

# CONTEMPLATIVE PRAYER

Prayer beads, meditation time and the ritual of repetitive prayers are common to many religions. For Catholics, one of the oldest traditions is praying the rosary, often done while holding rosary beads and moving from bead to bead after each prayer.

This structured prayer includes the Apostle's Creed, Hail Mary, Glory Be and Our Father, as well as contemplation of one of four sets of mysteries of the rosary, which chronicle events from the New Testament.

**TIME FOR MEDITATION, FOCUS** – For those saying the rosary, the repetitive prayer offers an opportunity for meditation, focus and devotion. We pray the rosary with classmates or your family, at a funeral or a celebration.

For individuals, praying the rosary can be a time to step outside the routine, a few minutes of reflection and an opportunity to focus on your faith.

**CONNECTING FAMILIES, GROUPS** – Some families begin a long car drive by saying the rosary. Others use this form of prayer during special times of the year, to bring the family together.

For groups, the rosary can form a gathering of people who come together to create connections, unity and peace.

**“Give me an army saying the rosary, and I will conquer the world.”**  
– Pope Pius IX

**“The rosary should always be seen and experienced as a path of contemplation.”**  
– Pope John Paul II

## YOU AND THE ROSARY

How do you feel after praying the rosary?

---

---

---

What does praying the rosary give you?

---

---

---



THE ROSARY