

The Holy Rosary

A contemplative prayer focusing on key moments—the Mysteries—in the lives of Jesus and the Virgin Mary.

The Joyful Mysteries

Mondays and Saturdays

The Sorrowful Mysteries

Tuesdays and Fridays

The Glorious Mysteries

Wednesdays and Sundays

The Luminous Mysteries

Thursdays

Each mystery is paired with a Fruit, which is a specific virtue or spiritual grace that a person hopes to cultivate by meditating on that event.

The Joyful Mysteries

Incarnation and the early life of Jesus

First Joyful Mystery: The Annunciation

Fruit of this Mystery: Humility

God's invitation and human cooperation as the Angel Gabriel asks Mary to be the Mother of God. Its fruit is the recognition of one's total dependence on God and accepting His will without pride.

Second Joyful Mystery: The Visitation

Fruit of this Mystery: Love of neighbor

Joy of sharing Christ and serving others during Mary's visit to her cousin Elizabeth. Its fruit is active charity and the desire to comfort those around us.

Third Joyful Mystery: The Nativity

Fruit of this Mystery: Poverty of spirit

God becoming man in poverty through the birth of Jesus. Its fruit is detachment from material things to make room for God.

Fourth Joyful Mystery: The Presentation

Fruit of this Mystery: Obedience

Obedience to religious tradition and law as Mary and Joseph present Jesus in the Temple. Its fruit is submission of one's will to God's laws.

Fifth Joyful Mystery: Finding Jesus in the Temple

Fruit of this Mystery: Joy of finding Jesus

Search for God after the twelve-year-old Jesus is found teaching. Its fruit is the joy of finding Jesus and the desire to stay in His presence.

The Sorrowful Mysteries

Passion and death of Jesus

First Sorrowful Mystery: The Agony in the Garden

Fruit of this Mystery: Sorrow for sin

Internal struggle with suffering as Jesus prays in Gethsemane. Its fruit is heartfelt regret for wrongs and the desire to avoid them.

Second Sorrowful Mystery: The Scourging at the Pillar

Fruit of this Mystery: Purity

Physical suffering and atonement for sins of the flesh. Its fruit is mastering one's senses and maintaining integrity.

Third Sorrowful Mystery: The Crowning with Thorns

Fruit of this Mystery: Moral courage

Mental suffering and humiliation. Its fruit is strength to stand up for the truth even when facing ridicule.

Fourth Sorrowful Mystery: The Carrying of the Cross

Fruit of this Mystery: Patience

Burdens we all carry in life as Jesus moves toward Calvary. Its fruit is endurance of difficulties with trust in God.

Fifth Sorrowful Mystery: The Crucifixion

Fruit of this Mystery: Perseverance

Ultimate sacrifice and unconditional love through Jesus' death. Its fruit is staying faithful to God until the very end.

The Glorious Mysteries

Victory over death, hope of Heaven

First Glorious Mystery: The Resurrection

Fruit of this Mystery: Faith

Victory of life over death as Jesus rises. Its fruit is believing in God's promises and the reality of the unseen world.

Second Glorious Mystery: The Ascension

Fruit of this Mystery: Hope

Promise that Jesus is preparing a place for us as He returns to Heaven. Its fruit is a confident expectation of eternal life and God's help.

Third Glorious Mystery: The Descent of the Holy Spirit

Fruit of this Mystery: Love of God

Birth of the Church at Pentecost. Its fruit is charity and the wisdom to share God's love with the world.

Fourth Glorious Mystery: The Assumption

Fruit of this Mystery: Union with Jesus

Dignity of the body and our future glory as Mary is taken into Heaven. Its fruit is the grace of remaining close to Christ throughout life and at death.

Fifth Glorious Mystery: Coronation of Mary

Fruit of this Mystery: Trust in Mary's intercession

Mary's role as mother and protector as she is crowned Queen of Heaven. Its fruit is Trust in Mary's Intercession, the confidence that she prays for and looks after us as our spiritual mother.

The Luminous Mysteries

Jesus' public ministry

First Luminous Mystery: The Baptism of Jesus

Fruit of this Mystery: Openness to the Holy Spirit

Start of His mission and our own identity. Its fruit is listening for God's guidance and being ready to act on it.

Second Luminous Mystery: The Wedding at Cana

Fruit of this Mystery: To Jesus through Mary

Power of Mary's intercession during Jesus' first miracle. Its fruit is trust in Mary to guide us closer to her Son.

Third Luminous Mystery: The Proclamation of the Kingdom

Fruit of this Mystery: Repentance and Conversion

Mission of the Church as Jesus preaches the Gospel. Its fruit is the ongoing process of turning away from sin toward a holy life.

Fourth Luminous Mystery: The Transfiguration

Fruit of this Mystery: Desire for Holiness

Foretaste of Heaven and Christ's divinity as He is revealed in glory. Its fruit is a longing to be transformed by God's grace.

Fifth Luminous Mystery: The Institution of the Eucharist

Fruit of this Mystery: Adoration

Jesus' permanent presence through the gift of His Body and Blood. Its fruit is deep reverence and love for Jesus present in the Bread and Wine.