job in displaying virtue in all of my interactions, whether it be with friend or foe, family or stranger.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Joyful Mystery

The Birth of Christ

(St. John Chrysostom) – “If we approach with faith, we too will see Jesus... for the Eucharistic table takes the place of the crib. Here the Body of the Lord is present, wrapped not in swaddling clothes

but in the rays of the Holy Spirit.” Jesus, You were born in a manger, an eating trough for animals. You are the “Bread of Life” born in Bethlehem; and Bethlehem means “House of Bread”; all of this points to You in the Eucharist. I pray for a renewal of birth in my love for You, Baby Jesus, in the Eucharist.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

(Saint Padre Pio) – “The ardent desire to be in eternal peace is good and holy. But it is necessary to moderate it by a complete resignation to the Divine Will. It is better to do the Divine Will on earth than to enjoy heaven.” Out of love for God’s law, Mary and Joseph were obedient as they presented Baby Jesus in the Temple. When I look at this virtue of obedience, I look back on my own obedience and see that many times it was done out of necessity instead of being done out of love. Oh Father God, You tell us that we will never gain peace of mind unless we subject ourselves wholeheartedly to You. You tell us that we will find no rest except in humble obedience. I pray to grow in this virtue of obedience, out of love for You. Obedience to Your laws and commands. Obedience to Your morals. And obedience to resign myself to Your Will in my life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

(Words of Jesus to Venerable Mary of Agreda) – “Know that your body and soul will often be in the midst of fire. Although you will not feel my presence on some occasions, I will always be with you.” Oh Jesus, as I contemplate the three days that Mary and Joseph searched for You, worried they had lost You; I think about the times that I may not have felt Your presence, or felt like I lost Your grace through my own sinful actions, or through self-pity. However, You are always there. I pray to always have total trust that You are with me in my suffering, especially during times of spiritual dryness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 28 - Sunday

First Glorious Mystery

The Resurrection

(St. John Vianney) – “Our home is Heaven. On earth we are like travelers staying at a hotel. When one is away, one is always thinking of going home.” Oh Heavenly Father, help me to always remember that this is just a temporary life, and that my true home is in heaven, where I will praise You forever. I pray for final perseverance at the hour of my death. I pray for a happy death, that I may be accompanied by Mary, Joseph and the angels of the heavenly choir as I pass from this life into eternal life. And for all those loved ones that have died, I pray for their eternal rest, that your perpetual light may shine upon them.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

(Saint Philip Neri) – “To be a disciple means to follow the Master. He ascended the hill of the cross and transformed it into the seat of glory. Risen, he invites us to leave behind all worthless desires and seek him in holiness.” Oh Jesus, I know I have worthless desires that prevent me from truly ascending to You. Sometimes I get so wrapped up in them that I can become blinded. I pray that I may have the insight to see those worthless desires in my life that keep me from ascending to You. I pray that I may rid myself of those worthless desires and seek You in holiness.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

(St. Augustine) – “God is more anxious to bestow His blessings on us than we are to receive them.” Oh Holy Spirit, I want to know You more intimately! I know of the blessings You pour forth. I know about the gifts of Your Spirit. But sometimes, that is about all. I just know about You, but don't really

know You intimately. There are things in my life that have hardened me. My hardness of heart does not soak up Your gifts, but just like water running over the hard rocks, Your gifts flow right over me. I pray for Your help in changing the hardness that has been created in my life. As You pour your gifts and graces upon me, I pray to be like a sponge in receiving Your gifts.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

(St. Maximilian Kolbe) – “Let us remember that Mary Immaculate will repay generously for even the smallest mark of honor paid to her. If those among whom we are spreading her Kingdom do something for her, she will never forget it.” Oh Mary, I want others to love you the way I love you. I am hurt when you are dishonored. I pray that I may spread devotion to you, and for the grace to love God as much as you love Him.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Mk 4:18-19 – “Those sown among thorns are another sort. They are the people who hear the word, but the worldly anxiety, the lure of riches, and the craving for other things intrude and choke the word, and it bears no fruit.” Mary, as our Queen Mother, you want to lead us to the King of kings. You call me to align myself with Jesus’ teachings that have been handed down through the Church. I know this means putting aside worldly desires of money, power, popularity and any other obstacle that prevents me from bearing fruit. Oh Mary, you continue to tell us that we cannot have real peace as long as there is conflict in our hearts between our love for Jesus and our love for earthly desires. Through your intercession, I pray that I may yield wholeheartedly to the King of kings.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 29 - Monday

First Joyful Mystery

The Annunciation

(Message from Our Lord to St. Maria Faustina) – “You will accomplish great things if you abandon yourself entirely to my will.” Heavenly Father, you have never forced Your Will on mankind. You never do anything without our permission. With this in mind, thinking about the annunciation of Mary, all the angels in Heaven and all the souls in Limbo must have anxiously awaited Mary’s reply. Without her permission, mankind could not have been redeemed. And then, what an incredible celebration must have occurred when she gave the words, “Let it be done to me according to your word.” These words that Mary spoke should give me a new perspective on totally abandoning myself to Your Will. I want to know Your Will for my life, in both big and small things, and I pray to respond with the same words as Mary, giving my total trust to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Joyful Mystery

The Visitation

1 Cor 2:12 – “We have not received the spirit of the world but the Spirit that is from God, so that we may understand the things freely given us by God.” Elizabeth was married to Zechariah, who was a high priest in the Temple. They both became elderly and had not born any children. Then, one day, when Zechariah was in the Temple, an angel appeared to him, telling him that he and Elizabeth would bear a son. The angel told him that this child would be filled with the Holy Spirit. Because Zechariah did not believe the Angel, he was struck dumb and could not talk. When I think about the times that I have doubted God, I realize that I too was struck dumb. However, when I enter into prayer often, stay in God’s grace, and trust His pronouncements to me, then I become filled with wisdom and understanding that surpasses the wisdom of this world. Help me Lord to never doubt You, and that I may hear You speaking to me. I want to be filled with Your wisdom, knowledge, and understanding.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Joyful Mystery

The Birth of Christ

(Saint Clare of Assisi) – “Cling to His Most sweet Mother who carried a Son whom the heavens could not contain; and yet she carried Him in the little enclosure of her holy womb and held Him in her virginal lap.” Oh Jesus, I want to carry You in my life. I want to be so close to You. I want to carry You wherever I go, whatever I do, and with whomever I interact. I don’t want my relationship with You to be only a knowledge relationship. I want it to be a personal relationship, as close as it can possibly be. I pray that You may be born in my life, in my heart, more and more, each passing day.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Joyful Mystery

The Presentation

(Saint John of the Cross) – “God is more pleased to behold the lowest degree of obedience, for His sake, than all other good works which you can possibly offer to Him.” Oh Jesus, as I think about Mary and Joseph presenting You in the Temple, I see this simple act as an act of obedience. This is a virtue that I can often overlook in my life, especially in a world that has influenced me to act according to how I feel. I pray, oh Lord, to embrace my vocation and faithfully fulfill my duties and obligations with humble obedience. I pray for the grace to see the opportunities You are giving me to grow in this virtue.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Joyful Mystery

Finding Jesus in the Temple

Luke 2:52 – “Jesus advanced (in) wisdom and age and favor before God and man.” When I ponder this verse, I think about the development of children. As they develop physically, they should also be growing in virtue. Heavenly Father, I pray for the young people of the world, that they may come to know, love and serve You. I pray that the youth may grow in the virtue of respect and obedience to

their elders. I pray that they may be good examples to their friends, treating all people with kindness. These are the duties of the young. The duties of the parents are to teach their children these virtues. I pray for guidance in raising our children, knowing that by our example, they learn so much from us. I pray, dear Lord, for the welfare of our children, that they may walk a path of holiness, to You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 30 - Tuesday

First Sorrowful Mystery

Agony in the Garden

Mk 14:35 – “He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him.” Oh Jesus, throughout the night in Gethsemane, You suffered such mental torments! Was it because You could see the future suffering that was about to happen? Was it because You could see all the souls that would reject Your sacrifice and refuse to allow Your grace to reach them? What caused You great agony that night? Was it the thought of so many people who would receive Your Eucharistic Body and Blood into their souls filled with mortal sin? Was it the thought of those who would twist Your commandments to fit their own wants? Oh how You cried in agony that night! Was it because of the very thought that Your redemptive suffering was going to be to no avail for so many souls? Am I one of those souls that have caused you great agony in the Garden? Forgive me, oh Lord. Have mercy on me, oh Lord.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

In 19:1 – “Pilate then took Jesus and had him scourged.” Jesus, you were stripped of Your garments and scourged, leaving Your entire body bleeding and ripped apart. Why did You have to endure such suffering? Was it in reparation for the sins of impurity? Oh how these sins are very offensive to God, and thus, the price had to be severe! Wiping the blood from Your eyes, as You looked up and saw Your mother, what additional pain to see her in such agony as she watched Your suffering! Every crack of the whip sent pain into her heart. Oh how I do not want to be the cause of such pain! But when I do not embrace purity in my thoughts and actions, I am the cause of Your pain in this mystery. I pray to be pure and pleasing in Your eyes. I pray that all of mankind may have purity engraved in their hearts, in their thoughts, in their sights, in their words, and in their actions.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Jn 19:2 – “The soldiers wove a crown out of thorns and placed it on his head, as they struck him repeatedly.” Oh Mary, when you saw Jesus with the crown of thorns pounded into His head, your legs must have given out as you fell to the ground in grief. The holy women helped you back to your feet and you stood shaking, watching Jesus. John was now with you as the both of you just gazed at the sight of our Messiah. This suffering of the crown of thorns was to pay the price for the sins of the mind. Sins of judgmental thoughts. Sins of impure thoughts. Sins of the mind that go uncontrolled. Oh Jesus, how I pray for pure and holy thoughts. I want Your thoughts to be my thoughts. I want to stop judging others. Forgive me of my hardened heart and my judgmental mind.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Mt 10:38 – “Whoever does not take up his cross and follow after me is not worthy of me.” Jesus, You have told us that if we are to follow You, we also need to carry the crosses in our lives. As the crowd watched You, they could not understand why You embraced the Cross so lovingly. Again, in all things, I am to learn from You. You carried the Cross for me. May I carry my crosses for You. And when I carry my crosses, may I not drag them, but carry them squarely on my shoulders. May I never bear my cross with resignation, but may it always be out of love. And just like You, the consolation I will find in my journey, if I carry the cross the way You did, is that I will find Mary along the way. I adore You, oh Christ, and I praise You, because by Your holy Cross, You have redeemed the world.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

(St. Seraphim of Sarov) – “Avoid being harsh in your treatment of each other. All condemnation is from the devil. Never condemn and judge each other. We condemn others only because we want to

avoid knowing ourselves.” When I gaze at my own failings, I see such a swamp that nothing in another can equal. This is probably why I turn away and focus more on the faults of others. I really need to change. Instead of condemning others, I need to strive for inner peace. Oh Jesus, help me to keep silent and refrain from judging others. I pray that I may put to death my sins of judging others through unjust thoughts, slander, insult, and gossip.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 31 - Wednesday

First Glorious Mystery

The Resurrection

Jn 16:33 – “In the world you will have trouble, but take courage, I have conquered the world.” Oh Jesus, Your resurrection makes clear that You conquered sin and death. You call me to have a new life in You. You give hope to everyone who tries to live honestly and faithfully, despite the hardship it causes in a world that values immediate gratification. I can often fall into that life of immediate gratification. I need to be strong in remembering that there is nothing that can be gained on earth that remotely matches to what can be gained in Heaven. I pray for the strength to live for Your Kingdom here on earth, despite all the temptations that bombard me. I also pray for those who only know this world and for those trapped in living only for this world. May they come to know You. May they hear and answer Your quiet knocking on the door of their lives, amidst the loud pounding sounds of the world. And may I do the same.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Glorious Mystery

The Ascension

Acts 1:9 – “As they [the disciples] were looking on, he was lifted up, and a cloud took him from their sight.” Lord Jesus, you have returned to the Father in order to prepare a place for all those whom the Father has given You. Oh how I give great thanksgiving that I have come to have faith in You! I pray for all those who do not have faith in You, that You may awaken in them a longing for You and a hope for a heavenly future. And for all of us who already know You, and are trying to ascend the road to our eternal home in Heaven, I pray that we may take to heart the words of St. Teresa who said, “Anyone who truly loves God travels securely.”

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Glorious Mystery

The Descent of the Holy Spirit

Isaiah 11:2-3 – "And the spirit of the Lord shall rest upon him." Oh Holy Spirit, how You transform our lives! I look at St. Peter and how he cowardly denied Jesus. Then, after Your descending upon him, he was changed. He became bold in his proclamations. He preached to thousands that were so inspired by his witness that they asked to be baptized. He is a true example of the changes that You make in human souls. When I received the Sacrament of Confirmation, I received your gifts of Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. I pray for a complete examination in my life of how I am using Your gifts that You have given me, and how I can better use them. Transform me, oh God.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Glorious Mystery

The Assumption of Mary

(St. Maximilian Kolbe) – "What is essential is not to accomplish a great deal according to our own lights, but to be in the hands of the Immaculate Virgin." Almighty God, You preserved Mary from all sin and have taken her up, body and soul, into the glory of Heaven. I pray that all mankind may come to know and fix their eyes on her. I pray that we may all put our lives in her hands, knowing that in all things, she takes us to You. Oh Mary, you are our Queen, and the Queen of Heaven. I pray for total unity among all Christians, that we may raise our love and prayers, in one accord, to Jesus. Through Your love and intercession, I pray that You may be made known and loved by all.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Glorious Mystery

Coronation of the Blessed Virgin Mary

Ps 91:10-11 – "No evil shall befall you, no affliction come near your tent. For God commands the angels to guard you in all your ways." Mary, you have many heavenly titles. One of these titles is that you are the Queen of Angels. I need to remember the angels in my prayers, particularly my guardian angel. While I may not be aware of it, the angels fight against forces of evil every day, for the welfare of my soul. Mary, you understand the eternal importance of being in God's grace and you desire me to

be in communion with Him. It is easy to forget this eternal importance and to lose the gift of grace by entering into the momentary and trivial pleasures of this world. I pray that my guardian angel may be given extra grace and power to help protect me in this temporal journey of life.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 32 - Thursday

First Luminous Mystery

Baptism of Jesus in the River Jordan

Rom 14:17 – “For the kingdom of God is righteousness, peace, and joy in the holy Spirit.” Jesus, when You entered the River Jordan, John the Baptist saw the dove descend upon You. He knew that You were the Savior of the world. As You approached John, he was quick to say that he is not worthy. However, You told him that You needed to be baptized so as to “fulfill all righteousness.” These three words, “Fulfilling all righteousness,” are words that I need to contemplate on in my own life. Righteousness means “doing the right thing.” So a righteous life in You means following Your commands, Your teachings, and Your guidance. To fulfill righteousness in my own life means that I need to know what You have taught and commanded. I need to put Your Word as a high priority in my life. I pray for Your wisdom and knowledge, so that I may know what it means to be righteous for You.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Luminous Mystery

The Wedding Feast at Cana

Mt 9:29 – “Let it be done for you according to your faith.” Oh Blessed Mother, at times in my life, when my faith feels weak, I need to always remember to turn to you. Because of the miracle at the marriage feast in Cana, which Jesus performed at your request, “his disciples came to believe in him.” (John 2:11) You are always interceding for me, so that Jesus may attend to my needs and show Himself to me, so that I may cry out, “You are the Son of God.” Grant me, dear Jesus, the faith I truly desire. Oh Blessed Mother, Mary most holy, help me to really believe.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Luminous Mystery

Proclamation of the Kingdom of Heaven

Mt 22:14 – "Many are invited, but few are chosen." Jesus, You have often said that the Kingdom of God dwells within each of us. Sometimes I have a hard time seeing that. I want to see it. I want to turn to You with my whole heart and have You as the most important part of my life. I have done this before, and I know when I am able to do this, without having the things of the world distract me, then I can start to understand what You meant. I can start to see that You dwell within me. If I put You first, in everything I do, I will see Your Kingdom blossom within me. But if I do not prepare a worthy place for You in my heart, because of my regular habits of sin, how can Your Kingdom be seen in me? Oh I pray that I may prepare a worthy place for You in my heart. I pray that I may have You as the first part of my life, in everything I do.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Luminous Mystery

The Transfiguration

Sir 18:18 – "Be informed before speaking." Oh Jesus, when You ascended Mount Tabor, during your transfiguration, I see that Peter is "scolded", so to speak, as he again speaks before he thinks. Oh how I can relate to St. Peter. So many times have I spoken without thinking. I need to train myself to consider how my words will effect others and how they can be used to help or harm a situation. Sometimes, being silent is the best solution. I pray for the grace to know when to speak and when to be silent. And when words do come out of my mouth, may they be Your words speaking through me, for your honor and glory.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Luminous Mystery

Institution of Eucharist

(St. Peter Julian Eymard) – "To abide in His love is to make the Eucharist the center of our desires." During the Bread of Life Discourse, pronounced in John, chapter six, I see that the Jews quarreled amongst themselves over what You said about being the Bread of Life. Many could not accept Your words in which You said that we must eat Your flesh and drink Your blood to have eternal life. This is exactly the rejection that Satan wants. Interestingly, Satan is referenced as 666, and in John 6:66, it

shows how the people could not accept the Eucharist and returned to their former way of living. Today, there are so many quarrels amongst Christian religions and so many blasphemies against You in the Holy Eucharist. It is hard to imagine complete Christian unity if this conflict of the Eucharist will always be present. So, as a form of praying for Christian unity, I pray that all souls may come to know and accept Your true presence in the Eucharist.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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DAY 33 - Friday

First Sorrowful Mystery

Agony in the Garden

(St. Francis of Assisi) – “Glorious God, grant me firm hope, with wisdom and perception, that I may do what is truly Your holy will.” Oh Jesus, when You experienced agony in the Garden, knowing what was to come, You still said, “Father, not my will but Thine be done.” Your whole life was all about doing the Father’s Will. There are times in my life that I have a very strong will and a strong direction to do this thing or that thing. I need to always remember to turn to You. Whatever I do in life, I want it to be Your Will for me. When I think about those things that take priority in my time and thoughts, I see that I have not always turned to You. I pray that all my hopes and dreams will lead me to do Your Will. If they are not part of Your Will for me, please remove these passions and motives from my heart. I want my whole life to be about doing Your Will.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Second Sorrowful Mystery

Scourging at the Pillar

1 Peter 5:3 – “Do not lord it over those assigned to you.” Mysterious God, You permitted Pilate to deliver up Your innocent Son to be scourged. As I contemplate this mystery, I think about the sin of oppression and dictatorship. I pray that the tyrants of our times may come to their senses, and may their victims be healed by Your wounds. I pray that I may never be an oppressor or dictator to others, and for the grace to stand up for those whom I see being persecuted. And if this cruelty is ever inflicted on me, may I act as You did, in holy submission, for the reparation of my sins, and for Your honor and glory.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Third Sorrowful Mystery

Crowning of Thorns

Sir 25:8 – “Happy is he who sins not with his tongue.” As the soldiers pressed a crown of thorns into Your head, they spat upon You and made fun of You through their words. I know I have hurt others with my words. I am thankful that You give me a conscience that makes me have disgust when I do such actions. I am sorry for the sinful actions I have done with my tongue. I pray that I may never again put another person down through my words or through gossip. May I stand up for those who are being spat upon through bullying, arrogance, or through abuse of power.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fourth Sorrowful Mystery

Carrying of the Cross

Rom 15:1 – “We who are strong ought to put up with the failings of the weak and not to please ourselves [over them].” Oh Jesus, as You carried Your Cross to Golgotha, You were comforted by the weeping women, Simon of Cyrene, and by brave Veronica. I think about those who have comforted me in my own trials. I thank You for these compassionate souls. I know I need to be more compassionate with others. When I am a comforter to those in need, even if it means being brave like Veronica, then just like Veronica, may I receive the imprint of your face on my soul.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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Fifth Sorrowful Mystery

The Crucifixion and Death

Ps 37:8 – “Give up your anger, abandon your wrath; do not be provoked; it brings only harm.” Merciful Father, Your Divine Son has conquered hate through His death on the Cross. Oh how I need to rid myself of any hate that I may be harboring in my heart as a result of past experiences. Please heal me of these past pains that have caused hate to grow within me. Forgive me for the times I have passed this hate on to others through my actions. Help me to be a healer, an intercessor, and a consoler to those who experience pain as a result of hate. May Your Love reign in every heart and soul.

Our Father...

Hail Mary... (10x times)

Glory Be... Oh My Jesus

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How to Say the Specific Prayers of the Rosary

SIGN OF THE CROSS:

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

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

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. Amen.

HAIL MARY:

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

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.

OH MY JESUS:

O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy.

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