



Prayers and Reflections for the Rosary

As we pray the Rosary, we can reflect on the themes of GodCalls Adventure and apply this to our own lives. As we have seen there are 4 Mysteries of the Rosary each one depicting key aspects of the life of Christ. Try to use the themes of the week and build this into your Rosary each week.

Meekness: (Luminous Mysteries)

As we look upon the public ministry of Jesus in the Luminous Mysteries, we see His missionary work, miracles and teachings. As we go through the Luminous Mysteries, let us contemplate on the message given in the Sermon on the Mount, the blessings of the Beatitudes. Jesus says:

'Blessed are the meek, for they will inherit the earth'. (Matthew chapter 5 verse 5).

This challenges us to live lives of humility and patience. Let us think about this deeper as we pray these five Luminous Mysteries of the Rosary.

Let us ask ourselves do we act humbly?
Are we generous in our speech?

Prayer

Dear Lord,
As we reflect on the Luminous Mysteries
we see the public ministry of Jesus.
We give thanks for all that He taught us
and the mission He had here on earth.
Let us grow in meekness and humility,
in order to become the very best person we can be.
We ask this through Christ, Our Lord.
Amen

Gratitude: (Joyful Mysteries)

As we meditate upon the Joyful Mysteries of the Rosary, let us contemplate on the birth of Christ and that journey of the Holy Family to the stable and beyond. Let us reflect in gratitude for the decisions made by Mary and Joseph as we pray the 5 Joyful Mysteries.

In each Joyful Mystery let us give thanks for each moment:

- **Annunciation:** Mary's YES! to bring Christ to our world.
- o How do we ourselves say yes?
- **Visitation:** Mary's joy and the Magnificat:
'My soul magnifies the Lord, and my spirit rejoices in God my Saviour' (Luke chapter 1 verses 46 and 47).
- o How do we give thanks to God for the good things we have in life?
- **The Birth of Jesus:** Gratitude for our Saviour being born.
- o How do we reflect on the coming of our Saviour to earth?
- **The Presentation of Jesus:** The beauty of Jesus as a gift and the gratitude of his arrival.
- o How do we say thank you to the gifts God gives us in our life?
- **Finding Jesus in the Temple:** Mary and Joseph's relief when they find Jesus in the Temple after fearing he was lost and the gratitude for Him being there.
- o How do we thank God in the times we feel lost and he welcomes us back?

Prayer:

Dear Lord,
We give thanks for the events in the Joyful Mysteries,
that tell us about Christ coming to earth.
Let us give everything in gratitude today and always
knowing that it is God who showers us with his blessings again and again.
We make this prayer of gratitude through Christ, our Lord.
Amen.

Courage: (Sorrowful Mysteries)

As we look upon the courage in the Sorrowful Mysteries we see great acts of bravery from many people. Two ordinary people stand out, known as Veronica and Simon of Cyrene. They stood up and helped Jesus in His time of struggle to the cross, Veronica when she courageously stepped out from the crowds to wipe the face of Jesus, which was covered in dirt and bloody. Then Simon of Cyrene, who courageously carried the cross of Jesus through the streets. Let us have some thinking points as we go through the Sorrowful Mysteries:

- How can we continue to stand up for our faith in the small and large acts that we do?
- How can we have the courage to pick up our cross and follow Christ as a disciple?

Prayer:

Dear Lord,
As we reflect upon the sorrowful mysteries,
Let us grow in courage and use the examples of
Veronica and Simon of Cyrene to stand up for our faith and help others.
Let us follow you closely even if this means going against the norm.
We ask this through Christ, Our Lord.
Amen

Purity and Modesty: (Glorious Mysteries)

We are all called to holiness and to live a life of glory. Our whole lives can glorify God through our jobs, our work, our studies, and our state of life. In the third Glorious Mystery we meditate on the Descent of the Holy Spirit, when we ask for the Holy Spirit to be more present within our lives, the fruits of the Spirit become more visible and two of those fruits are Chastity and Modesty. As you pray through the Glorious Mysteries, reflect upon the following points:

- How do we strive for purity and modesty within our lives?
- How can we use the Mary's life of purity as example to us?
- How can I be a witness to living a life of purity?

Prayer:

Dear Lord,
As we reflect upon the Glorious Mysteries,
and the beauty that comes from living out pure and modest lives,
let us strive to be more like Mary in order to become
the men and women you created us to be.
May our lives give glory to you every day.
Through Christ, Our Lord.
Amen

Magnanimity: (Luminous Mysteries)

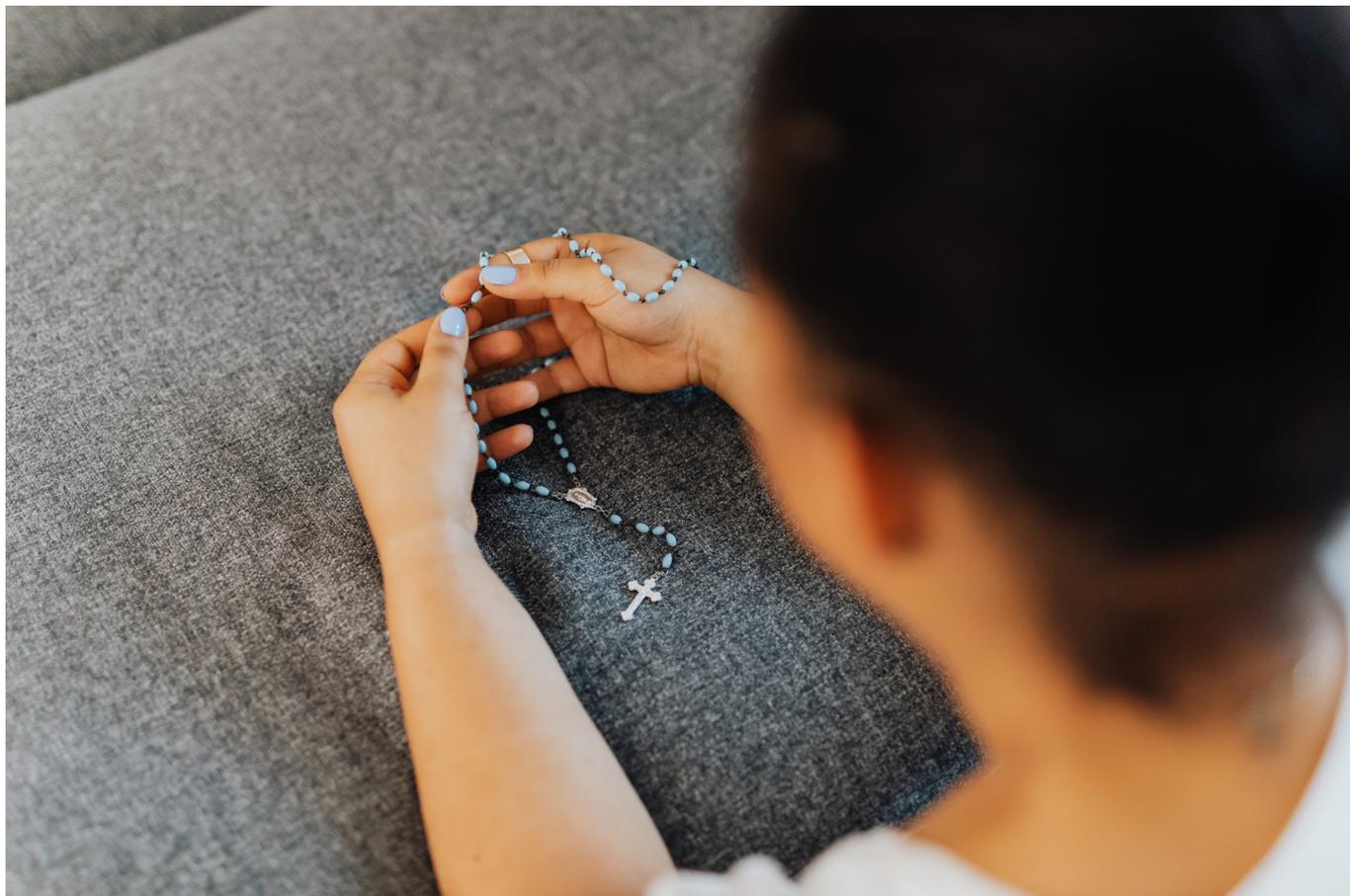
As we reflect again on the Luminous Mysteries and the public life of Jesus, let us now think how we ourselves can live out our own public ministry, how do we live out the Gospel message in our lives? What do we do in order to bring about striving for holiness through the virtue of being great in mind and heart?

As you go through the Luminous Mysteries let us reflect on our lives, even when we face challenging times.

Prayer

Dear Lord,
We give thanks for these light in the Luminous Mysteries.
The public work of Jesus, and His mission here on earth.
Let us strive for greatness in our lives,
Let us strive for holiness and
become the very best person we can be.
We ask this through Christ, Our Lord.
Amen.





Perseverance (Sorrowful Mysteries)

As we reflect on the Sorrowful Mysteries the theme of perseverance is prominent. The reflections on the last moments of Jesus' life and His own perseverance through all the struggles on the lead up to His crucifixion.

We all encounter hardships, trials and suffering in our lives as well as the joys and the happy moments in between, its about our journey. We all unite ourselves to Christ's suffering, that burden he carried for us, encourages us to persevere in life.

As you go through each Sorrowful Mystery reflect upon your own lives and how you have persevered through times of struggle and offer that in prayer today.

Prayer:

Almighty God,
As we reflect upon the Sorrowful Mysteries,
we journey with Jesus on His way to the Cross.
We ask for you help and guidance in times of struggle,
so that we may persevere on to more joyful and happy times.
We offer everything on our minds today,
and give thanks for you walking this journey with us.
We make this prayer through Christ our Lord.
Amen.