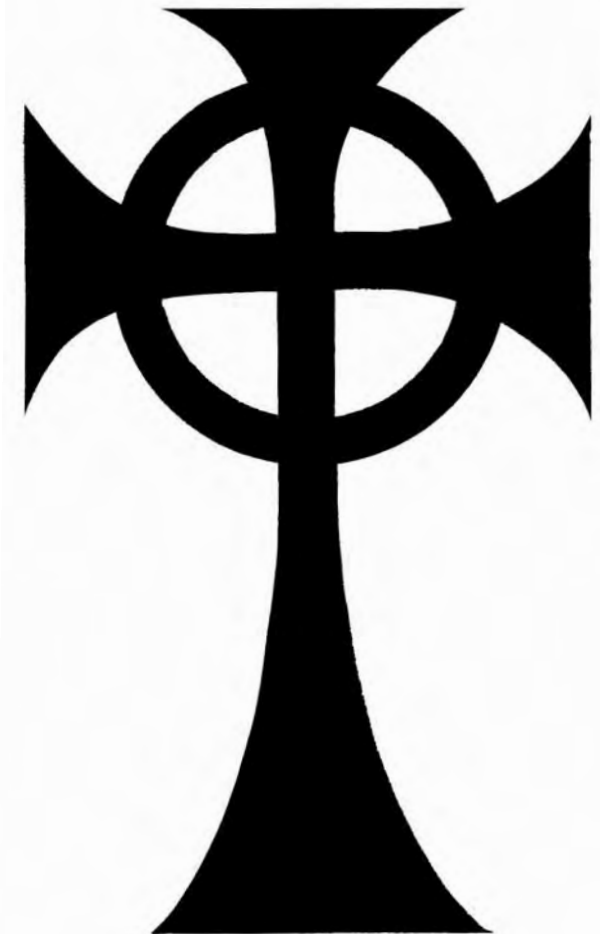


THE ROSARY *of the* HOURS



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Nihil Obstat
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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.

FÁTIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who have most need of your mercy. Amen.

HAIL, HOLY QUEEN

Hail, holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning, and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

CONCLUDING ROSARY PRAYER

Let us pray: O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

TRADITIONAL ROSARY PRAYERS

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 to the dead; the third day he arose again from the dead. He ascended into heaven and sits at the right hand of God, the Father almighty; from thence he shall 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 among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

To my wife and family,
who have taught me about life and love,
and to Venerable Solanus Casey and

Venerable Matt Talbot,

whose prayers intercede for us all, every hour, one day at a time.





Rejoice always, pray constantly, give thanks
in all circumstances; for this is the will of
God in Christ Jesus for you.

1 THESSALONIANS 5:16-18

body the dying of Jesus, so that the life also of Jesus may be made manifest in our bodily frame" (2 Cor 4:8-10). — POPE BLESSED JOHN XXIII, *GRATA RECORDATIO* (ENCYCLICAL ON THE ROSARY, 1959), NO. 19

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

REVELATION 12:1



THE FIFTH GLORIOUS HOUR

The Crowning of Our Lady as Queen of Heaven

PSALM PRAYER

The princess is decked in her chamber with gold-woven robes; in many-colored robes she is led to the king, with her virgin companions, her escort, in her train. With joy and gladness they are led along as they enter the palace of the king. — PSALM 45:13-15

- ✦ **Announce the Decade:** The Fifth Glorious Mystery:
The Crowning of Our Lady as Queen of Heaven
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

Our thoughts turn to all the lands of this earth. We see all mankind striving for a better future; we see the awakening of a mysterious force, and this permits us to hope that men will be drawn by a right conscience and a sense of duty to advance the real interests of human society. That this goal may be realized in the fullest sense — that is, with the triumph of the kingdom of truth, justice, peace, and charity — we exhort all our children in Christ to be “of one heart and one soul” (Acts 4:32) and to pour out ardent prayers . . . to our Queen in heaven and our loving Mother, reflecting upon the words of the apostle: “In all things we suffer tribulation, but we are not distressed; we are sore pressed, but we are not destitute; we endure persecution, but we are not forsaken; we are cast down, but we do not perish; always bearing about in our

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this way. — POPE PIUS XII, *MUNIFICENTISSIMUS DEUS* (APOSTOLIC CONSTITUTION DEFINING THE DOGMA OF THE ASSUMPTION, 1950), NO. 38

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

SONG OF SOLOMON 2:10-13



THE FOURTH GLORIOUS HOUR

The Assumption of Mary

PSALM PRAYER

To thee I lift up my eyes, O thou who art enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the LORD our God, till he have mercy on us. — PSALM 123:1-2

- ✓ **Announce the Decade:** The Fourth Glorious Mystery:
The Assumption of Mary
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

All these proofs and considerations of the holy Fathers and the theologians are based upon the Sacred Writings as their ultimate foundation. These set the loving Mother of God as it were before our very eyes as most intimately joined to her divine Son and as always sharing his lot. Consequently it seems impossible to think of her, the one who conceived Christ, brought him forth, nursed him with her milk, held him in her arms, and clasped him to her breast, as being apart from him in body, even though not in soul, after this earthly life. Since our Redeemer is the Son of Mary, he could not do otherwise, as the perfect observer of God's law, than to honor, not only his eternal Father, but also his most beloved Mother. And, since it was within his power to grant her this great honor, to preserve her from the corruption of the tomb, we must believe that he really acted in

INTRODUCTION

In his First Letter to the Thessalonians (5:17), St. Paul exhorts the young Church — and us — to *pray always!* Of course, he wasn't suggesting that we stay awake 24/7. But throughout the centuries, groups of Christians have come together to praise, petition, and worship God "around the clock."

Members of monastic and other religious orders — along with secular priests and laypeople — pray the Liturgy of the Hours (Divine Office). Another venerable practice is Perpetual Eucharistic Adoration, when the faithful gather at their appointed hours to adore Our Lord in the Blessed Sacrament, and during these times the Rosary is often prayed, silently or aloud, usually a set of mysteries or sometimes the whole Rosary.

In his 2002 apostolic letter *Rosarium Virginis Mariae*, Pope John Paul II gave the Church a precious gift: the Luminous Mysteries. These mysteries, which focus our attention on the Lord Jesus' public ministry, have made this Rosary of the Hours possible, whereby a decade, with its own special theme, may be prayed for each of the twenty-four hours of the day. Each hour can "stand on its own," or it can be prayed in union with any or all of the other hours, depending on the need or desire of the user. The Rosary of the Hours does not replace any Rosary traditions, but simply provides another method of praying this beautiful, versatile prayer.

Each hour begins with a brief Psalm Prayer, taken from that book of the Bible which is the heart of the Divine Office. Following the praying of the decade is a meditation by one of the Supreme Pontiffs of the Church, focusing on the theme of the hour. There is a short Closing Prayer, along with suggestions for further Scripture reading and meditation. The traditional "opening" prayers of the Rosary (Sign of the Cross, Apostles' Creed, Our Father, Three Hail Marys, and Glory Be) are included with each "Prelude," but these, as well as the traditional "clos-

ing” prayers (Fátima Prayer; Hail, Holy Queen; and Concluding Rosary Prayer), may be used wherever desired.

This simple system of prayer can be committed to memory easily: the sets of mysteries change at the “top” and “bottom” of the clock, with the Prelude to (the overview of) the Joyful Hours beginning at Midnight (followed by the hours of the five mysteries), the Prelude to the Luminous Hours at 6:00 a.m., the Prelude to the Sorrowful Hours at noon, and the Prelude to the Glorious Hours at 6:00 p.m.

This Rosary of the Hours can be prayed anytime, anywhere, by anyone: at 2:00 a.m., by a parishioner taking her turn in the Eucharistic Adoration chapel; at 8:00 a.m., at the hospital, by an expectant father and mother awaiting the birth of their child; at 1:00 p.m., as a patient awaits surgery; at 8:00 p.m., as a soldier prepares for night patrol along darkened streets and alleys; at 11:00 p.m., by an alcoholic asking God for the grace not to take a drink, just one more hour, one more day. Whatever the hour, day or night, our Blessed Mother is beside us, joining her prayers to ours, in loving intercession with her Son and Lord, Jesus Christ.

By the grace of God, may these prayers and meditations provide you with light for the dark hours and strength for the day.

A BROTHER OF PENANCE
OF THE SECULAR FRANCISCAN ORDER

of the Church. — POPE PIUS XII, *MYSTICI CORPORIS CHRISTI* (ENCYCLICAL ON THE MYSTICAL BODY OF CHRIST, 1943), NO. 33

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

ACTS 2:1-4



9:00 P.M.

THE THIRD GLORIOUS HOUR

The Descent of the Holy Spirit

PSALM PRAYER

Day to day pours forth speech, and night to night declares knowledge. . . . [T]heir voice goes out through all the earth, and their words to the end of the world. — PSALM 19:2, 4

- ✓ **Announce the Decade:** The Third Glorious Mystery:
The Descent of the Holy Spirit
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

The Church, which he founded by his Blood, he strengthened on the Day of Pentecost by a special power, given from heaven. For, having solemnly installed in his exalted office him whom he had already nominated as his Vicar, he had ascended into heaven; and sitting now at the right hand of the Father he wished to make known and proclaim his Spouse through the visible coming of the Holy Spirit with the sound of a mighty wind and tongues of fire (cf. Acts 2:1-4). For just as he himself when he began to preach was made known by his Eternal Father through the Holy Spirit descending and remaining on him in the form of a dove (cf. Lk 3:22; Mk 1:10), so likewise, as the apostles were about to enter upon their ministry of preaching, Christ our Lord sent the Holy Spirit down from heaven, to touch them with tongues of fire and to point out, as by the finger of God, the supernatural mission and office

The ROSARY *of the* HOURS





12:00 A.M.

PRELUDE TO THE JOYFUL HOURS

PSALM PRAYER

Praise the LORD, all nations! Extol him, all peoples! For great is his steadfast love toward us; and the faithfulness of the LORD endures for ever. Praise the LORD! — PSALM 117

- ✓ Sign of the Cross
- ✓ Apostles' Creed
- ✓ Our Father
- ✓ Three Hail Marys
- ✓ Glory Be
- ✓ **Announce the Decade:** The Joyful Mysteries
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

In the salvific design of the Most Holy Trinity, the mystery of the Incarnation constitutes the superabundant fulfillment of the promise made by God to man after original sin, after that first sin whose effects oppress the

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MARK 16:19; LUKE 24:51; ACTS 1:6-11



8:00 P.M.

THE SECOND GLORIOUS HOUR

The Ascension

PSALM PRAYER

Arise, O LORD, and go to thy resting place, thou and the ark of thy might. Let thy priests be clothed with righteousness, and let thy saints shout for joy. — PSALM 132:8-9

- ✦ **Announce the Decade:** The Second Glorious Mystery:
The Ascension
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

The book of the Acts of the Apostles recounts that Jesus, after his resurrection, appeared to the disciples for forty days and then “was lifted up, and a cloud took him out of their sight” (Acts 1:9). . . . The meaning of this final gesture of Jesus is twofold. In the first place, ascending on high, he clearly reveals his divinity: he returns to where he came from, that is, to God, after having fulfilled his mission on earth. Moreover, Christ ascends into heaven with the humanity he has assumed and which he has resurrected from the dead: that humanity is ours, transfigured, divinized, made eternal. Therefore, the Ascension reveals the “most high calling” (*Gaudium et Spes*, no. 22) of every human person, called to eternal life in the Kingdom of God, kingdom of love, light and peace. — POPE BENEDICT XVI (MESSAGE AFTER THE *REGINA CAELI*, SIXTH SUNDAY OF EASTER, 2006)

whole earthly history of man (cf. Gen 3:15). . . . Mary, Mother of the Incarnate Word, is placed at the very center of that enmity, that struggle which accompanies the history of humanity on earth and the history of salvation itself. In this central place, she who belongs to the “weak and poor of the Lord” bears in herself, like no other member of the human race, that “glory of grace” which the Father “has bestowed on us in his beloved Son,” and this grace determines the extraordinary greatness and beauty of her whole being. Mary thus remains before God, and also before the whole of humanity, as the unchangeable and inviolable sign of God’s election, spoken of in Paul’s letter: “in Christ . . . he chose us . . . before the foundation of the world, . . . he destined us . . . to be his sons” (Eph 1:4, 5). This election is more powerful than any experience of evil and sin, than all that “enmity” which marks the history of man. In this history Mary remains a sign of sure hope. — POPE JOHN PAUL II, *REDEMPTORIS MATER* (ENCYCLICAL ON THE BLESSED VIRGIN MARY IN THE LIFE OF THE PILGRIM CHURCH, 1987), NO. 11

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

1 JOHN 1:1-5



1:00 A.M.

THE FIRST JOYFUL HOUR

The Annunciation to Mary

PSALM PRAYER

Praise, O servants of the LORD, praise the name of the LORD! . . . Who is like the LORD our God, who is seated on high, who looks far down upon the heavens and the earth? He raises the poor from the dust, and lifts the needy from the ash heap, to make them sit with princes, with the princes of his people. He gives the barren woman a home, making her the joyous mother of children. Praise the LORD! — PSALM 113:1, 5-9

- ✦ **Announce the Decade:** The First Joyful Mystery:
The Annunciation to Mary
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

The Eternal Son of God, about to take upon him our nature for the saving and ennobling of man, and about to consummate thus a mystical union between himself and all mankind, did not accomplish his design without adding there the free consent of the elect Mother. . . . The Annunciation was effected with the consent of the Virgin standing in the place of humanity (St. Thomas Aquinas, III. q. xxx, a. 1). With equal truth may it be also affirmed that, by the will of God, Mary is the intermediary through whom is distributed unto us this immense treasure of mercies gathered by God, for mercy and truth were created by Jesus Christ (Jn 1:17). Thus as no man goeth to the Father but by the Son, so

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 28:1-7; MARK 16:1-7;
LUKE 24:1-7; JOHN 20:1-17



7:00 P.M.

THE FIRST GLORIOUS HOUR

The Resurrection

PSALM PRAYER

O LORD, thou hast brought up my soul from Sheol, restored me to life from among those gone down to the Pit. Sing praises to the LORD, O you his saints, and give thanks to his holy name. — PSALM 30:3-4

- ✓ **Announce the Decade:** The First Glorious Mystery: The Resurrection
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

We turn to you, Mary Magdalen, / who, kneeling at the foot of the cross / kissed the feet of the dying Christ. / Moved by love, you hurried to the tomb / and found it empty; / you were the first to see the Risen Lord and to speak to him. / A converted sinner, / Christ made you in a way equal to the apostles, / putting on your lips the message of the Resurrection. / Rejoice, Mary of Magdala! / Rejoice, Peter and John! / Rejoice, apostles one and all! / Rejoice, O Church, for the tomb is empty. / Christ is risen! / Where they had placed him / there are only the linen cloths / and the shroud / in which they had wrapped him on Good Friday. / Proclaim with us and with the whole of humanity: / *“Surrexit Christus spes mea — Surrexit Christus spes nostra!”* [“Christ, my hope, is risen — Christ, our hope, is risen!”] — POPE JOHN PAUL II, *“URBI ET ORBI”* (EASTER SUNDAY MESSAGE “TO THE CITY AND THE WORLD,” 1997), NO. 4

no man goeth to Christ but by his Mother. How great are the goodness and mercy revealed in this design of God! . . . Mary is this glorious intermediary; she is the mighty Mother of the Almighty; but — what is still sweeter — she is gentle, extreme in tenderness, of a limitless loving-kindness. — POPE LEO XIII, *OCTOBRI MENSE* (ENCYCLICAL ON THE ROSARY, 1891), NO. 4

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

LUKE 1:26-38



2:00 A.M.

THE SECOND JOYFUL HOUR

The Visitation of Mary to Elizabeth

PSALM PRAYER

I will sing of thy steadfast love, O LORD, for ever; with my mouth I will proclaim thy faithfulness to all generations. For thy steadfast love was established for ever, thy faithfulness is firm as the heavens. Thou hast said, "I have made a covenant with my chosen one, I have sworn to David my servant: 'I will establish your descendants for ever, and build your throne for all generations.'" — PSALM 89:1-4

- ✦ **Announce the Decade:** The Second Joyful Mystery:
The Visitation of Mary to Elizabeth
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

"Blessed is she who believed" (Lk 1:45). Mary also anticipated, in the mystery of the Incarnation, the Church's Eucharistic faith. When, at the Visitation, she bore in her womb the Word made flesh, she became in some way a "tabernacle" — the first "tabernacle" in history — in which the Son of God, still invisible to our human gaze, allowed himself to be adored by Elizabeth, radiating his light as it were through the eyes and the voice of Mary. And is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic Communion? — POPE JOHN PAUL II, *ECCLESIA DE*

them we learn that death is not an annihilation which ends all things, but merely a migration and passage from life to life. By them we are taught that the path to heaven lies open to all men, and as we behold Christ ascending thither, we recall the sweet words of his promise, "I go to prepare a place for you." By them we are reminded that a time will come when "God will wipe away every tear from our eyes," and that "neither mourning, nor crying, nor sorrow, shall be any more," and that "We shall be always with the Lord," and "like to the Lord, for we shall see him as he is," and "drink of the torrent of his delight," as "fellow-citizens of the saints," in the blessed companionship of our glorious Queen and Mother. — POPE LEO XIII, *LAETITIAE SANCTAE* (ENCYCLICAL COMMENDING DEVOTION TO THE ROSARY, 1893), NO. 14

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

1 CORINTHIANS 15:51-57



6:00 P.M.

PRELUDE TO THE GLORIOUS HOURS

PSALM PRAYER

Praise the LORD! Praise God in his sanctuary; praise him in his mighty firmament! Praise him for his mighty deeds; praise him according to his exceeding greatness! — PSALM 150:1-2

- ˆ Sign of the Cross
- ˆ Apostles' Creed
- ˆ Our Father
- ˆ Three Hail Marys
- ˆ Glory Be
- ˆ **Announce the Decade:** The Glorious Mysteries
- ˆ Our Father
- ˆ Ten Hail Marys
- ˆ Glory Be

MEDITATION

These mysteries are the means by which in the soul of a Christian a most clear light is shed upon the good things, hidden to sense, but visible to faith, "which God has prepared for those who love him." From

EUCHARISTIA (ENCYCLICAL ON THE EUCHARIST IN ITS RELATIONSHIP TO THE CHURCH, 2003), NO. 55

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

LUKE 1:39-56



3:00 A.M.

THE THIRD JOYFUL HOUR

The Nativity of the Lord

PSALM PRAYER

The LORD says to my lord: “Sit at my hand, till I make your enemies your footstool.” The Lord sends forth from Zion your mighty scepter. Rule in the midst of your foes! Your people will offer themselves freely on the day you lead your host upon the holy mountains. From the womb of the morning like dew your youth will come to you. The LORD has sworn and will not change his mind, “You are a priest for ever after the order of Melchizedek.” — PSALM 110:1-4

- ✦ **Announce the Decade:** The Third Joyful Mystery:
The Nativity of the Lord
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

Now the Blessed Virgin did not conceive the Eternal Son of God merely in order that he might be made man taking his human nature from her, but also in order that by means of the nature assumed from her he might be the Redeemer of men. For which reason the angel said to the shepherds: “Today there is born to you a Savior who is Christ the Lord” (Lk 2:11). Wherefore in the same holy bosom of his most chaste Mother Christ took to himself flesh, and united to himself the spiritual body formed by those who were to believe in him. Hence Mary, carrying the Savior within her, may be said to have also carried all those whose life

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 27:33-54; MARK 15:22-39;
LUKE 23:33-47; JOHN 19:18-37



5:00 P.M.

THE FIFTH SORROWFUL HOUR

The Crucifixion

PSALM PRAYER

My God, my God, why hast thou forsaken me? . . . Yea, dogs are round about me; a company of evildoers encircle me; they have pierced my hands and feet — I can count all my bones. . . . — PSALM 22:1, 16-17

- ✦ **Announce the Decade:** The Fifth Sorrowful Mystery:
The Crucifixion
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

When Jesus speaks in his parables of the shepherd who goes after the lost sheep, of the woman who looks for the lost coin, of the father who goes to meet and embrace his prodigal son, these are no mere words: they constitute an explanation of his very being and activity. His death on the cross is the culmination of that turning of God against himself in which he gives himself in order to raise man up and save him. This is love in its most radical form. By contemplating the pierced side of Christ (cf. Jn 19:37), we can understand the starting-point of this encyclical letter: “God is love” (1 Jn 4:8). It is there that this truth can be contemplated. It is from there that our definition of love must begin. In this contemplation the Christian discovers the path along which his life and love must move. — POPE BENEDICT XVI, *DEUS CARITAS EST* (ENCYCLICAL ON CHRISTIAN LOVE), NO. 12

was contained in the life of the Savior. Therefore all we who are united to Christ, and as the apostle says are members of his body, of his flesh, and of his bones (Eph 5:30), have issued from the womb of Mary like a body united to its head. — POPE ST. PIUS X, *AD DIEM ILLUM LAETISSIMUM* (ENCYCLICAL ON THE IMMACULATE CONCEPTION, 1904), NO. 10

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 1:18-25; LUKE 2:1-20



4:00 A.M.

THE FOURTH JOYFUL HOUR

The Presentation in the Temple

PSALM PRAYER

The righteous flourish like the palm tree, and grow like a cedar in Lebanon. They are planted in the house of the LORD, they flourish in the courts of our God. They still bring forth fruit in old age, they are ever full of sap and green, to show that the LORD is upright; he is my rock, and there is no unrighteousness in him. — PSALM 92:12-15

- ✦ **Announce the Decade:** The Fourth Joyful Mystery:
The Presentation in the Temple
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

We commemorate his presentation in the Temple, like every other first-born son of Israel. On that occasion, an extraordinary meeting took place: Mary, when she arrived in the Temple with the Child, was met by the old man Simeon, who took the Baby Jesus in his arms and spoke these prophetic words: “Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel” (Lk 2:29-32). Then, speaking to his Mother Mary, he added: “Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn.
Amen.

Scripture Passages for Further Meditation

MATTHEW 27:31-32; MARK 15:20-21;
LUKE 23:26-31; JOHN 19:17



4:00 P.M.

THE FOURTH SORROWFUL HOUR

The Carrying of the Cross

PSALM PRAYER

O God, thou art my God, I seek thee, my soul thirsts for thee; my flesh faints for thee, as in a dry and weary land where no water is. — PSALM 63:1

- ✓ **Announce the Decade:** The Fourth Sorrowful Mystery:
The Carrying of the Cross
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

We wish first to give the sick, the infirm, and the aged that comfort which comes from heaven. They should remember that we have here no permanent city, but must seek for the city that is to come (cf. Heb 13:14). They should recall that the sufferings of this life serve to purify the soul; they elevate and ennoble us and can win us eternal joy in heaven. Our Divine Redeemer bore the yoke of the cross to wash away the stains of our sins; to this end he endured abuse, torture, and agonizing pain, all by his free choice. Like Christ, we are all called to light, by way of the cross, for he has told us: "If anyone wishes to come after me, let him deny himself, and take up his cross daily, and follow me" (Lk 9:23), and he shall have a treasure unfailing in heaven (cf. Lk 12:33). — POPE BLESSED JOHN XXIII, *AD PETRI CATHEDRAM* (ENCYCLICAL ON TRUTH, UNITY AND PEACE, IN A SPIRIT OF CHARITY, 1958), NO. 125

of many hearts may be revealed" (Lk 2:34-35). So already in the very first days of Jesus' life we heard the foretelling of the Passion, which will one day include his Mother Mary too: on Good Friday she will stand silently by the cross of her Son. — POPE JOHN PAUL II, LETTER TO CHILDREN IN THE YEAR OF THE FAMILY (1994)

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

LUKE 2:22-39



5:00 A.M.

THE FIFTH JOYFUL HOUR

The Finding of Jesus in the Temple

PSALM PRAYER

One thing have I asked of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple. — PSALM 27:4

- ✓ **Announce the Decade:** The Fifth Joyful Mystery:
The Finding of Jesus in the Temple
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

And that through the Virgin, and through her more than through any other means, we have offered us a way of reaching the knowledge of Jesus Christ, cannot be doubted when it is remembered that with her alone of all others Jesus was for thirty years united, as a son is usually united with a mother, in the closest ties of intimacy and domestic life. Who could better than his Mother have an open knowledge of the admirable mysteries of the birth and childhood of Christ, and above all of the mystery of the Incarnation, which is the beginning and the foundation of faith? Mary not only preserved and meditated on the events of Bethlehem and the facts which took place in Jerusalem in the Temple of the Lord, but sharing as she did the thoughts and the secret wishes of Christ she may be said to have lived the very life of her Son. Hence nobody ever knew Christ so profoundly as she did, and nobody can

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn.
Amen.

Scripture Passages for Further Meditation

MATTHEW 27:28-30; MARK 15:17-18; JOHN 19:2-3



3:00 P.M.

THE THIRD SORROWFUL HOUR

The Crowning With Thorns

PSALM PRAYER

How long must I bear pain in my soul, and have sorrow in my heart all the day? How long shall my enemy be exalted over me? — PSALM 13:2

- ✓ **Announce the Decade:** The Third Sorrowful Mystery:
The Crowning With Thorns
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

Then, be it that the “earth is accursed” and brings forth “thistles and thorns” — be it that the soul is saddened with grief and the body with sickness; even so, there will be no evil which the envy of man or the rage of devils can invent, nor calamity which can fall upon the individual or the community, over which we shall not triumph by the patience of suffering. For this reason it has been truly said that “it belongs to the Christian to do and to endure great things,” for he who deserves to be called a Christian must not shrink from following in the footsteps of Christ. — POPE LEO XIII, *LAETITIAE SANCTAE* (ENCYCLICAL COMMENDING DEVOTION TO THE ROSARY, 1893), NO. 9

ever be more competent as a guide and teacher of the knowledge of Christ. — POPE ST. PIUS X, *AD DIEM ILLUM LAETISSIMUM* (ENCYCLICAL ON THE IMMACULATE CONCEPTION, 1904), NO. 7

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn.
Amen.

Scripture Passages for Further Meditation

LUKE 2:41-51



6:00 A.M.

PRELUDE TO THE LUMINOUS HOURS

PSALM PRAYER

Light dawns for the righteous, and joy for the upright in heart. Rejoice in the LORD, O you righteous, and give thanks to his holy name! — PSALM 97:11-12

- ✓ Sign of the Cross
- ✓ Apostles' Creed
- ✓ Our Father
- ✓ Three Hail Marys
- ✓ Glory Be
- ✓ **Announce the Decade:** The Luminous Mysteries
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

In these mysteries, apart from the miracle at Cana, *the presence of Mary remains in the background*. The Gospels make only the briefest reference to her occasional presence at one moment or other during the preach-

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 27:26; MARK 15:15; JOHN 19:1



2:00 P.M.

THE SECOND SORROWFUL HOUR

The Scouring at the Pillar

PSALM PRAYER

For my days pass away like smoke, and my bones burn like a furnace. My heart is smitten like grass, and withered. . . . — PSALM 102:3-4

- ✓ **Announce the Decade:** The Second Sorrowful Mystery:
The Scouring at the Pillar
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

Unlimited is the effectiveness of the God-Man's Blood — just as unlimited as the love that impelled him to pour it out for us, first at his circumcision eight days after birth, and more profusely later on in his agony in the garden (Lk 22:44), in his scourging and crowning with thorns, in his climb to Calvary and crucifixion, and finally from out that great wide wound in his side which symbolizes the divine Blood cascading down into all the Church's sacraments. Such surpassing love suggests, nay demands, that everyone reborn in the torrents of that Blood adore it with grateful love. — POPE BLESSED JOHN XXIII, *SANGUIS CHRISTI* (APOSTOLIC LETTER ON PROMOTING DEVOTION TO THE MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST, 1960), NOS. 11-12

ing of Jesus (cf. Mk 3:31-35; Jn 2:12), and they give no indication that she was present at the Last Supper and the institution of the Eucharist. Yet the role she assumed at Cana in some way accompanies Christ throughout his ministry. The revelation made directly by the Father at the Baptism in the Jordan and echoed by John the Baptist is placed upon Mary's lips at Cana, and it becomes the great maternal counsel which Mary addresses to the Church of every age: "Do whatever he tells you" (Jn 2:5). This counsel is a fitting introduction to the words and signs of Christ's public ministry and it forms the Marian foundation of all the "mysteries of light." — POPE JOHN PAUL II, *ROSARIUM VIRGINIS MARIAE* (APOSTOLIC LETTER ON THE MOST HOLY ROSARY, 2002), NO. 21

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

ACTS 10:34-39A



7:00 A.M.

THE FIRST LUMINOUS HOUR

The Baptism of Jesus in the Jordan

PSALM PRAYER

The voice of the LORD is upon the waters; the God of glory thunders, the LORD upon many waters. The voice of the LORD is powerful, the voice of the LORD is full of majesty. — PSALM 29:3-4

- ✦ **Announce the Decade:** The First Luminous Mystery:
The Baptism of Jesus in the Jordan
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

No one can be surprised that all the gifts of the Holy Spirit inundated the soul of Christ. In him resided the absolute fullness of grace, in the greatest and most efficacious manner possible; in him were all the treasures of wisdom and knowledge, *graces gratis datae*, virtues, and all other gifts foretold in the prophecies of Isaias (Is 4:1, [11:2-3]), and also signified in that miraculous dove which appeared at the Jordan, when Christ, by his baptism, consecrated its waters for a new sacrament. On this the words of St. Augustine may appropriately be quoted: "It would be absurd to say that Christ received the Holy Spirit when he was already thirty years of age, for he came to his baptism without sin, and therefore not without the Holy Spirit. At this time, then (that is, at his baptism), he was pleased to prefigure his Church, in which those especially who are baptized receive the Holy Spirit" (De. Trin. 1., xv., c. 26).

NOVO MILLENNIO INEUNTE (APOSTOLIC LETTER AT THE CLOSE OF THE GREAT JUBILEE, 2001), NO. 25

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn.
Amen.

Scripture Passages for Further Meditation

MATTHEW 26:36-46; MARK 14:32-42;
LUKE 22:39-46; JOHN 18:1-2



1:00 P.M.

THE FIRST SORROWFUL HOUR

The Agony in the Garden

PSALM PRAYER

Even my bosom friend in whom I trusted, who ate of my bread, has lifted his heel against me. — PSALM 41:9

- ✓ **Announce the Decade:** The First Sorrowful Mystery:
The Agony in the Garden
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

In contemplating Christ's face, we confront *the most paradoxical aspect of his mystery*, as it emerges in his last hour, on the cross. The mystery within the mystery, before which we cannot but prostrate ourselves in adoration. The intensity of the episode of the agony in the Garden of Olives passes before our eyes. Oppressed by foreknowledge of the trials that await him, and alone before the Father, Jesus cries out to him in his habitual and affectionate expression of trust: "Abba, Father." He asks him to take away, if possible, the cup of suffering (cf. Mk 14:36). But the Father seems not to want to heed the Son's cry. In order to bring man back to the Father's face, Jesus not only had to take on the face of man, but he had to burden himself with the "face" of sin. "For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God" (2 Cor 5:21). — POPE JOHN PAUL II,

Therefore, by the conspicuous apparition of the Holy Spirit over Christ and by his invisible power in his soul, the twofold mission of the Spirit is foreshadowed, namely, his outward and visible mission in the Church, and his secret indwelling in the souls of the just. — POPE LEO XIII, *DIVINUM ILLUD MUNUS* (ENCYCLICAL ON THE HOLY SPIRIT, 1897), NO. 4

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 3:13-17; MARK 1:9-11;

LUKE 3:21-22; JOHN 1:29-34



8:00 A.M.

THE SECOND LUMINOUS HOUR

The Wedding Feast of Cana

PSALM PRAYER

Thou dost cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth, and wine to gladden the heart of man. . . . — PSALM 104:14-15

- ✦ **Announce the Decade:** The Second Luminous Mystery:
The Wedding Feast of Cana
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

For to be right and good, worship of the Mother of God ought to spring from the heart; acts of the body have here neither utility nor value if the acts of the soul have no part in them. Now these latter can only have one object, which is that we should fully carry out what the divine Son of Mary commands. For if true love alone has the power to unite the wills of men, it is of the first necessity that we should have one will with Mary to serve Jesus our Lord. What this most prudent Virgin said to the servants at the marriage feast of Cana she addresses also to us: “Whatsoever he shall say to you, do ye” (Jn 2:5). Now here is the word of Jesus Christ: “If you would enter into life, keep the commandments” (Mt 19:17). Let them each one fully convince himself of this, that if his piety towards the Blessed Virgin does not hinder him from sinning, or does not move his will to amend an evil life, it is a piety deceptive and

agonies; she knew and saw them. When she professed herself the handmaid of the Lord for the mother’s office, and when, at the foot of the altar, she offered up her whole self with her Child Jesus — then and thereafter she took her part in the laborious expiation made by her Son for the sins of the world. It is certain, therefore, that she suffered in the very depths of her soul with his most bitter sufferings and with his torments. Moreover, it was before the eyes of Mary that was to be finished the Divine Sacrifice for which she had borne and brought up the Victim. As we contemplate him in the last and most piteous of those mysteries, there stood by the cross of Jesus his Mother, who, in a miracle of charity, so that she might receive us as her sons, offered generously to Divine Justice her own Son, and died in her heart with him, stabbed with the sword of sorrow. — POPE LEO XIII, *IUCUNDA SEMPER EXPECTATIONE* (ENCYCLICAL ON THE ROSARY, 1894), NO. 3

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

HEBREWS 5:7-10



12:00 P.M.

PRELUDE TO THE SORROWFUL HOURS

PSALM PRAYER

In the path where I walk they have hidden a trap for me. I look to the right and watch, but there is none who takes notice of me; no refuge remains to me, no man cares for me. — PSALM 142:3-4

- ✦ Sign of the Cross
- ✦ Apostles' Creed
- ✦ Our Father
- ✦ Three Hail Marys
- ✦ Glory Be
- ✦ **Announce the Decade:** The Sorrowful Mysteries
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

In the Garden of Gethsemane, where Jesus is in an agony; in the judgment-hall, where he is scourged, crowned with thorns, condemned to death, not there do we find Mary. But she knew beforehand all these

lying, wanting as it is in proper effect and its natural fruit. — POPE ST. PIUS X, *AD DIEM ILLUM LAETISSIMUM* (ENCYCLICAL ON THE IMMACULATE CONCEPTION, 1904), NO. 17

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

JOHN 2:1-11



9:00 A.M.

THE THIRD LUMINOUS HOUR

The Proclamation of the Kingdom of God

PSALM PRAYER

They shall speak of the glory of thy kingdom, and tell of thy power, to make known to the sons of men thy mighty deeds, and the glorious splendor of thy kingdom. — PSALM 145:11-12

- ✦ **Announce the Decade:** The Third Luminous Mystery: The Proclamation of the Kingdom of God
- ✦ Our Father
- ✦ Ten Hail Marys
- ✦ Glory Be

MEDITATION

Going from town to town, preaching to the poorest — and frequently the most receptive — the joyful news of the fulfillment of the promises and of the Covenant offered by God is the mission for which Jesus declares that he is sent by the Father. And all the aspects of his mystery — the Incarnation itself, his miracles, his teaching, the gathering together of the disciples, the sending out of the Twelve, the cross and the Resurrection, the permanence of his presence in the midst of his own — were components of his evangelizing activity. . . . This kingdom and this salvation, which are the key words of Jesus Christ's evangelization, are available to every human being as grace and mercy, and yet at the same time each individual must gain them by force — they belong to the violent, says the Lord (cf. Mt 11:12; Lk 16:16), through toil and suffering, through a life lived according to the Gospel, through abnegation

makes Christ himself say: "You shall not change me into yourself as you do the food of your body, but you shall be changed into me" (confessions 1. vii., c. x.). — POPE LEO XIII, *MIRAE CARITATIS* (ENCYCLICAL ON THE HOLY EUCHARIST, 1902), NOS. 2, 6

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 26:26-29; MARK 14:22-25;
LUKE 22:17-20; JOHN 6:25-58;
1 CORINTHIANS 11:23-26



11:00 A.M.

THE FIFTH LUMINOUS HOUR

The Institution of the Eucharist

PSALM PRAYER

Man ate of the bread of the angels; he sent them food in abundance.
— PSALM 78:25

- ✓ **Announce the Decade:** The Fifth Luminous Mystery:
The Institution of the Eucharist
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

It was towards the close of his mortal life that Christ our Lord left this memorial of his measureless love for men, this powerful means of support “for the life of the world” (Jn 6:51). And precisely for this reason, we, being so soon to depart from this life, can wish for nothing better than that it may be granted to us to stir up and foster in the hearts of all men the dispositions of mindful gratitude and due devotion towards this wondrous Sacrament, wherein most especially lie, as we hold, the hope and the efficient cause of salvation and of that peace which all men so anxiously seek. . . . For what can be more honorable or a more worthy object of desire than to be made, as far as possible, sharers and partakers in the divine nature? Now this is precisely what Christ does for us in the Eucharist. . . . For there is this difference between the food of the body and that of the soul, that whereas the former is changed into our substance, the latter changes us into its own; so that St. Augustine

and the cross, through the spirit of the beatitudes. But above all each individual gains them through a total interior renewal which the Gospel calls *metanoia*; it is a radical conversion, a profound change of mind and heart (cf. Mt 4:17). — POPE PAUL VI, *EVANGELII NUNTIANDI* (APOSTOLIC EXHORTATION ON EVANGELIZATION IN THE MODERN WORLD, 1975), NOS. 6, 10

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn.
Amen.

Scripture Passages for Further Meditation

MATTHEW 4:23-25; MARK 1:14-15;

LUKE 4:16-19; JOHN 3:16-21



10:00 A.M.

THE FOURTH LUMINOUS HOUR

The Transfiguration

PSALM PRAYER

For a day in thy courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. For the LORD God is a sun and shield; he bestows favor and honor. — PSALM 84:10-11

- ✓ **Announce the Decade:** The Fourth Luminous Mystery: The Transfiguration
- ✓ Our Father
- ✓ Ten Hail Marys
- ✓ Glory Be

MEDITATION

In our era, pervaded by the so-called “image culture,” the desire to be able [to] fill one’s eyes with the figure of the divine Master becomes more intense, but it is appropriate to recall his words: “Blessed are those who have not seen and yet believe” (Jn 20:29). It was precisely with his eyes of faith fixed on the adorable face of Christ, true man and true God, that the revered and unforgettable Paul VI lived. Contemplating him with burning and impassioned love, he said: “Christ is beauty, human and divine beauty, the beauty of reality, of truth, of life” (*General Audience*, January 13, 1971; *L’Osservatore Romano* English edition, January 21, 1971, p. 12). And he added: “The figure of Christ presents, over and above the charm of his merciful gentleness, an aspect which is grave and strong, formidable, if you like, when dealing with cow-

ardice, hypocrisy, injustice and cruelty, but never lacking a sovereign aura of love” (*General Audience*, January 27, 1971; *L’Osservatore Romano* English edition, February 4, 1971, p. 12). — POPE JOHN PAUL II, REMARKS ON THE FEAST OF THE TRANSFIGURATION (AUGUST 6, 2000)

CLOSING PRAYER

O Lord, through our meditation on these mysteries, grant that we may learn what they teach, and that we may put into practice what we learn. Amen.

Scripture Passages for Further Meditation

MATTHEW 17:1-8; MARK 9:2-8; LUKE 9:28-36