

The Joyful 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 Annunciation

The Angel Gabriel announces to Mary that she is greatly favored by God. Mary is startled and troubled, but Gabriel tells her not to be afraid, for God has chosen her to bear a Son, whom she will call Jesus. The angel assures Mary that with God all things are possible. Mary agrees to God's plan, calling herself a handmaid of the Lord.

1. Gabriel comes to Mary with wings out-stretched in angelic glory.



6. Who are the angels in my life?

2. Mary is startled and in fear of Gabriel.



7. When have I been startled?

3. Gabriel comforts Mary, and explains God's plan.



8. Whom am I called to comfort?

4. Mary contemplates God's request.



9. What is God asking of me?

5. Mary accepts God's request and says, "Yes!" to God's plan.



10. What "yes" am I willing to give?

The Second Joyful Mystery

The Visitation

Mary sets out to visit her cousin Elizabeth, who is now pregnant even in her old age, because nothing is impossible with God. When Elizabeth hears Mary's greeting, the babe in her womb leaps for joy. Elizabeth calls Mary "most blessed." Mary is filled with awe and joy when she sees Elizabeth. Mary proclaims the greatness of the Lord in the Magnificat.

1. Elizabeth, elderly and six months pregnant, looks to see who has arrived.



6. How have I experienced an answer to long-held prayers?

2. Mary with hands over her womb, waits for Elizabeth.



7. How have I helped family members in need?

3. Elizabeth greets Mary, while her son John leaps for joy in her womb.



8. How do I see God working in others?

4. Mary is overcome with all that she has heard and seen.



9. When have I been overcome by joy?

5. Mary praises the Lord in Heaven. Her soul proclaims the greatness of the Lord.



10. How do I glorify God?

The Third Joyful Mystery

The Nativity

Joseph takes Mary to Bethlehem for the census, but there is no room at the inn. Joseph pleads with the innkeeper for shelter. Mary gives birth to Jesus. Angels announce to shepherds that the Messiah is born. After visiting the infant they glorify and praise God. A star of great brilliance also announces Jesus' birth.

1. The innkeeper decisively states there is no room.



6. When have I closed my heart to the needs of others?

2. Joseph pleads with the innkeeper for shelter for Mary.



7. How have I been an advocate for the poor and marginalized?

3. Mary takes the first look into the eyes of the living God, Jesus.



8. When have I seen the face of God in a child?

4. With crook in hand, the shepherds shout the good news. "The Savior is born!"



9. Have I spread the Good News joyfully?

5. The guiding star shines brightly for all to see.



10. What is the guiding light in my life?

The Fourth Joyful Mystery

The Presentation

Mary and Joseph take Jesus to the Temple to fulfill the law. A holy man named Simeon, and an aged prophetess named Anna, joyfully recognize Jesus as the Messiah. Simeon takes Jesus into his arms and blesses God for revealing the Savior to him, but he tells Mary that a sword of sorrow will pierce her heart.

1. Simeon strokes his long beard as he spots Jesus.



6. What has God promised me?

2. Anna caresses her knuckles in prayer as she notices the Holy Family.



7. When have I waited for something that took a long time to arrive?

3. Simeon and Anna rejoice that the Savior is in their midst.



8. Do I remember to give thanks and celebrate when my prayers are answered?

4. Mary hands the baby Jesus over to Simeon to hold.



9. What is my offering to God?

5. Mary holds Jesus protectively when told a sword will pierce her heart.



10. How have I been pierced by the sword of sorrow?

The Fifth Joyful Mystery

The Finding in the Temple

After the Passover Feast, when Jesus is 12, he remains in Jerusalem without Mary and Joseph knowing. After a three-day search, they return to Jerusalem and find him in the Temple listening and asking questions. The elders are astounded by Jesus' understanding of the scriptures. Mary's relief at finding Jesus surprises him.

1. Joseph shrugs, not knowing Jesus' whereabouts.



6. When have I experienced being separated from one of my loved ones?

2. Mary shields her eyes as she searches for Jesus.



7. What have I been searching for in my relationship with God?

3. Jesus listens to and questions the teachers in the Temple.



8. What questions do I have for the leaders of my faith?

4. The elders are astounded by Jesus' understanding of the scriptures.



9. Have I learned something from someone I did not expect to impress me?

5. Mary embraces Jesus in relief.



10. How have I experienced finding someone who was lost?