

(This animated holy hour was prepared for pastoral use. We give credits to the different sources)

**ROSARY – MEDITATING THE MYSTERIES OF THE LIFE OF JESUS
AND MARY**
(HOLY HOUR GUIDE FOR THE MONTH OF ROSARY)

Introduction:

The Rosary is the favorite prayer of heaven and earth. No other prayer has been recommended by Our Lady in her visitations from heaven to earth like the Rosary. No other prayer has been so frequently praised, commended, and even commanded by the Popes.

Our Lady at Fatima urged the recitation of the Rosary for the conversion of sinners and for world peace. One way of reciting the rosary is to meditate on its mysteries.

We learn the mysteries of God, the mystery of life itself through the eyes of Mary in the Rosary. We see Jesus through her eyes, and so we can see our own faith mirrored in hers, and our hopes and desires formed by hers.

For our holy hour today, we meditate the different mysteries of the life of Jesus and Mary of the rosary. (All Kneel)

(Kneel)

Adoration Hymn: Jesus, My Lord, My God, My All

Jesus, my Lord, my God, my all!
How can I love Thee as I ought?
And how revere this wondrous gift,
So far surpassing hope or thought?

(Ref) Sweet Sacrament, we Thee adore!
Oh, make us love Thee more and more.
Oh, make us love Thee more and more.

Had I but Mary's sinless heart
With which to love Thee, dearest King,
Oh, with whatever fervent praise,
Thy goodness, Jesus, would I sing!

(Ref) Sweet Sacrament, we Thee adore!
Oh, make us love Thee more and more.
Oh, make us love Thee more and more.

(silence)

Scripture Reading: Acts 1: 13-14

(sit)

(silence)

Second Reading:

An excerpt from the Apostolic Letter, *Rosarium Virginis Mariae* of Pope John Paul II, No. 40

(...)

*The Rosary is by its nature a prayer for peace, since it consists in the contemplation of Christ, the Prince of Peace, the one who is “our peace” (Eph 2:14). Anyone who assimilates the mystery of Christ – and this is clearly the goal of the Rosary – learns the secret of peace and makes it his life's project. Moreover, by virtue of its meditative character, with the tranquil succession of *Hail Marys*, the Rosary has a peaceful effect on those who pray it, disposing them to receive and experience in their innermost depths, and to spread around them, that true peace which is the special gift of the Risen Lord (cf. *Jn* 14:27; 20:21).*

The Rosary is also a prayer for peace because of the fruits of charity which it produces. When prayed well in a truly meditative way, the Rosary leads to an encounter with Christ in his mysteries and so cannot fail to draw attention to the face of Christ in others, especially in the most afflicted. How could one possibly contemplate the mystery of the Child of Bethlehem, in the joyful mysteries, without experiencing the desire to welcome, defend and promote life, and to shoulder the burdens of suffering children all over the world? How could one possibly follow in the footsteps of Christ the Revealer, in the mysteries of light, without resolving to bear witness to his “Beatitudes” in daily life? And how could one contemplate Christ carrying the Cross and Christ Crucified, without feeling the need to act as a “Simon of Cyrene” for our brothers and sisters weighed down by grief or crushed by despair? Finally, how could one possibly gaze upon the glory of the Risen Christ or of Mary Queen of Heaven, without yearning to make this world more beautiful, more just, more closely conformed to God's plan?

In a word, by focusing our eyes on Christ, the Rosary also makes us peacemakers in the world. By its nature as an insistent choral petition in harmony with Christ's invitation to “pray ceaselessly” (*Lk* 18:1), the Rosary allows us to hope that, even today, the difficult “battle” for peace can be won. Far from offering an escape from the problems of the world, the Rosary obliges us to see them with responsible and generous eyes, and obtains for us the strength to face them with the certainty of God's help and the firm intention of bearing witness in every situation to “love, which binds everything together in perfect harmony” (*Col* 3:14).

Response Hymn: Ave Maria (Latin)

Meditation on the Joyful Mysteries:

"The messenger of the heavenly court, disclosing the hidden mysteries of the Divinity, hails as full of grace the Virgin about to become Mother of God. The Virgin visits her relative, the mother of John, who, though yet a captive in the womb, leaps with joy announcing the presence of Christ. The Word that before all ages had proceeded from the Father's Intellect, is born a mortal Babe of a Virgin Mother. The little One is presented in the temple, the Legislator obeys the Law, the Redeemer offers himself in sacrifice"

(silence)

Response Hymn: Mary Immaculate, Star of the Morning

Meditation on the Mysteries of Light:

Jesus' Baptism in the Jordan River illuminates not only Jesus' identity as God's beloved Son, but it also reveals with bright clarity his mission as Messiah—the Anointed One—as well. Jesus caused quite a stir at Cana when he changed the water into wine. The Jerusalem Bible explains to us, in a footnote, why Jesus worked this and other signs. Jesus worked them to strengthen our faith in his divine mission. If there is one central image that ties together the five Mysteries of Light, it is the Kingdom of God. A simple way to understand the Kingdom of God is to see it as God's saving presence in our world. It's helpful to recall, at the same time, that the name *Jesus* means "Yahweh saves." Jesus' saving presence among us, therefore, is the perfect embodiment of the Kingdom of God. To set the scene for this mystery, we see Jesus inviting Peter, James, and John to withdraw with him from the busy plane of everyday life and come to a high mountaintop. Transfiguration, "the mystery of light par excellence," presumably because, during this exalted event, the glory of Jesus' divine nature shown brilliantly through his humanity, totally transfiguring Jesus. The final Luminous Mystery takes us to Jesus' last supper, where he shares his very self with his disciples in the form of bread and wine. This holy meal unites us in love with God and with one another so that we become the one body of Christ. Jesus' essential gesture at the Eucharist is his handing over his body and blood to the community gathered around him.

(silence)

Response Hymn: Salve Regina

Meditation on the Sorrowful Mysteries:

"On the mount with olives planted, prostrate the Redeemer prays; he grieves, he fears, he well-nigh faints, pouring forth a sweat of blood. God, delivered up by a traitor is dragged away to punishment; bound with tight bonds, he bleeds beneath the cruel scourges. A crown of ignominy, woven of sharp thorns, adorns the King of glory clothed with purple tatters. Laboring, breathless, thrice falling beneath the heavy cross, he is compelled by force to bear it to the mountain top. Nailed to the awful gibbet, the Innocent hangs between two criminals; till praying for his torturers, he yields up his Spirit with the last drop of his Blood." Through these mysteries, Jesus is revealed as loving, humble, obedient, and a completely self-giving servant of all to the point of humiliation, suffering, and death. We are supposed to be like Christ, and the sorrowful mysteries tell us this means being loving, humble, obedient, and a completely self-giving servant of all to the point of humiliation, suffering, and death.

(silence)

Response Hymn: Mary, Woman of Faith

Meditation on the Glorious Mysteries :

"Death overthrown, Christ rises victorious from limbo, and breaking the bonds of sin, throws open heaven's gate. Having appeared long enough to men, he ascends to the heavenly dwellings and is enthroned at his Father's right hand, a partner in his glory. The Holy Spirit whom he had promised to give them, he sends down upon his sorrowing disciples in fiery tongues of love. With her body set free from earthly weight, the Virgin is raised above the stars; she is welcomed with heaven's jubilant delight, and with the songs of angels. Twelve stars now crown the lovely Mother's brow; and from her throne beside her Son, she reigns over all creation."

(silence)

Response Hymn: Hail Mary – Gentle Woman

(stand)

The Lord's Prayer (Recited)

Closing Prayer:

Almighty God, as we honor the glorious memory of the Virgin Mary, we ask that by the help of her prayers, we too may come to share the fullness of your grace. Grant this through your Son Jesus, who lives and reigns with you in the Holy Spirit, one God, forever and ever, Amen.

Closing Hymn: Magnificat (MIC)

1. INSPIRED WORD FROM MARY'S RAPTURED BOSOM POURED.
MY SOUL WITH MARY BLESS THE LORD.
ANT. MA-GNI----FI-CAT.
2. OH! WHENCE IS THIS THAT GOD SHOULD HEED MY LITTLENESS.
HENCE FORWARD ALL MY NAME SHALL BLESS.
ANT. MA-GNI----FI-CAT.
3. HIS WONDROUS GRACE IS MANIFEST FROM RACE TO RACE.
OF THEM WHO FEAR BEFORE HIS FACE.
ANT. MA-GNI----FI-CAT.
4. THE POOR HE KEEPS BUT CASTS AWAY THE MIGHTY RICH.
HE FILLS THE HUNGRY IN THEIR NEEDS.
ANT. MA-GNI----FI-CAT.
5. THE PROMISE MADE TO ABRAHAM HE HAS FULFILLED.
TO ISRAEL HIS PEOPLE INDEED.
ANT. MA-GNI----FI-CAT.
6. THE SONG OF PRAISE TO FATHER, SON, AND SPIRIT RAISE.
ONE GOD THROUGHOUT ETERNAL DAYS.
ANT. MA-GNI----FI-CAT.

(Kneel)

Reposition Hymn: O Sacrament Most Holy (Fulda)

1. O Jesus, we adore You, who, in your love divine,
Conceal your mighty God head in forms of bread and wine.

Ref. O sacrament most holy, o sacrament divine,
all praise and all thanksgiving be every moment thine!

2. O Jesus, we adore You, our Victim and our Priest,
Whose precious Blood and Body, become our Sacred feast. (ref)