

- Sign of the Cross and Apostle's Creed
- 2 - Our Father
- 3 - Three Hail Mary's
- 4 - Glory Be
- 5 - Announce the first mystery; Our Father
- 6 - Ten Hail Mary's
- 7 - Glory Be

Repeat last three steps, meditating on the other mysteries of the rosary.

Joyful Mysteries (Mondays and Saturdays)

First Decade: The Annunciation of Gabriel to Mary

Second Decade: The Visitation of Mary to Elizabeth

Third Decade: The Birth of Our Lord

Fourth Decade: The Presentation of Our Lord

Fifth Decade: The Finding of Our Lord in the Temple

Sorrowful Mysteries (Tuesdays and Fridays)

First Decade: The Agony of Our Lord in the Garden

Second Decade: Our Lord is Scourged at the Pillar

Third Decade: Our Lord is Crowned with Thorns

Fourth Decade: Our Lord Carries the Cross to Calvary

Fifth Decade: The Crucifixion of Our Lord

Glorious Mysteries (Wednesdays and Sundays)

First Decade: The Glorious Resurrection of Our Lord

Second Decade: The Ascension of Our Lord

Third Decade: The Descent of the Holy Spirit at Pentecost

Fourth Decade: The Assumption of Mary into Heaven

Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

Luminous Mysteries (Thursdays)

First Decade: The Baptism of Our Lord in the River Jordan

Second Decade: The Wedding at Cana, when Christ manifested himself

Third Decade: The Proclamation of the Kingdom of God

Fourth Decade: The Transfiguration of Our Lord

Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist