

How To Pray the Rosary Better

St. Alphonsus recommends praying the Rosary before an image of Mary. He also tells us, “Before each decade, to make an act of love to Jesus and Mary, and ask them for some particular grace.” For example, before the first joyful mystery, the Annunciation, we could ask for an increase in docility to God’s Will; before the first sorrowful mystery, the Agony in the Garden, we could ask for help to bear our sorrows patiently; and before the first glorious mystery, the Resurrection, we could ask for a firm trust in Our Lord’s promises.

Cardinal Merry del Val, who was Secretary of State to Pope St. Pius X, gives another practical help to praying the Rosary well. To encourage us he says: “When we feel weary of life and all its problems, let us pick up the Rosary and meditate upon the joyful mysteries, considering the family life of Jesus Christ and how He lived it. When all we seem to want are pleasures, let us recite the Rosary, meditating upon the sorrowful mysteries. When we feel we have become overly attached to the things of this world, let us recite the Rosary, meditating upon the glorious mysteries.” Cardinal Merry del Val explains that in the life of Our Lord and Blessed Mother, we find inspiration for every difficulty in our lives.



The Rosary and Our Benefactors

Each day we offer our Rosary for our families, friends, and benefactors. During October as we strive to offer this prayer to our Blessed Mother with greater fervor and love, I encourage you to do the same. As we pray at the end of the Rosary, may we by “meditating upon these mysteries in the most holy Rosary of the Blessed Virgin Mary, imitate what they contain and obtain what they promise.”

In the Sacred Heart of Jesus,

Mother Mary Bosco, F.M.

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