

# Venerable Patrick Peyton Explains How to Pray the Rosary

*With Step-by-step Rosary Instructions*



# The Importance of Family Prayer

Father Patrick Peyton preached these profound words from his heart, “The first sentence of our Holy Rosary is worth all the gold of the Earth, and this is what it is and what I heard as a little child: ‘I believe in God.’” When it came to teaching on the Rosary and spreading the message about the importance of family prayer many said Father Peyton had a single-minded focus.

Family prayer, especially the Rosary, is a solid foundation to build a faithful family—a family on the Rock of faith, alongside Mary. We can go to Mary, a link between heaven and earth in our every need. The Rosary is that chain linking the heavenly kingdom with our earthly one. As Father Peyton, himself said, “The Rosary is a chain that binds the family together.”

October is the Month of the Rosary. This is a perfect time to strengthen prayer in your home by committing to the pray the Rosary together or introduce this beautiful, powerful prayer to your family. Whether you've been praying for years or are just learning of this special devotion, the Blessed Mother, wishes to walk alongside you and your family, especially when you pray the Rosary.

## A Little History

Venerable Patrick Peyton began his ministry in 1942 with the goal of building family unity through daily prayer of the Rosary. Inspired by his own father who had a deep appreciation for family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-1992).

We at Family Rosary are ever so grateful Father Peyton’s family instilled in him the importance of family prayer. Now it can be part of your family’s tradition so you can fulfill Father Peyton’s vision, “The Family That Prays Together Stays Together.”



**Family Rosary**  
HOLY CROSS  
FAMILY MINISTRIES

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*"The Rosary, as you know, is not one prayer — it is a series of different prayers arranged according to a set pattern. And the Rosary beads are simply markers on a chain, to help you keep track of the prayers as you say them."*

*-Venerable Patrick Peyton*

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Father Peyton kneeling before Michelangelo's Pietà in St. Peter's Basilica, Vatican City

You begin the Rosary by saying the Apostle's Creed — a summary of the chief truths taught us by Christ.  
Next come one Our Father, three Hail Mary's and one Glory be to the Father.

Then the decades begin...

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For each of the five decades there is an appropriate mystery.

By mystery we mean only some incident in the lives of our Blessed Lord or Our Lady, upon which we can let our mind dwell while saying the vocal prayers of the Rosary.

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"Just a few simple, beautiful prayers repeated over and over, while we meditate on the life and teachings of Our Lord... Make this prayer a part of your life, and gain for yourself and for your family all the blessings it can bring you."

-Father Patrick Peyton, C.S.C.

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## How To Pray the Rosary

The rosary itself is composed of 59 beads laced together with a crucifix and a pendant of Mary where the three strands meet. We divide praying the Rosary into six segments. The first segment is composed of the introductory prayers and that is followed by five decades—each consisting of announcing a Mystery (list included), one Our Father, ten Hail Marys, and one Glory Be.

### Introductory Prayers

Make the Sign of the Cross:

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

Holding the Crucifix recite 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 the God the Father Almighty; from there he will come again 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.

On the first bead say the 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.

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## How To Pray the Rosary - cont'd

Next recite three Hail Marys:

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.

Conclude introductory prayers with one 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.

### Praying the Five Decades of the Rosary

At the start of each decade, announce the Mystery (see list below) then say the Our Father. Recite one Hail Mary for each of the ten smaller beads while meditating on the Mystery. Then conclude with a Glory Be.

*The Rosary is made up of twenty "mysteries" (significant events or moments in the life of Jesus and Mary), which, following the publication of the Apostolic Letter Rosarium Virginis Mariae, written by Pope St. John Paul II in 2002, are grouped into four series.*

*The first contains joyful mysteries (recited on Mondays and Saturdays); the second, the mysteries of light (Thursdays); the third, the sorrowful mysteries (Tuesdays and Fridays); and the fourth, the glorious mysteries (Wednesdays and Sundays).*

*"This indication is not intended to limit a rightful freedom in personal and community prayer, where account needs to be taken of spiritual and pastoral needs and of the occurrence of particular liturgical celebrations which might call for suitable adaptations" (Rosarium Virginis Mariae, 38).*

(source: [www.vatican.va/special/rosary/documents/misteri\\_en.html](http://www.vatican.va/special/rosary/documents/misteri_en.html))

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## How To Pray the Rosary - cont'd

### **The Joyful Mysteries**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

### **The Glorious Mysteries**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

### **The Sorrowful Mysteries**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### **The Luminous Mysteries**

1. The Baptism of Jesus
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

### **Concluding Prayers**

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, O 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! Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

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## How To Pray the Rosary - cont'd

### Concluding Prayers

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

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

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 while meditating on 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.

Conclude the Rosary with the Sign of the Cross.



GO TO MARY

A LINK BETWEEN HEAVEN AND EARTH

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**This October, the Month of the Rosary:**  
**“Go to Mary: A Link Between Heaven and Earth.”**  
Grow in the faith with your family.

For a wealth of daily prayer resources for you and your family, join our Global Prayer Campaign filled with videos, eBooks, podcasts, prayers, reflections, and social posts—everything you need for a rich, faith-filled month.

Find all of your family prayer resources at [FamilyRosary.org](http://FamilyRosary.org).

**Keep an eye on:**

Family Rosary @ [familyrosary.org](http://familyrosary.org)

Catholic Mom @ [catholicmom.com](http://catholicmom.com)

Museum of Family Prayer @ [museumoffamilyprayer.com](http://museumoffamilyprayer.com)

and on our Facebook, Instagram, and Twitter sites too!

**#FamilyPrayer #FamilyRosary #PraytheRosary #GoToMary**



## Bringing Families Together In Prayer

We hope the time you've spent reflecting with this material has been enriching. Continue to pray with your family every day, wherever you are.

For additional online resources for family prayer including additional e-books and the mobile Rosary App, please visit our website at [FamilyRosary.org](http://FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "The family that prays together stays together."