

The Luminous 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 Baptism in the Jordan

John the Baptist is preaching and telling everyone to make straight the path of the Lord! Jesus comes to John to be baptized. John does not feel worthy to baptize Jesus, but he does as Jesus requests. The Holy Spirit appears like a dove and descends upon Jesus as a voice comes from the heavens saying, "You are my beloved Son."

1. John cries out, "Prepare the way of the Lord."



6. What have I done to prepare the way of the Lord?

2. John preaches, "Make straight the Lord's path."



7. What things in my life do I need to set straight?

3. John cups water in his hands, preparing to baptize Jesus.



8. When have I felt unworthy to do something Jesus wants me to do?

4. Jesus is baptized by John.



9. How do I live out the promises of my baptism?

5. The dove descends from Heaven to rest on Jesus.



10. What are signs of God's love I have seen in my life?

The Second Luminous Mystery

The Wedding at Cana

Jesus and some of his disciples attend a wedding in Cana with Mary, his mother. When the wine runs out, Mary tells Jesus. He asks what she would have him do. Mary tells the servants to do whatever Jesus says. The servants fill six large jars with water. The headwaiter tastes the water that has become wine and is impressed by its quality.

1. Mary contemplates telling Jesus to help with the wine shortage.



6. Who is prompting me to do something new?

2. Jesus shrugs his shoulders, "What do you want me to do?"



7. When have I been reluctant to take action?

3. Mary directs the servants to do whatever Jesus tells them to do.



8. What instructions does Mary give to me?

4. A servant fills a large stone jar with water as directed by Jesus.



9. How have I contributed to something bigger than I expected?

5. The headwaiter tasting the new wine is surprised by its excellent quality.



10. What wonderful surprise have I experienced in my life?

The Third Luminous Mystery

The Proclamation of the Kingdom of God

Jesus says the kingdom of God is at hand and shares the Good News with all who will listen. He says turn away from revenge and toward compassion. Jesus describes the kingdom as a tiny mustard seed that grows large enough to provide shelter. Also, Jesus tells us that unless we welcome the kingdom like a child, we will not enter it.

1. Jesus declares the kingdom of God is at hand.



6. How do I proclaim the Kingdom of God?

2. Jesus proclaims that the kingdom of Heaven belongs to the poor in spirit.



7. How do I feel blessed?

3. Jesus teaches us not to demand an eye for an eye, but to turn the other cheek.



8. Have I been able to turn the other cheek?

4. Jesus says the kingdom of God is like a tiny mustard seed.



9. How have I experienced my faith growing like a mustard seed?

5. Jesus tells us we must be like a child in order to enter the kingdom of God.



10. What does it mean to me to welcome the kingdom of God like a child?

The Fourth Luminous Mystery

The Transfiguration

Jesus leads Peter, James and John up a mountain. Jesus is transfigured before them; he shines like the sun. Elijah and Moses appear, and Peter offers to set up three tents. A bright cloud shadows the group, and God's voice says, "This is my beloved Son, with whom I am well pleased; listen to him." The frightened disciples fall to the ground. Jesus, touching them, tells them not to be afraid.

1. Jesus, using a walking stick, leads Peter, John and James up the mountain.



6. What mountaintop experiences have I had?

2. Jesus is transfigured, shining bright as the sun.



7. Is Jesus the light of my world?

3. Peter offers to build three tents.



8. How have I extended hospitality to others?

4. The disciples cower in fear when they hear the voice of God.



9. How able am I to listen, and act without fear, to the voice of God in my life?

5. Jesus touching the disciples says, "Rise, and do not be afraid."



10. Have I felt Jesus encourage me to not be afraid?

The Fifth Luminous Mystery

The Institution of the Eucharist

During the Last Supper, Jesus blesses bread and wine, transforming them into his Body and Blood. In Emmaus, after the resurrection, it is in the blessing and breaking of the bread that the eyes of the disciples are opened to the presence of the risen Jesus.

1. Jesus blesses the bread during the Last Supper.



6. How do I experience the Eucharist?

2. A disciple shares in the Body of Christ.



7. How am I nourished by the Body of Christ?

3. Jesus lifts the cup as he blesses the wine.



8. Am I willing to sacrifice myself for the sake of another person?

4. A disciple drinks from the cup of the Blood of Christ.



9. Have I shared my thirst for the Lord with others?

5. A disciple in Emmaus recognizes Jesus in the breaking of the bread.



10. Do I recognize Jesus in the breaking of the bread?