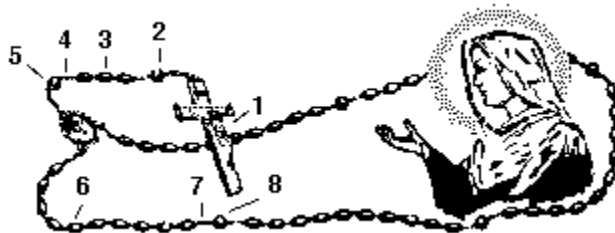


# The Luminous Mysteries

## without Distractions

Illustrations and suggested points of reflection from our booklet [Praying the Rosary Without Distractions](#), available in our on-line store.

Also available in our store: the booklet [Scripturally Based Rosary](#), ideal for individual study and prayer.



*(Numbers other than the 10 Hail Marys refer to the numbers pointing to the beads in the above illustration.)*

- 1) Make the **Sign of the Cross** saying "In the name of the Father, and of the Son, and of the Holy Spirit. Amen.", and say the **Apostles' Creed**: "I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty. He will come again in glory to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen."
- 2) Say the **Our Father**: "Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen."
- 3) Say **three Hail Marys** for Faith, Hope, and Charity: "Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen." – 3 times.
- 4) Say the **Glory Be**: "Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen."



5) Announce **"The First Luminous Mystery – The Baptism of the Lord"** and then say the ***Our Father***.

6) Say ten ***Hail Marys*** while meditating on the Mystery.

1. John is baptizing in the Jordan proclaiming a baptism of repentance.
2. "I am the voice of one crying in the desert, make straight the way of the Lord."
3. "One mightier than I is coming after me."
4. "I have baptized you with water, He will baptize you with the Holy Spirit."
5. Seeing Jesus, John exclaims: "Behold the Lamb of God."
6. Against protests of his unworthiness, John baptizes Jesus in the Jordan.
7. After Jesus' baptism a voice from Heaven: "This is my beloved Son in whom I am well pleased."
8. The Spirit descends upon Jesus in the form of a dove.
9. In this heavenly manifestation is instituted the sacrament of baptism.
10. The divine Trinity is manifested: the voice of the Father is heard as the Spirit descends upon the Son.

Spiritual Fruit: **Openness to the Holy Spirit**

7) **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

**Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



8) Announce **"The Second Luminous Mystery – The Wedding in Cana"** and then say the ***Our Father***.

Say ten ***Hail Marys*** while meditating on the Mystery.

1. Jesus, His Mother and disciples were invited to a wedding in Cana.
2. During the wedding feast the wine ran short.
3. Mary turned to Jesus: "They have no wine."
4. Jesus replied: "What would you have Me do? My hour has not yet come."
5. Mary said to the waiters: "Do whatever He tells you."
6. There were six stone water jars, each holding fifteen to twenty gallons.
7. Jesus bids the waiters to fill the jars with water, and then draw some out and take it to the chief steward.
8. The chief steward said to the groom: "Every man serves the good wine first... but you have saved the good wine until now."
9. At Mary's request, Jesus worked His first miracle.
10. By His presence, Christian marriage was raised to the dignity of a Sacrament.

Spiritual Fruit: **To Jesus through Mary**

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce "**The Third Luminous Mystery – The Proclamation of the Kingdom of God and the call to conversion**" and then say the ***Our Father***.

Say ten ***Hail Marys*** while meditating on the Mystery.

1. "Repent, for the kingdom of God is at hand."
2. "My kingdom is not of this world."
3. "Unless a man be born again of water and the Spirit, he cannot enter the kingdom of

heaven.”

4. “Whoever does not accept the kingdom of God as a little child will not enter into it.”
5. “I have come to call sinners, not the just.”
6. “Love your enemies, pray for those who persecute you.”
7. “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”
8. “Blessed are they who hunger and thirst for justice, for they shall be satisfied.”
9. “Blessed are they who suffer persecution for justice’ sake, for theirs is the kingdom of heaven.”
10. “You are Peter, and upon this rock I will build My church... I will give you the keys of the kingdom of heaven.”

Spiritual Fruit: **Christian Witness and Conversion**

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce “**The Fourth Luminous Mystery – The Transfiguration**” and then say the ***Our Father***.

Say ten ***Hail Marys*** while meditating on the Mystery.

1. Jesus took Peter, James and John up a high mountain to pray.
2. Jesus was transfigured before them.
3. “His face became as dazzling as the sun, his clothes as radiant as light.”
4. This was to fortify their faith to withstand the coming tragedy of the Passion.
5. Jesus foresaw the ‘scandal of the cross,’ and prepared them for it by this manifestation of His glory.
6. Moses and Elias (representing the Law and the prophets of the Old Testament) were conversing with Jesus about His Passion.

7. "Do not think I have come to destroy the Law or the Prophets... but to fulfill them."
8. From a cloud came a voice: "This is my beloved Son, listen to Him."
9. Jesus admonishes them not to tell the vision to anyone until the Son of Man rises from the dead.
10. We too will behold the transfigured Jesus on the Last Day.

Spiritual Fruit: **Spiritual Courage**

### Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### Oh My Jesus

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.



Announce "**The Fifth Luminous Mystery – The Institution of the Eucharist**" and then say the **Our Father**.

Say ten **Hail Marys** while meditating on the Mystery.

1. I have eagerly desired to eat this Passover with you before I suffer.
2. Jesus took bread, blessed it: "Take and eat, this is My Body."
3. Taking the wine: "This cup is the new covenant in my Blood, shed for you."
4. At that eucharistic meal, Jesus celebrated the first Mass.
5. At every Mass the sacrifice of Calvary is made present.
6. At the Last Supper Jesus instituted the sacrament of Holy Orders to perpetuate this sacrifice.
7. "Whoever eats my flesh and drinks my blood remains in me and I in him."
8. The Eucharist is a sacrifice inasmuch as it is offered up, and a sacrament inasmuch as it is received.
9. In the Mass we offer ourselves to God, and God gives himself to us.
10. The Mass will be fruitful in the measure of our surrender to the Father.

Spiritual Fruit: **Love of Our Eucharistic Lord**

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **Oh My Jesus**

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

## Closing Prayers

### ***Hail Holy Queen***

Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee we send up our sighs, mourning and weeping in this vale of tears. Turn then most gracious advocate, Thine eyes of mercy toward us, and after this, our exile, show unto us, the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God, That we may be made worthy of the promises of Christ. Amen.

### ***Final Prayer***

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

Make the ***Sign of the Cross***.

HOW TO PRAY THE ROSARY

SORROWFUL MYSTERIES