

Starting to Pray the Rosary may seem like a difficult task at first but it is actually quite simple, especially if you start with a Decade a Day. A Decade is to pray one Our Father and Ten Hail Mary's while meditating on one of the Twenty Mysteries. For example, The Scourging at the Pillar Mystery: While praying the Scourging at the Pillar Decade you would think about how Jesus was scourged/whipped for you and your salvation. Every stripe was for you and He called out your name in His Sacred Heart every time He was struck.

A Decade a Day will be a perfect way to begin to integrate the Rosary into your life. Most people who pray the Rosary pray it throughout the day and do one Decade at a time when they are able to. You could start a decade while going to work, when you have a break, before bed, whenever your work is repetitive. With your family all together because as you know "A Family that prays together, stays together."

Starting with a Decade a Day will unlock the Power of the Rosary in your life and once unlocked, God-willing never be closed by anyone again. Always do your best to at least pray a Decade a Day and you will get closer to Jesus through Mary.

**One "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.*

**Ten "Hail Marys:** *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 death. Amen.*

**One "Glory Be To The Father" :***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.*

Joyful Mysteries	Luminous Mysteries	Sorrowful Mysteries	Glorious Mysteries
The Annunciation	The Baptism of Jesus	The Agony in the Garden	The Resurrection
The Visitation	The Miracle at the Wedding Feast of Cana	The Scourging at the Pillar	The Ascension into Heaven
The Nativity	The Proclamation of the Kingdom	The Crowning with Thorns	The Descent of the Holy Spirit
The Presentation	The Transfiguration	The Carrying of the Cross	The Assumption of Mary into Heaven
The Finding of the Child Jesus	The Institution of the Holy Eucharist	The Crucifixion	The Coronation of Mary Queen of Heaven

***I promise my special protection and the greatest graces to all those who shall recite the Rosary. -Our Lady***

***There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the holy Rosary. With the holy Rosary, we will save ourselves; we will sanctify ourselves; we will console our Lord, and obtain the salvation of many souls."~Sr. Lucia of Fatima***

***You shall obtain all you ask of me by the recitation of the rosary.~Our Lady***

***The greatest method of praying is to pray the Rosary.~Saint Francis de Sales***

***The holy Rosary is a powerful weapon. Use it with confidence and you'll be amazed at the results.~St. Josemaria Escriva***

***More info: [www.ThePowerofTheRosary.com](http://www.ThePowerofTheRosary.com)***

