**How to pray the Rosary:**

* English: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>
* Spanish: <https://www.newadvent.org/images/rosary_es.pdf>
* **Why** to Pray the Rosary: <https://www.rosarycenter.org/homepage-2/rosary/secret-of-the-rosary/>

**Resources:**

* Written Rosary in Multiple Languages: English, Chinese, Croatian, Dutch, French, German, Irish-Gaelic, Italian, Japanese, Latin, Polish, Portuguese, Russian, Spanish, Swedish, Tagalog, Vietnamese

<http://www.rosary-center.org/rosaryprayers.htm>

* Audio English

<https://www.discerninghearts.com/catholic-podcasts/holy-rosary/>

<https://relevantradio.com/pray-the-rosary/>

* Audio Spanish <https://www.youtube.com/playlist?list=PLGyQraDpLYcm7Oe0wkMqfIIORbPeB1xHe>
* Audio Rosary Gregorian Chant Latin

<https://www.youtube.com/watch?v=4oE9kIyyqek>

**How to Pray the Divine Mercy Chaplet:**

* English: <https://www.thedivinemercy.org/message/devotions/pray-the-chaplet>
* **Why** to pray the Divine Mercy Chaplet: <https://www.thedivinemercy.org/message/history>

**Stations of the Cross:**

* Stations of the Cross by St. Alphonsus Liguori: <https://sophiainstituteforteachers.org/uploads/lessons_approved/GR1S19TraditionalStationsoftheCross.pdf>
* Mary’s Way of the Cross: <http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf>

**Half Hour of Scriptural Reading:**

* How do we pray with Holy Scripture:<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/meditations/index.cfm>

**The Angelus:**

**V/.** The Angel of the Lord declared unto Mary,  
**R/.** And she conceived of the Holy Spirit.  
Hail Mary…

**V/.** Behold the handmaid of the Lord,  
**R/.** Be it done unto me according to your Word.  
Hail Mary…

**V/.** And the Word was made flesh,  
**R/.** And dwelt among us.  
Hail Mary…

**V/.** Pray for us, O holy Mother of God,  
**R/.** That we may be made worthy of the promises of Christ.

**Let us pray.** Pour forth, we beseech you, O Lord, your grace into our hearts: that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

**(Spanish)**

El ángelus tradicionalmente se recita todo el año en la mañana (6 AM), al mediodía (12PM) y en la noche (6:00 PM), excepto durante la pascua que se reza en vez el Regina Coeli.

**V**. El Ángel del Señor anunció a María.

**R**. Y concibió del Espíritu Santo.

Ave María…

**V.** He aquí la esclava del Señor.

**R.** Hágase en mi según tu palabra.

Ave María…

**V**. El Verbo se hizo carne.

**R.** Y habitó entre nosotros.

Ave María…

**V**. Ruega por nosotros, Santa Madre de Dios.

**R**. Para que seamos dignos de alcanzar las promesas de Nuestro Señor Jesucristo.

\*Oración

Te suplicamos, Señor, que derrames tu gracia en nuestras almas para que los que, por el anuncio del Ángel hemos conocido la Encarnación de tu Hijo Jesucristo, por su Pasión y Cruz seamos llevados a la gloria de su Resurrección. Por el mismo Jesucristo Nuestro Señor. Amén.

* Adore Te Devote Gregorian Chant Latin: <https://www.youtube.com/watch?v=-xs67InkZ3A>

**Adoro te Devote:**

O Godhead hid, devoutly I adore Thee, Who truly art within the forms before me; To Thee my heart I bow with bended knee, As failing quite in contemplating Thee.

Jesu, eternal Shepherd! hear our cry; Increase the faith of all whose souls on Thee rely.

Sight, touch, and taste in Thee are each deceived; The ear alone most safely is believed: I believe all the Son of God has spoken, Than truth’s own word there is no truer token.

God only on the cross lay hid from view; But here lies hid at once the manhood too; And I, in both professing my belief, Make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see; Yet Thee confess my Lord and God to be; Make me believe Thee evermore and more; In Thee my hope, in Thee my love to store.

O Thou memorial of our Lord’s own dying! O living bread, to mortals life supplying! Make Thou my soul henceforth on Thee to live, Ever a taste of heavenly sweetness give.

O loving Pelican! O Jesus Lord! Unclean I am, but cleanse me in Thy Blood! Of which a single drop, for sinners split, Can purge the entire world from all its guilt.

Jesus, whom, for the present, veil’d I see, What I so thirst for, oh! vouchsafe to me; That I may see Thy countenance unfolding, And may be blest Thy glory in beholding.

Amen.

By St. Thomas Aquinas

**Himno Adoro te devote: (Spanish)**

Te adoro con devoción, Dios escondido, oculto verdaderamente bajo estas apariencias. A Ti se somete mi corazón por completo, y se rinde totalmente al contemplarte.

Al juzgar de Ti, se equivocan la vista, el tacto, el gusto; pero basta el oído para creer con firmeza; creo todo lo que ha dicho el Hijo de Dios: nada es más verdadero que esta Palabra de verdad.

En la Cruz se escondía sólo la Divinidad, pero aquí se esconde también la Humanidad; sin embargo, creo y confieso ambas cosas, y pido lo que pidió aquel ladrón arrepentido.

No veo las llagas como las vió Tomás pero confieso que eres mi Dios: haz que yo crea más y más en Ti, que en Ti espere y que te ame.

¡Memorial de la muerte del Señor! Pan vivo que das vida al hombre: concede a mi alma que de Ti viva y que siempre saboree tu dulzura.

Señor Jesús, Pelícano bueno, límpiame a mí, inmundo, con tu Sangre, de la que una sola gota puede liberar de todos los crímenes al mundo entero.

Jesús, a quien ahora veo oculto, te ruego, que se cumpla lo que tanto ansío: que al mirar tu rostro cara a cara, sea yo feliz viendo tu gloria.

Amén.

Santo Tomás de Aquino

**Daily Examen:**

A great way to pray is to ponder God’s presence and holy movements in your life. More than 400 years ago St. Ignatius of Loyola encouraged the daily Examen prayer as a way to do just that. The Examen involves prayerful reflection on the events of the day in order to detect God’s presence and to discern his direction, His will, for us. The steps are as follows.

1. Become aware of God’s presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day’s gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. One of St. Ignatius’s great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

4. Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for tomorrow’s challenges. Pay attention to the feelings that surface as you survey what’s coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God’s guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

**How to make a thorough Examination of Conscience**:

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm>

Forgive me my sins, O Lord, forgive me my sins;  
the sins of my youth, the sins of my age, the sins of my soul,  
the sins of my body; my idle sins, my serious voluntary sins;  
the sins I know, the sins I do not know; the sins I have concealed  
for so long, and which are now hidden from my memory.  
  
I am truly sorry for every sin, mortal and venial,  
for all the sins of my childhood up to the present hour.  
I know my sins have wounded your Sacred Heart,  
  
O my Savior, let me be freed from the bonds of evil   
through your most bitter Passion, my Redeemer. Amen.