



Sunday Q&A

Your Faith in Focus

OUR FOREVER PRAYER

Where does the Rosary come from?

Many Catholics are at least somewhat familiar with the Rosary. We get that it has something to do with the Blessed Virgin Mary, something to do with following the story arc of the Gospel, and it is prayed using beads. But where did the Rosary come from? As we draw near to the date on which we celebrate Mary's Assumption into heaven (August 15), it is appropriate that we join Fr. Mike Schmitz as he discusses the origins of the Rosary.

Saints Dominic and Simon Stock

In the 1200s, St. Dominic and St. Simon Stock were two pioneers, or champions, of the Rosary that we Catholics pray today.

To start, 150 Hail Marys were prayed throughout the day, and that number could be divided into groups of ten. Each group of ten is called a decade. The first decade would begin with the Our Father and close with the Glory Be. Each decade would reflect on a scene from Our Lord's life. This practice led us to name the main sets the joyful mysteries, the sorrowful mysteries, and the glorious mysteries.

Those Hail Marys total 150, a number equal to the number of psalms in the Bible. To help the Faithful keep track, beads or knots were introduced as a helpful tool. Christians prayed like this starting in the 300s.

St. Simon Stock, St. Dominic, and other Christians were regularly saying "I want to reflect on the Lord's life" with the mysteries. These mysteries of the Rosary helped—and still help—Catholics keep the Incarnation "alive." Then, and now, at least every couple of days—maybe even every day—the Rosary helped the Faithful to reflect on the mystery of the Incarnation, the mystery of God humbling himself and entering our lives.

Praying the Rosary throughout the year helps us keep God the Son's life active in our lives. When you are praying the Rosary, you get to reflect on that deep, profound gift of love that Jesus gave to the world, and you honor the Triune God and our Mother Mary.

Centuries ago, the Rosary started as a powerful prayer, a tool that Christians could use against a culture that was changing dramatically. I think you can readily recognize that our precious Rosary is still mightily needed today in a world where God is often shunned.

"Hail Mary, full of grace; the Lord is with thee." And lo, he is with us, too. Always.

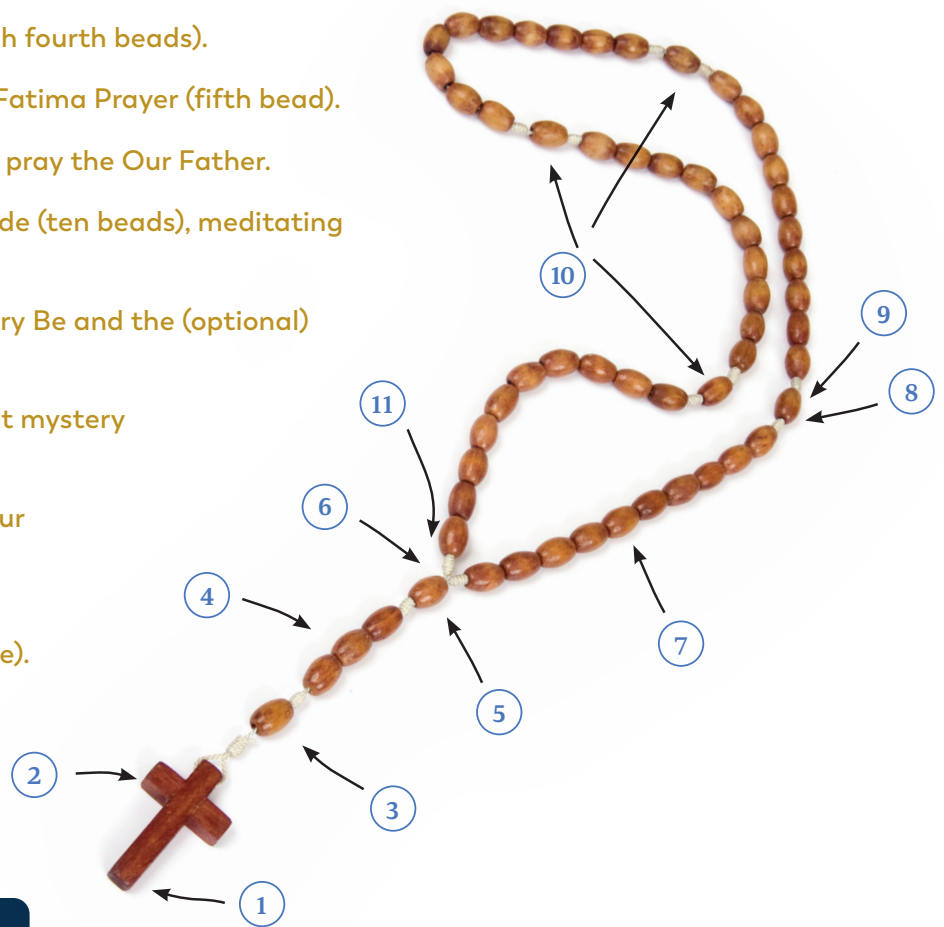
"The soul which recommends itself to me by the recitation of the Rosary shall not perish."

—The Blessed Virgin Mary, speaking to St. Dominic

Make it Your Own

Fill in this Rosary diagram with the prayers that belong to each bead. (For help, scan the code that will lead you to pray the Rosary.)

1. Holding the rosary beads, make the Sign of the Cross.
2. Pray the Apostles' Creed (on the crucifix).
3. Pray an Our Father (first bead).
4. Pray three Hail Marys (second through fourth beads).
5. Pray the Glory Be and the (optional) Fatima Prayer (fifth bead).
6. Announce the first mystery, and then pray the Our Father.
7. Pray ten Hail Marys on the next decade (ten beads), meditating on the mystery.
8. On the next single bead, pray the Glory Be and the (optional) Fatima Prayer.
9. On the same bead, announce the next mystery and pray the Our Father.
10. Repeat steps 7 to 9 for each of the four remaining mysteries.
11. After the fifth mystery, pray the Hail, Holy Queen (on the rosary centerpiece).
12. Conclude with the Rosary Prayer, and make the Sign of the Cross.



Ponder and Pray

- What is the role of the Rosary in your life? Have you tried praying along with an app or other tool?
- What would be the best and most realistic course for you to continue to grow in your own relationship with Jesus and Mary through the Rosary?

Dive Deeper

To watch a video on this topic, scan the code

or visit the URL: <https://media.ascensionpress.com/video/where-does-the-rosary-come-from/>

Tip of the Week

Pray a Rosary. Here's how!

<https://ascensionpress.com/pages/holy-rosary>

