**THE JOYFUL MYSTERY**

**The Annunciation - Humility**  
Mary received with deep humility the news of the Angel Gabriel that she was to be the Mother of the Son of God. Grant that I may always accept the will of God with humility like Mary.

**The Visitation - Love of Neighbor**  
Mary showed true charity in visiting Elizabeth and remaining with her for three months before the birth of John the Baptist. Grant me the grace to support and love my neighbor like Mary.

**The Birth of Jesus – Poverty**

Mary lovingly accepted the poverty of the stable, although she was to give birth to our God and Redeemer. Grant me the grace to endure poverty like the Holy Family when I long for richer things.

**The Presentation of Jesus in the Temple - Obedience**Mary and Joseph observed the law of God in presenting the Child Jesus in the temple. Help me to grow in the virtue of obedience.

**The Finding of Jesus in the Temple - Joy in Finding Jesus**  
Mary was filled with sorrow at the loss of Jesus, her Son, and overwhelmed with joy in finding Him in the temple surrounded by the teachers. Obtain for me the joy of staying close to Jesus.

**THE LUMINOUS MYSTERY**

**The Baptism of Jesus - Openness to the Holy Spirit**  
Jesus, at Your Baptism, You remained open to the Holy Spirit and were filled with the power of God to begin Your public ministry. Through my Baptism and Confirmation, may I remain ever open to the Spirit of God in my life.

**The Wedding Feast at Cana - To Jesus Through Mary**  
Mary, you know my needs and the needs of all your spiritual children so well. When life is hard and I face a difficult situation, please pray to Jesus on my behalf. Help me to follow your counsel by doing whatever He tells me.

**The Proclamation of the Kingdom - Repentance and Trust in God**Lord Jesus, You came as the Light into the world, proclaiming the Good News. With great boldness and power, You dispelled the darkness of sin, death, and the Evil One in the world. Help me to repent of my own sin and to trust more in You.

**The Transfiguration - Desire for Holiness**Lord Jesus, You revealed Your glory to encourage the disciples to fix their eyes upon the hope of glory when faced with trials. Help me, Lord, to fix my eyes upon You in the glory of Heaven. Fill me with the desire to become a saint.

**The Institution of the Holy Eucharist - Adoration**  
Lord Jesus, as I am nourished by your Body and Blood in Holy Communion, help me to be transformed more and more into Your image. And may I spend time adoring Your Body and Blood, Soul and Divinity in the Most Blessed Sacrament.

**THE SORROWFUL MYSTERY**

**The Agony in the Garden - Sorrow for Sin**  
Jesus, You suffered a bitter agony in the Garden of Gethsemane because of our sins. Lead me to prayer in my time of need and grant me true contrition for my sins.

**The Scourging at the Pillar - Purity**Jesus, You remained pure of heart even when Your flesh was torn and scourged by those who hated You. Help me to grow in the virtue of purity even when I suffer.

**The Crowning with Thorns - Courage**  
Jesus, You patiently endured the pain from the crown of sharp thorns that was forced upon Your head. Grant me the strength to have moral courage to follow You.

**The Carrying of the Cross - Patience**  
Jesus, You willingly carried Your Cross for love of Your Father and all people. Grant me the forbearance and patience to carry my cross in difficult moments.

**The Crucifixion - Perseverance**  
Jesus, You bravely endured torture on the Cross and gave up Your life for the salvation of all humankind. Grant me peace of mind, body, and spirit, and the grace of perseverance in Adversity.

**THE GLORIOUS MYSTERY**

**The Resurrection of Jesus - Faith**Jesus, You rose from the dead in triumph and remained for forty days with Your disciples, instructing them and encouraging them. Grant me the desire to always have faith in You, my Risen Lord.

**The Ascension of Jesus - Hope**  
Jesus, You instilled in the disciples the virtue of hope in life everlasting and commanded them to carry Your Gospel throughout the world. As You sit at the Father’s right hand in heaven, grant me the grace to grow in the virtue of hope and inspire me to lead others to You.

**The Descent of the Holy Spirit - Love for God**Jesus, Your disciples received the Holy Spirit to foster their love for You. Grant that I may show my love for You by proclaiming the Good News of salvation.

**The Assumption of Mary - Grace of a Happy Death**  
Mary, you were assumed body and soul into heaven by the power of God and united with your Divine Son, Jesus. Obtain eternal happiness with Him for me.

**The Coronation of Mary - Trust in Mary’s Intercession**  
Mary, you humbled yourself before God and you were crowned Queen of Heaven. Bless me withthe love of the Holy Trinity and intercede for me in Heaven.