

**Rosary (How to Pray the Rosary)**

1. Hold crucifix and make the Sign of the Cross with it.
2. Say the Apostles' Creed while holding the crucifix.
3. On the first bead, pray the Our Father.
4. On each of the three beads, pray a Hail Mary for faith, hope and love.
5. Pray the Doxology (Glory Be) on the chain before the next bead.
6. Call to mind the first mystery and think about it. Pray the Our Father on the next bead.
7. On each of the ten beads, pray the Hail Mary. Keep the picture of the mystery in your mind.
8. After each ten Hail Marys, pray the Doxology and the Fatima Prayer.
9. Pray each decade the same way, thinking about each mystery.
10. After the last mystery, on the medal pray the Hail, Holy Queen, sign yourself with the crucifix when finished.

**The Joyful Mysteries**

**(Pray on Mondays and Saturdays)**

The Annunciation

The Visitation

The Birth of Jesus

The Presentation of Jesus in the Temple

The Finding of Jesus in the Temple

**The Sorrowful Mysteries**

**(Pray on Tuesdays and Fridays)**

The Agony in the Garden

The Scourging

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

**The Luminous Mysteries**

**(Pray on Thursdays)**

The Baptism of the Lord

The Wedding at Cana

The Proclamation of the Kingdom of Heaven

The Transfiguration

The Institution of the Eucharist

**The Glorious Mysteries**

**(Pray on Wednesdays and Sundays)**

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption of Mary

The Crowning of the Blessed Virgin

**HOLY OWNED AND OPERATED™**  
**Prayer Practices and Devotions to Adopt**  
(To help you grow in your relationship with Jesus)

Chaplet of Divine Mercy (How to pray the Chaplet using Rosary beads)

1. Hold crucifix and make the Sign of the Cross with it.
2. Pray the introductory prayers while holding the crucifix.
3. On the first three beads pray one Our Father, one Hail Mary, and the Apostles' Creed.
4. On the first "Our Father" bead pray the Eternal Father prayer.
5. On each of the ten "Hail Mary" beads pray the Sorrowful Passion prayer.
6. Repeat for each of the five decades.
7. On the medallion, pray the Holy God prayer 3 times, and the closing prayers.
8. Close with the Sign of the Cross.

**Divine Mercy Chaplet Prayers**

**Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

**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.

**The Apostles' Creed**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under

Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Eternal Father**

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

**Sorrowful Passion**

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

**Holy God (Repeat three times)**

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

**Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

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## Reading Scripture

Reading from the Bible – whether it is a Children’s Bible or a grown-up Bible, you are reading the Word of God. This is one of God’s primary ways to speak to us. It is important that we listen intently when we read or hear the Word of God.

1. Begin by praying a prayer to the Holy Spirit for help and guidance:

Come, Holy Spirit, fill me with your grace. Help me to listen to the Word that I read/hear today. Help me to make this Word part of my life so I can be the best follower of Christ I can be. Amen.

2. Read your Bible. Don’t try to read too much at once, remember, it is a conversation. If you are getting to know a new friend, you have many conversations over time. You don’t learn everything about them all at once. Start with just a few minutes or one story.
3. After reading, sit and think about what you read. You may need to re-read it so you can get more of the story or a better understanding.
4. If you have questions, ask someone to help you. God is so big and so great, that it is hard for us humans to understand what He is saying all the time. We listen to those people who have studied longer, read more, and have a deep prayer relationship with God to help us.
5. Close your time with prayer. Just say Thank You to God in your own words. Ask Him to help you put into practice what you learned or come back to it and think about it more later.

We listen to the Word of God at every Mass. Sometimes the best place to start reading Scripture is the readings for Mass. There are lots of places online you can get those readings. [Here is a link to the Daily Readings](#) on HolyOwnedAndOperated.com.

## Eucharistic Adoration

Since we believe that Jesus Christ is truly present, Body, Blood, Soul, and Divinity, in the Holy Sacrament of the Eucharist, we can go to any church or chapel with the reserved Sacrament and adore Him. Sometimes parishes have Exposition where the Holy Eucharist is placed in a special vessel called a Monstrance (very fancy and usually gold) so people can come and adore Jesus face-to-face. Other times we can go and as long as the red sanctuary light is lit, we know Jesus is present in the Tabernacle (the special box He is kept between Masses).

To make your time with Jesus special, there are some prayers that are normally prayed. [This little booklet can help you.](#)

Spending time with Jesus, no matter if you are sitting silently, praying prayers, reading the Bible, singing, writing in your journal or talking and listening to Him is special. He is always waiting for you!

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