



# NEW WAYS to **PRAY** & to **WIELD** the ROSARY

1023

**"MARY TREASURED ALL THESE THINGS  
AND PONDERED THEM IN HER HEART" [LK 2:19]**

THE ROSARY WAS BORN--WAS **"INCARNATE"** IN OUR BLESSED MOTHER

THE ROSARY AS WE KNOW IT **DEVELOPED SLOWLY...** CENTURY AFTER  
CENTURY ACROSS 2,000 YEARS

**DEVOTIONAL... SCHOOL OF PRAYER... WEAPON!**

**PRAYING THE ROSARY: DEVOTIONAL**

**DIFFICULT! FALLEN HUMAN NATURE...  
WORLD, FLESH, DEVIL**

"...the recitation of the Rosary is more difficult  
for me than the wearing of an instrument of penance.  
I feel I have said this so poorly! I force myself in vain  
to meditate on the mysteries of the Rosary; I don't  
succeed in fixing my mind on them."

**IF WE ARE NOT CAREFUL WE CAN ALLOW  
OUR RECITATION OF THE ROSARY TO BECOME  
LIKE THE PRAYER OF THE PHARISEES...**

Be on guard against performing religious acts for  
people to see. Otherwise expect no recompense  
from your Heavenly Father.... When you are praying, do not behave like the  
hypocrites who love to stand and pray in synagogues or on street corners in  
order to be noticed. I give you My word: they are already repaid....In your prayer  
do not rattle on like the pagans. They think they will win a hearing by the sheer  
multiplication of words. Do not imitate them! [MT 6:1-8].

**IF WE ARE NOT CAREFUL WE TEND TO PRAY ROSARY JUST LIKE THIS!**

**AND IN PUBIC RECITATION, BEWARE OF...  
SHAKESPEARE & AUCTIONEER  
MISTER MODIFICATION & MADAME ECHO  
ROSARY RATTLERS & CLINKERS**

**IMPORTANT TO PRAY *TOGETHER***

***UNITAS*: GENTLE RECITATION RHYTHM... A GOOD & GRACIOUS CADENCE**





"For a long time I was desolate about this lack of devotion which astonished me, for I *love* the Blessed Virgin so much that it should be easy for me to recite in her honor prayers which are so pleasing to her. Now I am less desolate; I think that the Queen of Heaven, since she is *my MOTHER* , must see my good will and she is satisfied with it."

"Sometimes when my mind is in such a great aridity that it is impossible to draw forth one single thought to unite me with God, I very slowly recite an "Our Father" and then the Angelic Salutation [the Hail Mary]; then these prayers give me great delight; they nourish my soul much more than if I had recited them precipitately a hundred times." [SOS 242—3].

## THE ROSARY IS A "SCHOOL" OF PRAYER

### THREE DEGREES OF PRAYER [def. "Communion with God"]

[SEE LK 6:12]

**ORAL PRAYER:** TO SPEAK WORDS of the PRAYERS TO GOD FROM *MEMORY* EXTERIORLY OR INTERIORLY

**MEDITATION:** TO EMPLOY THE POWERS OF THE *MIND* TO  
"PONDERED" PONDER AND COMMUNICATE WITH GOD

**CONTEMPLATION:** UNION OF ONE'S *WILL* WITH GOD'S WILL  
"TREASURED" QUIET, SILENT, SIMPLE, LOVING "GAZE"  
**AFTER PRAYING THE ROSARY AS WE PRAY IT,  
& DIVINE MERCY CHAPLET...  
...TRY A "CONTEMPLATIVE" ROUND OF THE BEADS!  
"Jesus Prayer" ... or "Jesus... Lord"**

### MAKING ROSARY PART OF YOUR DAILY LIFE: **INTEGRATION** IS THE KEY!

DECADE A DAY...  
DEDICATED DECADE  
BREAK IT UP OVER THE COURSE OF A DAY  
"DOUBLE OR NOTHING"... AND NEVER SKIP TWO DAYS IN A ROW  
"3-BEAD BACKUP"  
A GREAT "WALKING" PRAYER [Bishop Sheen]

### DEEPENING YOUR PRAYER WITH ROSARY

REGROUP... RECOLLECT... RENEW...  
SEASONAL OBSERVANCE OF MYSTERIES  
EXPANDING "SCOPE" OF MYSTERIES  
PONDERING OTHER SCRIPTURAL PASSAGES IN PRIVATE RECITATION

**FOR MORE INFO ON PRAYING THE ROSARY WITH OTHER SCRIPTURAL  
PASSAGES PLEASE GO TO:**

**HEARTOFCATECHESIS.ORG**

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