

The entirety of the Old Testament is a compilation of thousands of years of yearning and prophesies awaiting the coming of the Messiah who promised to deliver His people. There are 150 psalms in the Old Testament, and every human emotion can be found within them. From "shouting of Joy" (Psalm 100) and "filled with laughter" (Psalm 126).

To conquering your fears, "Even though I walk through the darkest valley, I will fear no evil" (Psalm 23), and fighting depression, "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God." (Psalm 42)

The book of Psalms reflects the variety of feelings the human heart can experience, but what makes this book unique is that each one is expressed in relationship to God, for only He can fulfill the desires of our heart (Psalm 37:4).

**This is all fulfilled in one verse, "the Lord is with thee"** (Luke 1:28). When the angel Gabriel exclaims those words to the Virgin Mary, the God of the universe becomes flesh and dwells among us. From that point on the nature of humanity was radically transformed and with it the entire fabric of our existence.

The Rosary is a prayer that encompasses all of the above. The original name of it was the Angelic psalter because the words of the angel Gabriel are a response to the 150 psalms, also known as the psalter in its entirety. The original Rosary is composed of 15 mysteries and 150 Angelic Salutations (also known as Hail Mary's). **Each Angelic salutation/Hail Mary is a response to the 150 psalms.** For each one of the psalms looks for its fulfillment in the arrival of God and Luke 1:28 is that exact moment in history.

## How to recite the rosary?

The rosary consists of 5 prayers:

1. The Apostles Creed
2. The Our Father
3. The Hail Mary ( Luke 1:28 & 1:42)
4. The Glory Be to the Trinity
5. Hail Holy Queen ( final prayer)



## -The Apostles Creed-

The first versions of this prayer predates the Bible and was created by the early church as a summary of what every Christian should believe. This was instrumental because most people were illiterate, and books were written by hand and were so expensive that only few people had them. Because it was common in the first centuries to debate what a Christian ought to believe. Memorizing and reciting this prayer when they gathered for mass helped early Christians honor and defend their faith. A lot of non-Catholics still pray this prayer in their congregations.

The original 15 mysteries follow Christ from:  
conception to birth. On to His sorrowful passion, death, and resurrection.

### Monday and Saturday: Joyful Mysteries

- The Annunciation/ Conception of our Lord
- The Visitation of Mary to her Cousin Elizabeth (mother of John the Baptist)
- The Birth of Christ
- The Presentation of Jesus at the Temple
- Finding Jesus at the Temple

### Tuesday and Friday: Sorrowful Mysteries

- The Agony in the Garden
- The Flagellation
- Carrying of the Cross
- Crown of Thorns
- Crucifixion and Death

### Wednesday and Sunday: Glorious Mysteries

- The Resurrection
- The Ascension of Christ into Heaven
- Descent of the Holy Spirit on Pentecost/ Birth of the Church
- Assumption of the Blessed Virgin Mary
- (Revelations 12:1-5)
- Crowning of Mary as Queen of Heaven

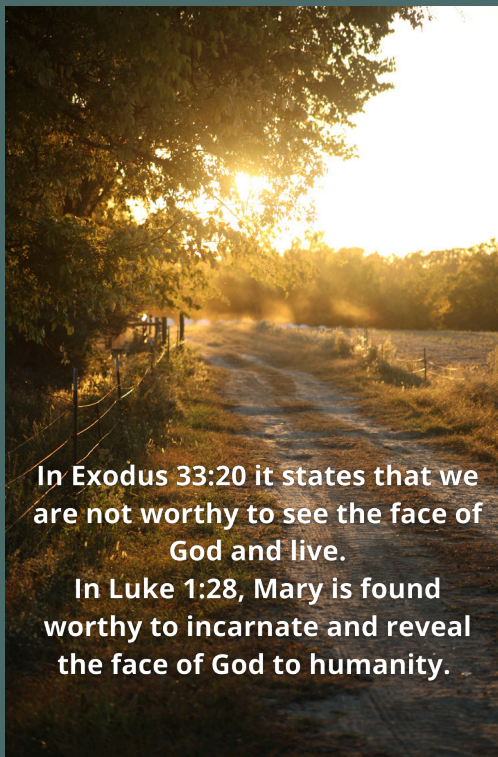
### Thursday: Luminous Mysteries

Why pray the Luminous Mysteries that were added by John Paul II? In 2002 John Paul II added the Luminous mysteries. Inspired by God he added them to **correspond to what is most under attack by our culture**, which is **Baptism, The sanctity of Marriage, Orthodox teaching, The Divinity of Christ/ The real presence of Jesus in the most Holy Eucharist (John 6: 35-66).**

It is a misconception that the Hail Mary is only a Catholic prayer. For much of the early church, it was a prayer that all recognized and loved because it is the announcement of the arrival of the Lord. The Hail Mary is the recitation of both **Luke 1:28 and 1:42.** The latter are the words by Elizabeth stating: "blessed are thou among women and blessed is thy fruit of thy womb Jesus." The last misconception is that it's a prayer to Mary but it is not. It is a petition to her to "pray for us" to her son Jesus. This comes from the Old Testament book of 1 King where Queen Bathsheba brings a petition, entrusted to her, to King Solomon, the son of David. To which King Solomon, grants the request before even hearing it because it comes from the lips of his own mother:

**1 Kings 2:20: " I have just one small request of you," She said, "Do not deny me. "Make your request my mother," The king replied, " for I will not deny you."**

The Rosary is walking side by side with Christ throughout His earthly life through the eyes of the only person who witnessed his whole life from beginning to end, his mother. This is done by meditating on specific mysteries assigned to different days of the week. A mystery of the rosary is defined as a specific event in the life of Christ that contains an infinite number of hidden fruits revealed through meditation and prayer. The original rosary is divided into 15 mysteries and 5 more were added recently making it a total of 20 mysteries. Each day of the week is dedicated to honoring and meditating on 5 of those mysteries. While the verbal aspect may seem repetitive it is far from it, each time the mind is uncovering hidden fruits in the life of Christ and doing so by honoring it with the prayer that brought Him down from the heavens and united Him with humanity. This effectively changed the entire fabric of reality and our existence. Similarly, this prayer will bring to birth the hidden mysteries of Christ in our own lives.



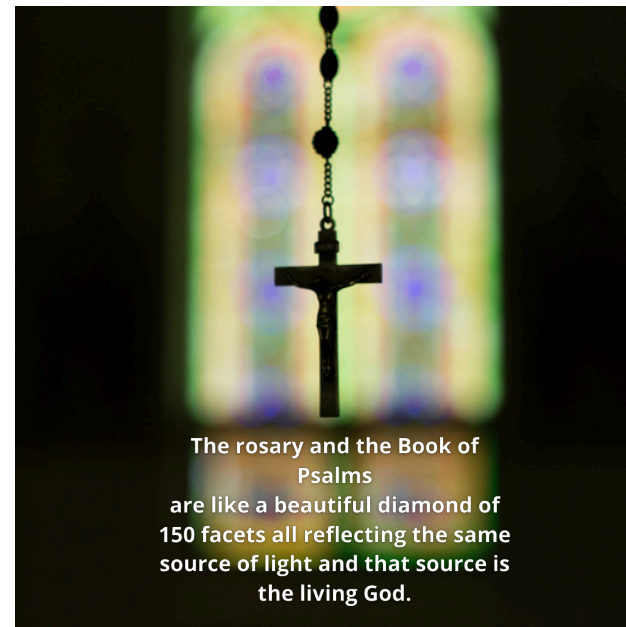
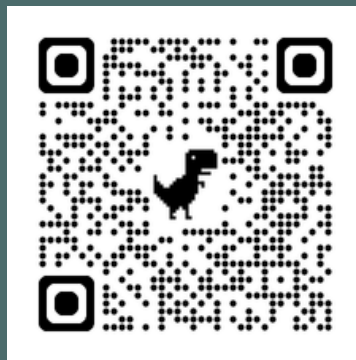
**In Exodus 33:20 it states that we are not worthy to see the face of God and live.**

**In Luke 1:28, Mary is found worthy to incarnate and reveal the face of God to humanity.**

By A Lay Dominican



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**The rosary and the Book of Psalms are like a beautiful diamond of 150 facets all reflecting the same source of light and that source is the living God.**

## *The Rosary - A prayer for all Christians*

A rosary is a link that unites the Old and New Testament, from the time of prophecy to the time of fulfillment. It is a deep meditative prayer experience that brings us next to Christ and invites us to walk next to him during his earthly life to bring forth new and beautiful fruits in our present life.