

# HOW TO PRAY THE HOLY ROSARY



theotokosrosaries.com

## JOYFUL MYSTERIES MONDAY & SATURDAY

- 1 The Annunciation of the Lord to Mary
- 2 The Visitation of Mary to Elizabeth
- 3 The Nativity of our Lord Jesus Christ
- 4 The Presentation of our Lord
- 5 Finding Jesus in the Temple at age 12

## LUMINOUS MYSTERIES THURSDAY

- 1 The Baptism of Jesus in the Jordan
- 2 The Wedding at Cana
- 3 The proclamation of the Kingdom
- 4 The Transfiguration of Jesus
- 5 The Institution of the Eucharist

## SORROWFUL MYSTERIES TUESDAY & FRIDAY

- 1 The Agony of Jesus in the Garden
- 2 The Scourging at the Pillar
- 3 Jesus is Crowned with Thorns
- 4 Jesus Carries the Cross
- 5 The Crucifixion of our Lord

## GLORIOUS MYSTERIES WEDNESDAY & SUNDAY

- 1 The Resurrection of Jesus Christ
- 2 The Ascension of Jesus to Heaven
- 3 The Descent of the Holy Ghost
- 4 The Assumption of Mary into Heaven
- 5 Mary is Crowned as Queen of Heaven and Earth



**The Official 365 Day Prayer Plan for  
*The Rosary in a Year (with Fr. Mary-Mary Ames, CFR)***

Welcome to the *Rosary in a Year* prayer plan that follows along with Ascension's new podcast: *The Rosary in a Year (with Fr. Mark-Mary Ames, CFR)*!

In Ascension's *Rosary in a Year* podcast, Fr. Mark-Mary guides listeners on a step-by-step journey that will change the way you pray — no matter where you are in your spiritual life. Find out more at [ascensionpress.com/rosaryinayear](https://ascensionpress.com/rosaryinayear).

**About the Prayer Plan:**

Ascension's *Rosary in a Year* podcast follows a daily prayer plan that starts small and builds up over time. This plan is broken into 6 phases, each focusing on a different aspect of the Rosary.

Phase	Focus
Forming the Relationship	Practicing the presence of Jesus and Mary
Biblical Roots of the Rosary	Learning how the prayers and mysteries of the Rosary are rooted in Scripture
Meditating on the Mysteries	Prayerfully meditating with sacred art* ( <i>visio divina</i> ), saint reflections, and Scripture ( <i>lectio divina</i> )
Finding Focus	Practicing independent meditation by drawing inspiration from the previous phases
Building Up the Decades	Slowly adding on decades of the Rosary over time
Praying Together	Praying a full Rosary led by Fr. Mark-Mary, along with a community of listeners

\*For episodes with meditations on sacred art (*visio divina*), links to each image are included in the prayer plan.

### How to Use the Prayer Plan:

In each episode, Fr. Mark-Mary will direct listeners to the current area of focus and lead us in the prayers of the Rosary (starting small and building up over time).

To help keep track of where you are, you'll notice that the mysteries are color-coded.

	Mysteries	Color
<b>The Joyful Mysteries</b>	<b>The Annunciation</b> <b>The Visitation</b> <b>The Nativity</b> <b>The Presentation of Jesus in the Temple</b> <b>The Finding of Jesus in the Temple</b>	<b>Rose:</b> symbolizes rejoicing
<b>The Luminous Mysteries</b>	<b>The Baptism of Jesus</b> <b>The Wedding at Cana</b> <b>The Proclamation of the Kingdom</b> <b>The Transfiguration</b> <b>The Institution of the Eucharist</b>	<b>Green:</b> symbolizes Christ's earthly ministry
<b>The Sorrowful Mysteries</b>	<b>The Agony in the Garden</b> <b>The Scourging at the Pillar</b> <b>The Crowning with Thorns</b> <b>The Carrying of the Cross</b> <b>The Crucifixion</b>	<b>Purple:</b> symbolizes repentance
<b>The Glorious Mysteries</b>	<b>The Resurrection</b> <b>The Ascension</b> <b>The Descent of the Holy Spirit</b> <b>The Assumption of Mary</b> <b>The Coronation of Mary</b>	<b>Yellow:</b> symbolizes the glory of the Resurrection

Thank you for joining us on this journey! We can't wait to get started!

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 1	Phase 1: Forming the Relationship	Practicing the Presence of Jesus and Mary	1 Our Father 3 Hail Marys 1 Glory Be	None
<input type="checkbox"/> 2				
<input type="checkbox"/> 3				
<input type="checkbox"/> 4				
<input type="checkbox"/> 5				
<input type="checkbox"/> 6				
<input type="checkbox"/> 7				
<input type="checkbox"/> 8	Phase 2: Biblical Roots of the Rosary	Hail Mary	1 Our Father 3 Hail Marys 1 Glory Be	None
<input type="checkbox"/> 9				
<input type="checkbox"/> 10				
<input type="checkbox"/> 11				
<input type="checkbox"/> 12				
<input type="checkbox"/> 13		Our Father		
<input type="checkbox"/> 14				
<input type="checkbox"/> 15		The Biblical Foundation of the Prayers		
<input type="checkbox"/> 16		Glory Be		
<input type="checkbox"/> 17		Sign of the Cross		
<input type="checkbox"/> 18				
<input type="checkbox"/> 19				
<input type="checkbox"/> 20		Hail Holy Queen		
<input type="checkbox"/> 21				
<input type="checkbox"/> 22		Fatima Prayer		
<input type="checkbox"/> 23				
<input type="checkbox"/> 24				
<input type="checkbox"/> 25				
<input type="checkbox"/> 26		Apostles' Creed		
<input type="checkbox"/> 27				
<input type="checkbox"/> 28				
<input type="checkbox"/> 29	Phase 2 (Cont.)	Luke 1:26–38	1 Our Father 3 Hail Marys 1 Glory Be	The Annunciation
<input type="checkbox"/> 30		Luke 1:39–56		The Visitation
<input type="checkbox"/> 31		Luke 2:1–20		The Nativity
<input type="checkbox"/> 32		Luke 2:22–39		The Presentation of Jesus in the Temple
<input type="checkbox"/> 33		Luke 2:41–52		The Finding of Jesus in the Temple
<input type="checkbox"/> 34		Matthew 3:13–17		The Baptism of Jesus
<input type="checkbox"/> 35		John 2:1–12		The Wedding at Cana
<input type="checkbox"/> 36		Mark 1:14–15		The Proclamation of the Kingdom
<input type="checkbox"/> 37		Matthew 17:1–13		The Transfiguration
<input type="checkbox"/> 38		Luke 22:14–23		The Institution of the Eucharist
<input type="checkbox"/> 39		Matthew 26:36–46		The Agony in the Garden
<input type="checkbox"/> 40		Matthew 27:26		The Scourging at the Pillar
<input type="checkbox"/> 41		Matthew 27:27–31		The Crowning with Thorns
<input type="checkbox"/> 42		Matthew 27:32		The Carrying of the Cross
<input type="checkbox"/> 43		Luke 23:33–46		The Crucifixion
<input type="checkbox"/> 44		Matthew 28:1–10		The Resurrection
<input type="checkbox"/> 45		Luke 24:50–53		The Ascension
<input type="checkbox"/> 46		Acts 2:1–13		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 47		Luke 1:46–56		The Assumption of Mary
<input type="checkbox"/> 48		Revelation 12:1–5		The Coronation of Mary
<input type="checkbox"/> 49		Luke 1:26–38		The Annunciation
<input type="checkbox"/> 50		Luke 1:39–56		The Visitation
<input type="checkbox"/> 51		Luke 2:1–20		The Nativity
<input type="checkbox"/> 52		Luke 2:22–39		The Presentation of Jesus in the Temple
<input type="checkbox"/> 53		Luke 2:41–52		The Finding of Jesus in the Temple
<input type="checkbox"/> 54		Matthew 3:13–17		The Baptism of Jesus
<input type="checkbox"/> 55		John 2:1–12		The Wedding at Cana

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 56		Mark 1:14–15		The Proclamation of the Kingdom
<input type="checkbox"/> 57		Matthew 17:1–13		The Transfiguration
<input type="checkbox"/> 58		Luke 22:14–23		The Institution of the Eucharist
<input type="checkbox"/> 59		Matthew 26:36–46		The Agony in the Garden
<input type="checkbox"/> 60		Matthew 27:26		The Scourging at the Pillar
<input type="checkbox"/> 61		Matthew 27:27–31		The Crowning with Thorns
<input type="checkbox"/> 62		Matthew 27:32		The Carrying of the Cross
<input type="checkbox"/> 63		Luke 23:33–46		The Crucifixion
<input type="checkbox"/> 64		Matthew 28:1–10		The Resurrection
<input type="checkbox"/> 65		Luke 24:50–53		The Ascension
<input type="checkbox"/> 66		Acts 2:1–13		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 67		Luke 1:46–56		The Assumption of Mary
<input type="checkbox"/> 68		Revelation 12:1–5		The Coronation of Mary
<input type="checkbox"/> 69	Phase 3: Meditating on the Mysteries	Luke 1:26–38	1 Decade of the Rosary	The Annunciation
<input type="checkbox"/> 70		Luke 1:39–56		The Visitation
<input type="checkbox"/> 71		Luke 2:1–20		The Nativity
<input type="checkbox"/> 72		Luke 2:22–39		The Presentation of Jesus in the Temple
<input type="checkbox"/> 73		Luke 2:41–52		The Finding of Jesus in the Temple
<input type="checkbox"/> 74		Matthew 3:13–17		The Baptism of Jesus
<input type="checkbox"/> 75		John 2:1–12		The Wedding at Cana
<input type="checkbox"/> 76		Mark 1:14–15		The Proclamation of the Kingdom
<input type="checkbox"/> 77		Matthew 17:1–13		The Transfiguration
<input type="checkbox"/> 78		Luke 22:14–23		The Institution of the Eucharist
<input type="checkbox"/> 79		Matthew 26:36–46		The Agony in the Garden
<input type="checkbox"/> 80		Matthew 27:26		The Scourging at the Pillar
<input type="checkbox"/> 81		Matthew 27:27–31		The Crowning with Thorns
<input type="checkbox"/> 82		Matthew 27:32		The Carrying of the Cross
<input type="checkbox"/> 83		Luke 23:33–46		The Crucifixion
<input type="checkbox"/> 84		Matthew 28:1–10		The Resurrection
<input type="checkbox"/> 85		Luke 24:50–53		The Ascension
<input type="checkbox"/> 86		Acts 2:1–13		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 87		Luke 1:46–56		The Assumption of Mary
<input type="checkbox"/> 88		Revelation 12:1–5		The Coronation of Mary
<input type="checkbox"/> 89	Phase 3 (Cont.)	St. Bernard of Clairvaux, <i>Four Homilies in Praise of the Virgin Mother</i> 4.8–9	1 Decade of the Rosary	The Annunciation
<input type="checkbox"/> 90		St. Alphonsus Liguori, “On the Visitation of the Blessed Virgin,” in <i>The Way of Salvation</i>		The Visitation
<input type="checkbox"/> 91		St. Leo the Great, <i>Sermon 21 (On the Feast of the Nativity, I)</i>		The Nativity
<input type="checkbox"/> 92		St. Cyril of Alexandria, <i>Homily 4, in Commentary on the Gospel of Saint Luke</i>		The Presentation of Jesus in the Temple
<input type="checkbox"/> 93		St. Augustine, <i>Sermons on Selected Lessons of the New Testament: Sermon 1</i>		The Finding of Jesus in the Temple
<input type="checkbox"/> 94		St. Ambrose, <i>On the Mysteries</i> 5.26–27		The Baptism of Jesus
<input type="checkbox"/> 95		St. Alphonsus Liguori, <i>The Glories of Mary</i> 6.1		The Wedding at Cana
<input type="checkbox"/> 96		St. Augustine, <i>On the Sermon on the Mount</i> 1.1.2		The Proclamation of the Kingdom
<input type="checkbox"/> 97		St. Anastasius of Sinai, <i>Homily on the Transfiguration</i>		The Transfiguration
<input type="checkbox"/> 98		St. Catherine of Siena, <i>Dialogue</i>		The Institution of the Eucharist
<input type="checkbox"/> 99		St. Alphonsus Liguori, “Reflections and Affections on the Passion of Jesus Christ,” in <i>The Passion and the Death of Jesus Christ</i> 6.1		The Agony in the Garden
<input type="checkbox"/> 100		St. Bridget, <i>Revelations</i> 16		The Scourging at the Pillar
<input type="checkbox"/> 101		St. Thomas Aquinas, <i>Commentary on the Gospel of Matthew</i> 2350		The Crowning with Thorns
<input type="checkbox"/> 102		St. Josemaria Escriva, “Second Station: Jesus Takes Up His Cross,” in <i>The Way of the Cross</i>		The Carrying of the Cross

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 103		St. Alphonsus Liguori, "On the Fifth Dolour," in <i>The Glories of Mary</i>	1 Decade of the Rosary	The Crucifixion
<input type="checkbox"/> 104		St. John Chrysostom (attr.), Easter homily		The Resurrection
<input type="checkbox"/> 105		St. Thomas Aquinas, <i>Summa Theologiae</i> III.57.1		The Ascension
<input type="checkbox"/> 106		St. Ambrose, <i>On the Holy Spirit</i> 14.168–170		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 107		Ven. Fulton J. Sheen, <i>Meditations on the Fifteen Mysteries of the Rosary</i>	(1 Our Father 10 Hail Marys 1 Glory Be)	The Assumption of Mary
<input type="checkbox"/> 108		St. John Damascene, <i>Sermon 1: On the Assumption</i>		The Coronation of Mary
<input type="checkbox"/> 109		St. Gregory Thaumaturgus, <i>On the Annunciation to the Holy Virgin Mary</i>		The Annunciation
<input type="checkbox"/> 110		St. Ambrose, <i>Commentary on the Gospel of St. Luke</i> 2.19–20, 22–23, 26		The Visitation
<input type="checkbox"/> 111		St. Bernard, <i>On the Miraculous Nature of the Nativity</i>		The Nativity
<input type="checkbox"/> 112		St. Alphonsus Liguori, <i>The Glories of Mary</i> 2.6		The Presentation of Jesus in the Temple
<input type="checkbox"/> 113		St. Cyril of Alexandria, <i>Homily 5</i> , in <i>Commentary on the Gospel of Saint Luke</i>		The Finding of Jesus in the Temple
<input type="checkbox"/> 114		St. Gregory of Nazianzus, <i>Oration 39</i>		The Baptism of Jesus
<input type="checkbox"/> 115		John Henry Newman, "Sermon III," in <i>Sermons Bearing on Subjects of the Day</i>		The Wedding at Cana
<input type="checkbox"/> 116		St. John Eudes, <i>The Life and the Kingdom of Jesus</i> 6.4		The Proclamation of the Kingdom
<input type="checkbox"/> 117		St. Augustine, <i>Sermons on Selected Lessons of the New Testament: Sermon 28</i>		The Transfiguration
<input type="checkbox"/> 118		St. Cyril of Jerusalem, <i>Catechetical Lecture 22 (On the Mysteries. IV.): On the Body and Blood of Christ</i>		The Institution of the Eucharist
<input type="checkbox"/> 119		St. Hilary of Poitiers, <i>The Trinity</i> 10.42		The Agony in the Garden
<input type="checkbox"/> 120		St. Faustina, <i>Diary</i> 445		The Scourging at the Pillar
<input type="checkbox"/> 121		Ven. Fulton J. Sheen, <i>Life of Christ</i> , chapter 47		The Crowning with Thorns
<input type="checkbox"/> 122		St. Thomas Aquinas, <i>Commentary on the Gospel of John</i> 2412–2414		The Carrying of the Cross
<input type="checkbox"/> 123		St. Bridget, <i>Revelations</i> 16		The Crucifixion
<input type="checkbox"/> 124		St. Augustine, <i>Sermon 8: In octava Paschatis ad infantes</i>		The Resurrection
<input type="checkbox"/> 125		St. Augustine, <i>Sermons on Selected Lessons of the New Testament: Sermon 41</i>		The Ascension
<input type="checkbox"/> 126		St. Alphonsus Liguori, "Novena of the Holy Ghost," in <i>The Way of Salvation</i>		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 127		St. Bernard of Clairvaux, <i>On the Solemnity of the Assumption of the Blessed Virgin Mary: Sermon One</i>		The Assumption of Mary
<input type="checkbox"/> 128		St. John Henry Newman, "Mary Is the 'Regina Angelorum,' the Queen of Angels," in <i>Meditations and Devotions of the Late Cardinal Newman</i>		The Coronation of Mary
<input type="checkbox"/> 129	Phase 3 (Cont.)	<a href="#"><i>The Annunciation</i>, Fra Angelico</a>	1 Decade of the Rosary	The Annunciation
<input type="checkbox"/> 130		<a href="#"><i>The Visitation</i>, Rembrandt</a>		The Visitation
<input type="checkbox"/> 131		<a href="#"><i>Nativity painting in presbytery of Salesianerkirche, Vienna*</i></a>		The Nativity
<input type="checkbox"/> 132		<a href="#"><i>Fresco of the Presentation in the Temple, Giulio Campi, in Chiesa di Santa Rita, Cremona, Italy*</i></a>		The Presentation of Jesus in the Temple
<input type="checkbox"/> 133		<a href="#"><i>Mosaic of Jesus Lost and Found in the Temple, in Rosary Basilica, Lourdes*</i></a>		The Finding of Jesus in the Temple
<input type="checkbox"/> 134		<a href="#"><i>Baptism of Christ scene in San Benedetto, Padua*</i></a>		The Baptism of Jesus
<input type="checkbox"/> 135		<a href="#"><i>Wedding at Cana, Carl Bloch</i></a>		The Wedding at Cana
<input type="checkbox"/> 136		<a href="#"><i>Healing of the Lepers at Capernaum, James Tissot</i></a>		The Proclamation of the Kingdom



Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 137		<a href="#">Transfiguration stained glass window in Votiv Kirche, Vienna*</a>	1 Decade of the Rosary  (1 Our Father 10 Hail Marys 1 Glory Be)	The Transfiguration
<input type="checkbox"/> 138		<a href="#">The Last Supper, Giacomo Raffaelli* (based on Leonardo da Vinci)</a>		The Institution of the Eucharist
<input type="checkbox"/> 139		<a href="#">Painting of Jesus in Gethsemane, Vicente Macip, in cathedral in Valencia, Spain*</a>		The Agony in the Garden
<input type="checkbox"/> 140		<a href="#">Fresco of flagellation in Santa Prassede, Rome*</a>		The Scourging at the Pillar
<input type="checkbox"/> 141		<a href="#">Christ Crowned with Thorns, Titian</a>		The Crowning with Thorns
<input type="checkbox"/> 142		<a href="#">The Procession to Calvary, Pieter Bruegel</a>		The Carrying of the Cross
<input type="checkbox"/> 143		<a href="#">Fresco of Crucifixion, Pietro Gagliardi, in San Girolamo dei Croati, Rome*</a>		The Crucifixion
<input type="checkbox"/> 144		<a href="#">The Resurrection of Christ, Annibale Carracci</a>		The Resurrection
<input type="checkbox"/> 145		<a href="#">Ascension mosaic on St. Mark's Basilica, Venice</a>		The Ascension
<input type="checkbox"/> 146		<a href="#">Pentecost, Jean Restout</a>		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 147		<a href="#">Assumption scene in Santa Maria dell'Orto, Rome*</a>		The Assumption of Mary
<input type="checkbox"/> 148		<a href="#">The Coronation of the Virgin, Diego Velázquez</a>		The Coronation of Mary
<input type="checkbox"/> 149		<a href="#">The Annunciation, Henry Ossawa Tanner</a>		The Annunciation
<input type="checkbox"/> 150		<a href="#">Visitation painting, Federico Maldarelli, in Chiesa dei Santi Severino e Sossio, Naples, Italy*</a>		The Visitation
<input type="checkbox"/> 151		<a href="#">Adoration of the Shepherds, Gerard van Honthorst</a>		The Nativity
<input type="checkbox"/> 152		<a href="#">Presentation painting in Kostel Svatého Havla, Prague, Czech Republic*</a>		The Presentation of Jesus in the Temple
<input type="checkbox"/> 153		<a href="#">Scene of Jesus teaching in the Temple in St. Nicholas Church, Brussels*</a>		The Finding of Jesus in the Temple
<input type="checkbox"/> 154		<a href="#">The Baptism of Christ, Andrea del Verrocchio and Leonardo da Vinci</a>		The Baptism of Jesus
<input type="checkbox"/> 155		<a href="#">The Wedding at Cana, Gérard David</a>		The Wedding at Cana
<input type="checkbox"/> 156		<a href="#">The Adulterous Woman, Lorenzo Lotto</a>		The Proclamation of the Kingdom
<input type="checkbox"/> 157		<a href="#">The Transfiguration, Raphael</a>		The Transfiguration
<input type="checkbox"/> 158		<a href="#">The Last Supper, Juan de Juanes</a>		The Institution of the Eucharist
<input type="checkbox"/> 159		<a href="#">Jesus in Gethsemane painting by Alessandro Maganza, in cathedral in Vicenza, Italy*</a>		The Agony in the Garden
<input type="checkbox"/> 160		<a href="#">The Flagellation of Christ, Caravaggio</a>		The Scourging at the Pillar
<input type="checkbox"/> 161		<a href="#">Ecce Homo, Caravaggio</a>		The Crowning with Thorns
<input type="checkbox"/> 162		<a href="#">Christ Carrying the Cross, Orazio Gentileschi</a>		The Carrying of the Cross
<input type="checkbox"/> 163		<a href="#">What Our Lord Saw from the Cross, James Tissot</a>		The Crucifixion
<input type="checkbox"/> 164		<a href="#">The Incredulity of St. Thomas, Caravaggio</a>		The Resurrection
<input type="checkbox"/> 165		<a href="#">Ascension painting, Bernardino Gandino, in Chiesa di Santa Maria del Carmine, Brescia, Italy</a>		The Ascension
<input type="checkbox"/> 166		<a href="#">Pentecost, Titian</a>		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 167		<a href="#">Assumption fresco, Cesare Mariani, in Chiesa di Santa Lucia del Gonfalone*</a>		The Assumption of Mary
<input type="checkbox"/> 168		<a href="#">Glory of Mary scene in parish church of Santa Maria Assunta, Santa Maria Maggiore, Italy*</a>		The Coronation of Mary as Queen
<input type="checkbox"/> 169		<a href="#">The Annunciation, Jan van Eyck</a>		The Annunciation
<input type="checkbox"/> 170		<a href="#">Mosaic of the Visitation on the Church of the Visitation, Ein Karem, Israel</a>		The Visitation
<input type="checkbox"/> 171		<a href="#">Nativity with St. Francis and St. Lawrence, Caravaggio</a>		The Nativity
<input type="checkbox"/> 172		<a href="#">Simeon's Song of Praise, Arent de Gelder</a>		The Presentation of Jesus in the Temple
<input type="checkbox"/> 173		<a href="#">The Finding of the Saviour in the Temple, William Holman Hunt</a>		The Finding of Jesus in the Temple
<input type="checkbox"/> 174		<a href="#">The Appearance of Christ Before the People, Alexander Ivanov</a>		The Baptism of Jesus
<input type="checkbox"/> 175		<a href="#">The Wedding at Cana, Paolo Veronese</a>		The Wedding at Cana
<input type="checkbox"/> 176		<a href="#">Christ in the Storm on the Sea of Galilee, Rembrandt</a>		The Proclamation of the Kingdom

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 177		<a href="#">The Savior’s Transfiguration, Theophanes the Greek (attr.)</a>		The Transfiguration
<input type="checkbox"/> 178		<a href="#">Christ and the Disciples Before the Last Supper, Henry Ossawa Tanner</a>		The Institution of the Eucharist
<input type="checkbox"/> 179		<a href="#">The Arrest of Christ (Kiss of Judas), Giotto</a>		The Agony in the Garden
<input type="checkbox"/> 180		<a href="#">The Flagellation of Our Lord Jesus Christ, William-Adolphe Bouguereau</a>		The Scourging at the Pillar
<input type="checkbox"/> 181		<a href="#">The Crowning with Thorns, Anthony van Dyck</a>		The Crowning with Thorns
<input type="checkbox"/> 182		<a href="#">Christ Falls on the Way to Calvary, Raphael</a>		The Carrying of the Cross
<input type="checkbox"/> 183		<a href="#">The Descent from the Cross, Peter Paul Rubens (1617)</a>		The Crucifixion
<input type="checkbox"/> 184		<a href="#">The Holy Women at Christ’s Tomb, Annibale Carracci</a>		The Resurrection
<input type="checkbox"/> 185		<a href="#">Appearance on the Mountain in Galilee, Duccio</a>		The Ascension
<input type="checkbox"/> 186		<a href="#">Pentecost, Simone Peterzano (attr.), in Basilica of Santa Eufemia, Milan, Italy*</a>		The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 187		<a href="#">Assumption stained glass window in Burgos Cathedral*</a>		The Assumption of Mary
<input type="checkbox"/> 188		<a href="#">Mary, Help of Christians fresco, Giuseppe Rollini, in Basilica Maria Ausiliatrice, Turin, Italy*</a>		The Coronation of Mary
<input type="checkbox"/> 189	Phase 4: Finding Focus	Now that you have practiced many ways of meditating on the mysteries of the Rosary, it’s time to enter into prayer on your own.  Remember that you can choose to focus on any of the following:  Persons (Days 1–7) Prayers (Days 8–28) Mysteries (Days 69–188)	1 Decade	The Annunciation
<input type="checkbox"/> 190				The Visitation
<input type="checkbox"/> 191				The Nativity
<input type="checkbox"/> 192				The Presentation of Jesus in the Temple
<input type="checkbox"/> 193				The Finding of Jesus in the Temple
<input type="checkbox"/> 194				The Baptism of Jesus
<input type="checkbox"/> 195				The Wedding at Cana
<input type="checkbox"/> 196				The Proclamation of the Kingdom
<input type="checkbox"/> 197				The Transfiguration
<input type="checkbox"/> 198				The Institution of the Eucharist
<input type="checkbox"/> 199				The Agony in the Garden
<input type="checkbox"/> 200				The Scourging at the Pillar
<input type="checkbox"/> 201				The Crowning with Thorns
<input type="checkbox"/> 202				The Carrying of the Cross
<input type="checkbox"/> 203				The Crucifixion
<input type="checkbox"/> 204				The Resurrection
<input type="checkbox"/> 205				The Ascension
<input type="checkbox"/> 206				The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 207	The Assumption of Mary			
<input type="checkbox"/> 208	The Coronation of Mary			
<input type="checkbox"/> 209	Phase 5: Building Up the Decades	In this phase, we’ll slowly build up praying the decades of the Rosary.  Remember that you can choose to focus on any of the following:  Persons (Days 1–7) Prayers (Days 8–28) Mysteries (Days 69–188)	2 Decades	The Annunciation The Visitation
<input type="checkbox"/> 210				The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 211				The Finding of Jesus in the Temple The Baptism of Jesus
<input type="checkbox"/> 212				The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 213				The Transfiguration The Institution of the Eucharist
<input type="checkbox"/> 214				The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 215				The Crowning with Thorns The Carrying of the Cross
<input type="checkbox"/> 216				The Crucifixion The Resurrection
<input type="checkbox"/> 217				The Ascension The Descent of the Holy Spirit on Pentecost



Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 218				The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 219				The Annunciation The Visitation
<input type="checkbox"/> 220				The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 221				The Finding of Jesus in the Temple The Baptism of Jesus
<input type="checkbox"/> 222				The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 223				The Transfiguration The Institution of the Eucharist
<input type="checkbox"/> 224				The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 225				The Crowning with Thorns The Carrying of the Cross
<input type="checkbox"/> 226				The Crucifixion The Resurrection
<input type="checkbox"/> 227				The Ascension The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 228				The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 229			2 Decades	The Annunciation The Visitation
<input type="checkbox"/> 230				The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 231				The Finding of Jesus in the Temple The Baptism of Jesus
<input type="checkbox"/> 232				The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 233				The Transfiguration The Institution of the Eucharist
<input type="checkbox"/> 234				The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 235				The Crowning with Thorns The Carrying of the Cross
<input type="checkbox"/> 236				The Crucifixion The Resurrection
<input type="checkbox"/> 237				The Ascension The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 238				The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 239				The Annunciation The Visitation
<input type="checkbox"/> 240				The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 241				The Finding of Jesus in the Temple The Baptism of Jesus
<input type="checkbox"/> 242				The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 243				The Transfiguration The Institution of the Eucharist
<input type="checkbox"/> 244			3 Decades	The Agony in the Garden The Scourging at the Pillar The Crowning with Thorns
<input type="checkbox"/> 245				The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 246				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 247			3 Decades	The Coronation of Mary The Annunciation The Visitation
<input type="checkbox"/> 248				The Nativity The Presentation of Jesus in the Temple The Finding of Jesus in the Temple
<input type="checkbox"/> 249				The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 250				The Transfiguration The Institution of the Eucharist The Agony in the Garden
<input type="checkbox"/> 251				The Scourging at the Pillar The Crowning with Thorns The Carrying of the Cross
<input type="checkbox"/> 252				The Crucifixion The Resurrection The Ascension
<input type="checkbox"/> 253				The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 254				The Annunciation The Visitation The Nativity
<input type="checkbox"/> 255				The Presentation of Jesus in the Temple The Finding of Jesus in the Temple The Baptism of Jesus
<input type="checkbox"/> 256				The Wedding at Cana The Proclamation of the Kingdom The Transfiguration
<input type="checkbox"/> 257				The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 258				The Crowning with Thorns The Carrying of the Cross The Crucifixion
<input type="checkbox"/> 259				The Resurrection The Ascension The Descent of the Holy Spirit on Pentecost
<input type="checkbox"/> 260				The Assumption The Coronation of Mary The Annunciation
<input type="checkbox"/> 261				The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 262				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana
<input type="checkbox"/> 263				The Proclamation of the Kingdom The Transfiguration The Institution of the Eucharist
<input type="checkbox"/> 264				The Agony in the Garden The Scourging at the Pillar The Crowning with Thorns
<input type="checkbox"/> 265				The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 266				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary
<input type="checkbox"/> 267				The Coronation of Mary The Annunciation The Visitation

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 268				The Nativity The Presentation of Jesus in the Temple The Finding of Jesus in the Temple
<input type="checkbox"/> 269				The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 270				The Transfiguration The Institution of the Eucharist The Agony in the Garden
<input type="checkbox"/> 271				The Scourging at the Pillar The Crowning with Thorns The Carrying of the Cross
<input type="checkbox"/> 272				The Crucifixion The Resurrection The Ascension
<input type="checkbox"/> 273				The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 274			4 Decades	The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 275				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 276				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 277				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 278				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 279				The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 280				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 281				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 282				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 283				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 284				The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 285			4 Decades	The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 286				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 287				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 288				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 289				The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 290				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 291				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 292				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 293				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 294				The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 295				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom
<input type="checkbox"/> 296				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar
<input type="checkbox"/> 297				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection
<input type="checkbox"/> 298				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary
<input type="checkbox"/> 299				The Annunciation The Visitation The Nativity The Presentation of Jesus in the Temple
<input type="checkbox"/> 300				The Finding of Jesus in the Temple The Baptism of Jesus The Wedding at Cana The Proclamation of the Kingdom

Day	Phase	Focus	Prayer	Mystery(s)	
<input type="checkbox"/> 301				The Transfiguration The Institution of the Eucharist The Agony in the Garden The Scourging at the Pillar	
<input type="checkbox"/> 302				The Crowning with Thorns The Carrying of the Cross The Crucifixion The Resurrection	
<input type="checkbox"/> 303				The Ascension The Descent of the Holy Spirit on Pentecost The Assumption of Mary The Coronation of Mary	
<input type="checkbox"/> 304				5 Decades	The Joyful Mysteries
<input type="checkbox"/> 305					The Luminous Mysteries
<input type="checkbox"/> 306					The Sorrowful Mysteries
<input type="checkbox"/> 307					The Glorious Mysteries
<input type="checkbox"/> 308					The Joyful Mysteries
<input type="checkbox"/> 309					The Luminous Mysteries
<input type="checkbox"/> 310			The Sorrowful Mysteries		
<input type="checkbox"/> 311			The Glorious Mysteries		
<input type="checkbox"/> 312			The Joyful Mysteries		
<input type="checkbox"/> 313			The Luminous Mysteries		
<input type="checkbox"/> 314			The Sorrowful Mysteries		
<input type="checkbox"/> 315			The Glorious Mysteries		
<input type="checkbox"/> 316			The Joyful Mysteries		
<input type="checkbox"/> 317			The Luminous Mysteries		
<input type="checkbox"/> 318			The Sorrowful Mysteries		
<input type="checkbox"/> 319			The Glorious Mysteries		
<input type="checkbox"/> 320			The Joyful Mysteries		
<input type="checkbox"/> 321			The Luminous Mysteries		
<input type="checkbox"/> 322			The Sorrowful Mysteries		
<input type="checkbox"/> 323			The Glorious Mysteries		
<input type="checkbox"/> 324			The Joyful Mysteries		
<input type="checkbox"/> 325			The Luminous Mysteries		
<input type="checkbox"/> 326			The Sorrowful Mysteries		
<input type="checkbox"/> 327			The Glorious Mysteries		
<input type="checkbox"/> 328			The Joyful Mysteries		
<input type="checkbox"/> 329			The Luminous Mysteries		
<input type="checkbox"/> 330			The Sorrowful Mysteries		
<input type="checkbox"/> 331			The Glorious Mysteries		
<input type="checkbox"/> 332			The Joyful Mysteries		
<input type="checkbox"/> 333			The Luminous Mysteries		
<input type="checkbox"/> 334			The Sorrowful Mysteries		
<input type="checkbox"/> 335			The Glorious Mysteries		
<input type="checkbox"/> 336	Phase 6: Praying Together	In this final phase, we'll pray the full Rosary (including beginning and ending prayers) on the specified day of the week.  This section is specifically formulated for December 2 - December 31, 2025  Remember that you can choose to focus on any of the following:  Persons (Days 1–7) Prayers (Days 8–28) Mysteries (Days 69–188)	The Rosary	The Sorrowful Mysteries	
<input type="checkbox"/> 337				The Glorious Mysteries	
<input type="checkbox"/> 338				The Luminous Mysteries	
<input type="checkbox"/> 339				The Sorrowful Mysteries	
<input type="checkbox"/> 340				The Joyful Mysteries	
<input type="checkbox"/> 341				The Glorious Mysteries	
<input type="checkbox"/> 342				The Joyful Mysteries	
<input type="checkbox"/> 343				The Sorrowful Mysteries	
<input type="checkbox"/> 344				The Glorious Mysteries	
<input type="checkbox"/> 345				The Luminous Mysteries	
<input type="checkbox"/> 346				The Sorrowful Mysteries	
<input type="checkbox"/> 347				The Joyful Mysteries	
<input type="checkbox"/> 348				The Glorious Mysteries	

Day	Phase	Focus	Prayer	Mystery(s)
<input type="checkbox"/> 349				The Joyful Mysteries
<input type="checkbox"/> 350				The Sorrowful Mysteries
<input type="checkbox"/> 351				The Glorious Mysteries
<input type="checkbox"/> 352				The Luminous Mysteries
<input type="checkbox"/> 353				The Sorrowful Mysteries
<input type="checkbox"/> 354				The Joyful Mysteries
<input type="checkbox"/> 355				The Glorious Mysteries
<input type="checkbox"/> 356				The Joyful Mysteries
<input type="checkbox"/> 357				The Sorrowful Mysteries
<input type="checkbox"/> 358				The Glorious Mysteries
<input type="checkbox"/> 359				The Luminous Mysteries
<input type="checkbox"/> 360				The Sorrowful Mysteries
<input type="checkbox"/> 361				The Joyful Mysteries
<input type="checkbox"/> 362				The Glorious Mysteries
<input type="checkbox"/> 363				The Joyful Mysteries
<input type="checkbox"/> 364				The Sorrowful Mysteries
<input type="checkbox"/> 365				The Glorious Mysteries