

# ProLife Mysteries of the Rosary Meditations

## Joyful Mysteries

Mondays, Saturdays & Sundays of Advent & Christmas

### **The Annunciation**

Mary is troubled by the angel's greeting yet rejoices to do God's will. Let us pray that those who are troubled by their pregnancy may have the grace to trust in God's will.

### **The Visitation**

John the Baptist leapt for joy in his mother's womb. We pray that people may realize that abortion is not about children who "might" come into the world but is about children who are already in the world, living and growing in the womb, and are scheduled to be killed.

### **The Nativity**

God Himself was born as a child. The greatness of a person does not depend on size, for the newborn King is very small. Let us pray for an end to prejudice against the tiny babies threatened by abortion.

### **The Presentation**

The Child is presented in the Temple because the Child belongs to God. Children are not the property of their parents, nor of the government. They - and we - belong to God Himself.

### **The Finding of Jesus in the Temple**

The boy Jesus was filled with wisdom, because He is God. Let us pray that all people may see the wisdom of His teachings about the dignity of life and may understand that this teaching is not an opinion, but the truth.

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## Sorrowful Mysteries

**Tuesdays, Fridays & Sundays of Lent**

### **The Agony in the Garden**

Let us pray for mothers and fathers who are in agony because they are tempted to abort a child. May they be given the good news that there are alternatives, and may they make use of the help that is available.

### **The Scourging**

As Christ's flesh was torn by the instruments of those who scourged Him, so the bodies of babies in the womb are torn by the instruments of the abortionists. Let us pray that abortionists may repent of these acts of child-killing.

### **The Crowning with Thorns**

Jesus suffered the pain of thorns in His head and did so silently. We pray for the mothers and fathers of aborted children. So many of them suffer deep grief and regret over a choice they can never reverse. So many suffer in silence, because others tell them it's no big deal.

### **The Carrying of the Cross**

Jesus was not condemned by the power of wicked people. He was condemned because of the silence of good people. Silence always helps the oppressor, never the victim. Let us pray that we may never be silent about abortion, but rather will clearly speak up to save babies from death.

### **The Crucifixion**

As we ponder the death of Christ, let us remember the many women who have died from so-called "safe, legal" abortions. Let us ask forgiveness and mercy for them. May their memory save other women from making this tragic mistake.

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## Glorious Mysteries

Wednesdays & other Sundays

### **The Resurrection**

Christ is Risen! By his Resurrection, He has destroyed the power of death, and therefore the power of abortion. The outcome of the battle for Life has already been decided: Life is victorious! Let us pray that all pro-lifers will spread this victory to every segment of our society.

### **The Ascension**

By ascending to the Father's throne, Christ takes our human nature, given to us in the womb, to the heights of heaven. He shows us that human beings are made to be raised to heaven, not thrown in the garbage. Let us pray that the world may learn this truth and reject abortion.

### **The Descent of the Holy Spirit**

The Holy Spirit is the Advocate: He pleads our cause, for we cannot save ourselves. We pray that He will make us advocates for the babies, who cannot speak or write or vote or protest or even pray.

### **The Assumption**

The Blessed Virgin Mary was taken body and soul into heaven because she is the Mother of God. Mother and child are united. The Assumption reminds us that they belong together. We pray that society will see that it cannot love women while killing their children and cannot save children without helping their mothers. We pray that people will be touched by the pro-life question, "Why can't we love them both?"

### **The Coronation**

Mary is the Queen of the Universe. The Church teaches that she is the greatest creature, second only to God Himself. The Church defends the dignity of women. We pray that people will understand that to be pro-life means to be pro-woman, and that to be pro-woman demands that we be pro-life.

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## Luminous Mysteries

Thursdays

### **Christ is Baptized in the Jordan**

When Jesus is baptized, the Father's voice is heard: "This is my beloved Son." All are called to become adopted sons and daughters of God through baptism. We pray that children in the womb may be protected, so that they may be born and welcomed into the Christian community by baptism.

### **Christ is made known at the Wedding of Cana**

Jesus revealed His glory by the miracle at Cana. The new couple was blessed not only with wine, but with faith in Christ. Let us pray for strong marriages, rooted in the Lord, and open to the gift of new life.

### **Christ proclaims the Kingdom and Calls All to Conversion**

"Repent and believe the Good News." Let us pray that these first words of Jesus' public ministry may be heard by all who have committed abortion. May they know that the Lord calls them to conversion, and may they experience life-giving repentance.

### **The Transfiguration**

Christ is transformed on the mountain, and the disciples see His glory. May the eyes of all people be transformed, that they may see each and every human life as a reflection of the glory of God Himself.

### **Jesus gives us the Eucharist**

"This is My Body, given up for you." The Eucharist teaches us how to live and how to love. Let us pray that parents who sacrifice the babies for the sake of themselves may learn instead to put themselves aside for the sake of their babies.

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The prayer leader prays the words in blue  
& everyone else responds with the rest of the prayer.

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## **The Sign of the Cross**

*(said to start the rosary prayer)*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

## **The Apostles' Creed**

*(said at first, holding the crucifix)*

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;  
from there he will come 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.

## **The Lord's Prayer**

*(said holding the single large bead before each decade)*

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

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## **The Hail Mary**

(said holding each of the 10 beads in the decade)

Hail Mary full of Grace, the Lord is with thee.  
Blessed are thou amongst 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.

## **The Glory Be**

*(said at the end of each decade)*

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.

## **The Fatima Prayer**

*(said after the Glory Be at the end of each decade)*

O my Jesus, forgive us our sins,  
save us from the fires of hell;  
lead all souls to heaven,  
especially those who have most need of your mercy,  
*the born and the unborn* Amen.

## **The Hail, Holy Queen**

*(said after the final decade)*

### ***(The Salve Regina)***

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

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## **Memorare**

*(said after the Hail, Holy Queen)*

Remember, O most gracious Virgin Mary,  
that never was it known  
that anyone who fled to thy protection,  
implored thy help,  
or sought thy intercession  
was left unaided.  
Inspired with this confidence,  
I fly to thee, O Virgin of virgins, my Mother;  
to thee do I come;  
before thee I stand,  
sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer me.  
Amen.

## **The Final Prayer**

*(said after the Memorare)*

Pray for us, O holy Mother of God.

That we may be made worthy  
of the promises of Christ

Let us pray:

O God, whose only begotten Son,  
by His life, death, and resurrection,  
has purchase for us the rewards of eternal life.  
Grant, we beseech Thee,  
that by meditating on 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.

## **The Sign of the Cross**

*(said to end the rosary prayer)*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.