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## **THE MYSTERIES OF THE HOLY ROSARY**

### **The Five Joyful Mysteries (Mondays & Saturdays)**

The Annunciation

The Visitation

The Nativity

The Presentation in the Temple

The Finding of the Child Jesus in the Temple

### **The Five Sorrowful Mysteries (Tuesdays & Fridays)**

The Prayer and Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion and Death

### **The Five Glorious Mysteries (Wednesdays & Sundays)**

The Resurrection

The Ascension of Christ into Heaven

The Descent of the Holy Spirit

The Assumption

The Coronation of the Blessed Virgin Mary

### **The Five Luminous Mysteries (Thursdays)**

The Baptism of the Lord

The Wedding at Cana

The Proclamation of the Kingdom of God and the C

## 1. **Opening Hymn: Hail Queen of Heaven**

Hail Queen of Heaven, the Ocean Star,  
Guide of the wand'rer here below,  
Thrown on life's surge, we claim thy care  
Save us from peril and from woe.  
Mother of Christ, Star of the Sea,  
Pray for the wanderer, pray for me.

## 2. **Sign of the Cross**

## 3. **Opening Prayer (together)**

Abba Father, we thank you for giving us Jesus who prayed constantly and taught us to pray always like him.

We thank you for the Holy Spirit who comes to our help when we do not know how to pray.

In this very troubled and confusing time of the pandemic and political uncertainties in our country, we ask you to send forth your Holy spirit, so we may stay with you, pray, and not lose heart.

Enlighten and protect our people and our political leaders in Sabah and Malaysia. Lead and turn us into steadfast instruments of your truth, justice and peace for the common good of all.

May your Spirit take us to pray in the company of Mary our Mother, with all the saints and angels.

Through Christ our Lord. Amen.

## 4. **Gospel Reading, Mt 26: 34-41 (read by a leader)**

A reading from the Gospel according to Matthew.

Then Jesus came to a small estate called Gethsemane; and he said to his disciples, 'Stay here while I go over there to pray'. He took Peter and the two sons of Zebedee with him. And sadness came over him, and great distress. Then he said to them, 'My soul is sorrowful to the point of death. Wait here and keep awake with me.' And going on a little further he fell on his face and prayed. 'My father,' he said 'if it is

possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.' He came back to the disciples and found them sleeping, and he said to Peter, 'So you had not the strength to keep awake with me one hour? You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak.'

V. The Gospel of the Lord.

R. Praise to you Lord Jesus Christ.

**5. Recitation of the Holy Rosary, Intention for each of the five decades of the Rosary.**

*The rosary is recited as usual. At the beginning of each decade, the leader reads one of the five intentions. For the mysteries of the rosary, below.*

**(1st Decade)** We pray for all nations, peoples, governments, families and individuals, who are suffering from financial, political, social and spiritual distress brought about by the pandemic. May the Spirit of God, the Spirit of love, cooperation, and peace rule again in their hearts.

**(2nd Decade)** For our Holy Father Pope Francis, our Bishop John and all leaders of God's People, that they may be given greater wisdom and courage to shepherd the People of God in these bewildering and trying times when many are deprived of the sacraments.

**(3rd Decade)** We pray for our beloved Sabah and all Sabahans, particularly for our politicians. May God enlighten their minds, remove evil from their heart, bend their will to serve God and for the common good of Sabah.

**(4th Decade)** For all political leaders, parties, and their supporters in our nation Malaysia. May God remove the poison of division, greed for money and power. May they be converted, work together for justice, unity and prosperity in our multi-cultural and multi-religious nation.

**(5th Decade)** For us who are praying. May we ourselves remain faithful and firm, trusting in God's mercy and providence. May we dare to stand up as lively witnesses of faith and hope in these confusing and discouraging times.

*The rosary is concluded as usual with 'Hail Holy Queen...' after which:*

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

V. Our Lady Queen of the Rosary R. Pray for us.

V. St Joseph R. Pray for us.

V. St Michael the Archangel R. Pray for us.

V. All you Angels and Saints of God R. Pray for us.

V. All you Angels and Saints of God R. Pray for us.

Let us pray.

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that meditating on these Mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

## **6. The “Memorare” Prayer**

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.

## **7. Prayer to St. Michael the Archangel**

St. Michael the Archangel,

defend us in battle;

be our defence against the wickedness and snares of the devil.

May God rebuke him, we humbly pray;

and do thou O Prince of the heavenly hosts,

by the power of God thrust into hell Satan

and all the evil spirits who prowl about the world

seeking the ruins of souls.

**V:** Most Sacred Heart of Jesus

**R:** Have mercy on us.

**V:** Most Sacred Heart of Jesus

**R:** Have mercy on us.

**V:** Most Sacred Heart of Jesus

**R:** Have mercy on us. Amen.

**8. Sign of The Cross**

**9. Concluding Hymn: Hail, Queen of Heaven.**

O gentle, chaste and spotless maid,  
We, sinners make our prayer through thee,  
Remind thy Son that He has paid,  
The price of our iniquity,  
Virgin most pure, Star of the Sea,  
Pray for the sinner, pray for me.

**END**