

The Glorious Mysteries

Decade Instructions for the Embodied Rosary

- Announce the mystery and read the reflection.
- Pray the Our Father with your hands clasped together.
- Starting with number one, make the gesture, read the description or question, and hold the gesture as you pray the Hail Mary. Repeat this process for 2-10.
- Finish with the Glory Be and Fatima Prayer.

The Resurrection

Mary Magdalene, startled by an earthquake, an angel, and the empty tomb, runs to tell the disciples. Peter and John hurry back to the tomb. Mary Magdalene meets Christ in the garden and reaches out to touch him. Jesus appears to the disciples blessing them with peace. Thomas finally believes when he sees and touches Jesus' wounds.

1. Mary Magdalene is startled at the empty tomb.



6. When have I been amazed?

2. Mary runs to tell the disciples. Peter and John run back to the tomb.



7. When have I had news I couldn't wait to share?

3. Mary Magdalene reaches out to touch the risen Christ.



8. When have I reached out to Jesus?

4. Jesus appears to the disciples, "Peace be with you."



9. Do I feel the peace that Jesus offers in this moment?

5. Thomas touches the wounds of Jesus and says, "My Lord and my God."



10. What doubts do I struggle with?

The Second Glorious Mystery

The Ascension

Prior to his ascension, Jesus asks Peter if he loves him. Peter confirms his love for Jesus three times as Jesus tells him, "Feed my sheep." Jesus blesses his disciples before ascending to Heaven. He tells them to go and make disciples of all nations.

1. Jesus, speaking from the heart, asks Simon Peter, "Do you love me?"



6. What question does Jesus ask me?

2. Peter responds, "Yes Lord, you know that I love you."



7. How do I answer the question Jesus asks me?

3. Jesus tells Peter, "Feed my sheep."



8. How does my love for Jesus translate into my actions in the world?

4. Jesus blesses his disciples and tells them to go and make disciples of all nations.



9. Do I feel Jesus' blessing?

5. Jesus ascends to Heaven.



10. How do I imagine that glorious day of Jesus' Ascension?

The Third Glorious Mystery

The Descent of the Holy Spirit

The Holy Spirit descends as tongues of fire upon Jesus' followers. Filled with the Holy Spirit they are able to speak in many languages. Visitors from many different countries are confused that they can understand the disciples. Peter proclaims Jesus' life, death and resurrection as the fulfillment of scripture. About 3,000 people convert to be followers of Christ this day.

1. The Holy Spirit descends on the disciples as tongues of fire.



6. How have I experienced the Holy Spirit entering my life?

2. The Holy Spirit pours out of the disciples in many languages.



7. What has the Holy Spirit empowered me to do?

3. Visitors are bewildered to hear their own language proclaimed by the disciples.



8. What don't I understand about my faith?

4. Peter confidently addresses the crowd.



9. How have I been inspired to speak up?

5. Thousands raise their hands to join the Apostles.



10. Would I be among the 3,000 who joined the apostles that day?

The Fourth Glorious Mystery

The Assumption

We imagine, as she approaches death, Mary reflects on pivotal events in her life. Gabriel's visit, Jesus's birth and death are significant in her memory. Church teaching states that Mary was taken into Heaven body and soul when the course of her earthy life was finished. Her Son welcomes her in Heaven.

1. Mary recalls the Angel Gabriel's announcement.



7. Whom will I remember at the end of my life?

2. Mary recollects the arrival and cradling of the baby Jesus in her arms.



8. What memories of new beginnings stand out for me?

3. Mary remembers the pain of Jesus' crucifixion.



8. What is something painful in my life that I will never forget?

4. Mary takes her last breath on earth.



9. How am I preparing for my own death?

5. Mary is welcomed to Heaven with an embrace from Jesus.



10. Whom do I long to embrace in Heaven?

The Fifth Glorious Mystery

The Coronation

As the mother of Jesus, the King of Kings, Mary is crowned Queen of Heaven and Angels. We can call on her and she intercedes for us through many manifestations.

1. Jesus crowns his mother Mary Queen of Heaven and Angels.



6. How do I show honor to the Queen of Heaven?

2. Mary, Queen of Peace, wears her crown.



7. How do I help create peace for myself and others?

3. Mary intercedes for us as Mother of Mercy, and Our Lady of Perpetual Help.



8. Do I join Mother Mary in offering mercy to others?

4. Our Lady of Sorrows, knows all our pain.



9. What sorrow do I carry?

5. Our Lady of Grace and Mary, Help of Christians blesses us with her love.



10. What help do I ask of Mother Mary this day?