

The Mysteries of the Rosary

Joyful Mysteries

1. Annunciation: *child-like trust, humility, surrender, chastity, purity*
2. Visitation: *selfless love, charity, mercy, empathy, affirmation*
3. Nativity: *poverty, worldly detachment, respect for life, seeking truth*
4. Presentation: *mission, submission, consecration, vocation*
5. Finding in the Temple: *faith, piety, wisdom, obedience, growth*

Luminous Mysteries

1. Baptism of our Lord: *purity, cleansing, forgiveness, healing, grace*
2. Wedding at Cana: *courage, reverence, marriage, desire for union*
3. Proclamation of the Kingdom: *mission, loyalty, love for souls*
4. Transfiguration: *hope, vision of God's glory, spiritual warfare*
5. Institution of the Eucharist: *True Presence, true food, gratitude*

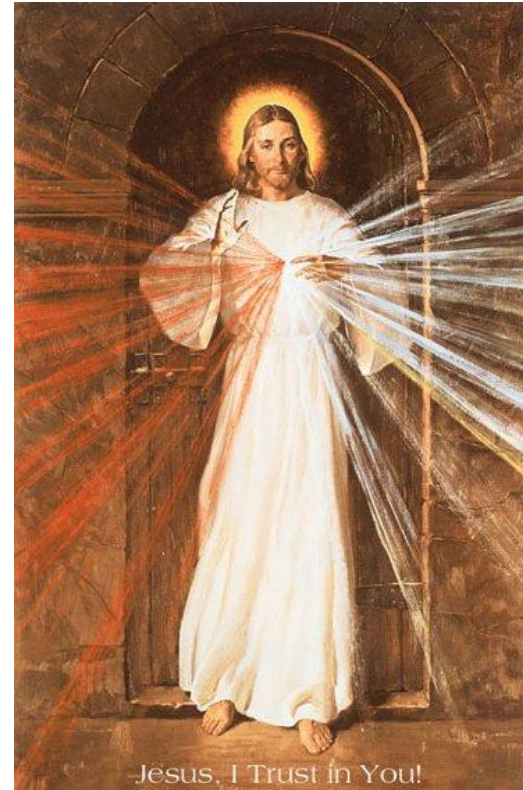
Sorrowful Mysteries

1. Agony in the Garden: *contrition, life's sorrows, fears, injustices*
2. Scourging at the Pillar: *self-denial, exterior mortification (body)*
3. Crowning with Thorns: *interior mortification (mind/will/heart)*
4. Carrying of the Cross: *patience under trial, trust, surrender*
5. Crucifixion: *dying to old self, sacrificial love, redemption, justice*

Glorious Mysteries

1. Resurrection: *new life, hope, conversion of heart, victory, gratitude*
2. Ascension: *desire for heaven, true love and union with God*
3. Descent of the Holy Spirit: *mercy, spiritual graces and gifts*
4. Assumption of Mary: *hope, perseverance, new Eve, new ark*
5. Coronation of Mary: *devotion, queen, bride, mother, mediatrix*

Quiet Time



Jesus, I Trust in You!

Father
Creator, Provider, Justice, King, True Lover

Divine Mercy Prayer

Eternal Father, I offer you
the Body and Blood, Soul and Divinity,
of Your Dearly Beloved Son,
our Lord, Jesus Christ,
in atonement for our sins
and those of the whole world.
For the sake of His sorrowful Passion,
have mercy on us and on the whole world.
Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.

Morning Offering

O Jesus, thru the immaculate heart of Mary,
I offer Thee all of my prayers, works,
joys, and sufferings of this day,
for all the intentions of Thy sacred heart,
in union with the holy sacrifice of the Mass
throughout the world.
I offer these in reparation for our sins,
and for the intentions of all our associates;
in particular for the special intentions
recommended by the Holy Father. Amen.

Holy Spirit
Guide, Friend, Breath of Life, Majesty, Love Power

The 4 Pillars of Contemplative Spirituality

- Silence
- Prayer
- Solitude
- Penance†

† *The Cross: selfless love, concern, charity, intercession, reparation.*

The Internal Life: Quiet time with God

- Trust in His love.
- Rest in His presence.
- Wait on His timing.
- Watch for His action.
- Listen for His word.
- Respond (in love & gratitude).

Son
Redeemer, Brother, Savior, Lord, Beloved

The Beatitudes

Blessed are the...

poor in spirit - *Rely on God with a child-like trust and surrendered life.*
 mourners - *Be moved (inwardly & outwardly) by sin, evil and injustice.*
 meek - *Acknowledge God's presence, power, grace, mercy and action.*
 righteous - *Continually pursue personal holiness and a life of virtue.*
 merciful - *Know and show God's goodness and mercy to others.*
 pure of heart - *Practice life-giving love vs. the selfish use of others.*
 peacemakers - *Help others to know and be open to God's peace.*
 persecuted - *Be willing to suffer for God, truth, life, dignity and growth.*

Pray to:

- Holy Trinity
- Holy Family
- Holy Saints
- Holy Angels

Pray for:

- The Pope
- Bishops
- Priests
- Family
- Friends
- Society
- The Dead

Armor of God:

- Belt (binding) of Truth
- Breastplate of Righteousness
- Boots of the Gospel of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit (Word of God)

Virtues perfected by the Holy Spirit triumph over Sin

Virtues	Gifts of the Holy Spirit	Capital Sins
Faith	Understanding	Avarice (Greed)
Hope	Knowledge	Sloth
Love	Wisdom	Envy
Prudence	Counsel	Pride
Temperance	Fear of the Lord ¹	Lust
Justice	Piety ²	Anger (- acts of)
Fortitude	Fortitude	Gluttony

¹ Fear of the Lord = reverence, awe and respect for God
² Piety = true love for God + true love for neighbor