
**Prayer to Mary,
The
Mother of God.**

(The Memorare)

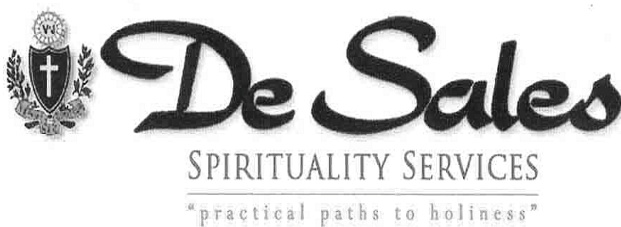
Remember,
O most gracious
Virgin Mary, that never was it
known that anyone who
fled to your protection,
implored your help,
or sought your intercession
was left unaided.

Inspired by this confidence,
I turn to you,
O Virgin of virgins, my Mother.

To you I come.
before you I stand,
sinful and sorrowful.

O Mother of the
Word Incarnate
despise not my petitions,
but in your mercy
hear and answer me.

Amen.



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**SALESIAN
PERSPECTIVES**

***Praying
the
Rosary
with...***

**De Sales
spirituality
Services**



St. Francis de Sales

The following method for praying the rosary is based upon an approach used by St. Francis de Sales himself. As in all things Salesian, this is simply a suggested method. Always be open to how the Holy Spirit may lead you or draw you during this prayer. Remember, the goal of this prayer—and all prayer—is communication and union with God. When this goal is reached, then the means by which one seeks communication and union with God may be gently put aside.

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1. Place yourself in the presence of God. Be aware that God is always where you are, most especially in your heart. Kiss the crucifix, make the sign of the cross, and say: “My God, by the sign of your cross, deliver me from evil.” Then, recite the Profession of Faith.

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2. On the first large bead, call upon Almighty God to pray the rosary well. With the intention and desire of adoring and honoring the Holy Trinity, say this short prayer: “God, come to my assistance.”

3. On the three beads that follow, appeal to the intercession of the Mother of God for the same purpose: to adore and honor the Holy Trinity. On the first bead greet her as the dearest daughter of the eternal Father. On the second bead, address her as the most-beloved Mother of the Son. On the third bead, address her as the only true spouse of the Holy Spirit.

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4. On the last large bead, ask God to accept your prayers for yourself as well as for the intentions of those other people for whom you may pray.

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5. The joyous, sorrowful or glorious mysteries in the life of Christ are traditional points of meditation for each decade. Feel free to consider any holy subjects such as the love of God, the excellence of devotion or the practice of some virtue. Above all, in praying the rosary (indeed, as in *all* prayer) always be open to the inspirations of the Holy Spirit. Gently follow any holy considerations to which you may find yourself drawn.

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6. As you approach the end of the rosary take the first large bead to thank God creating you, redeeming you, inspiring you, calling you to live a life of devotion and to share eternal life with God forever in heaven.

7. On the first three beads call upon Mary, the Mother of God. On the first, offer your understanding to the eternal Father, so that you might more deeply appreciate God’s goodness and love for you, your brothers and sisters, and for all creation. On the second, present your memory to Jesus Christ that you might continually recall his life, his love, his passion, his suffering, his death and his resurrection. On the third, offer your will to the Holy Spirit that you might be inflamed with love and inspired to do what is good, righteous and just in the eyes of God frequently, enthusiastically and cheerfully.

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8. On the last large bead recite the Lord’s Prayer: beseech God to accept your prayer in God’s honor. Ask for the grace to know God’s will for you this day and to be carry it out. Ask for the grace to do little things with great attention and intention, seeking to grow into the likeness of the humble, gentle Christ.

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9. Finally, make again the Profession of Faith. Make the sign of the cross, kiss the crucifix, and ask for the grace to recall the holy affections or resolutions that you may have entertained during the rosary.