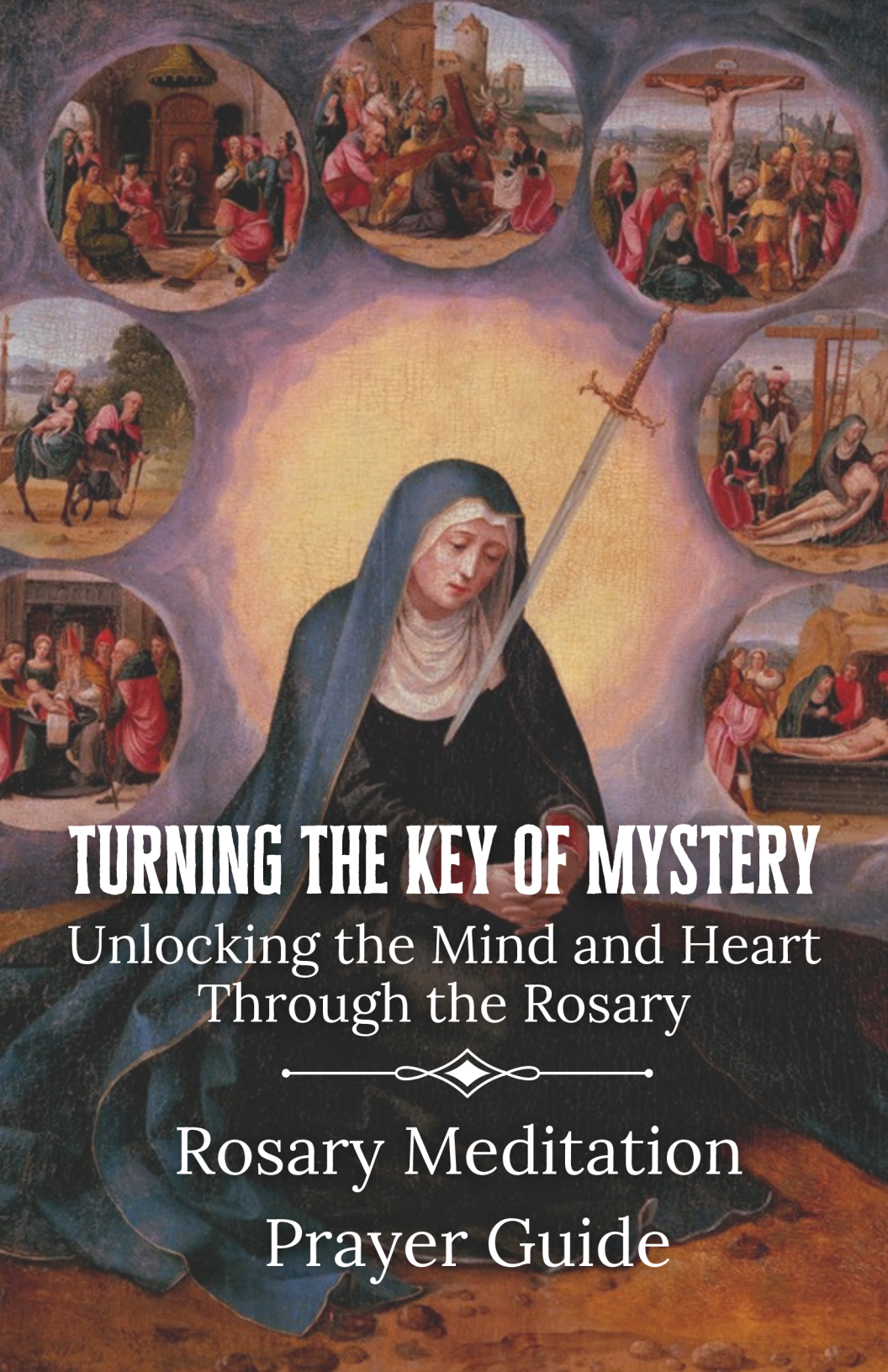


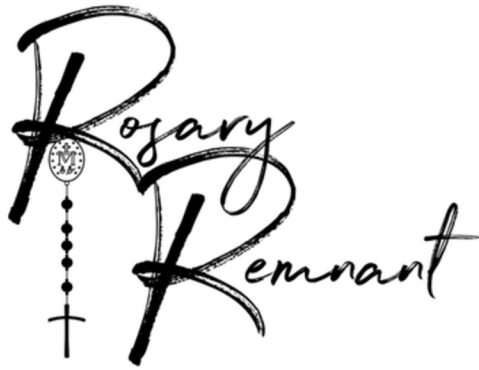


TURNING THE KEY OF MYSTERY

Unlocking the Mind and Heart
Through the Rosary



Rosary Meditation
Prayer Guide



www.rosaryremnant.com



Restoring the faithful remnant
through devotion to the Holy Rosary
to resurrect true culture.

Introduction



The Rosary is an ancient prayer recommended by popes, saints, and holy men and women throughout the centuries. It has been a recognizable and fruitful devotion for the faithful as a means to more deeply encounter the mystery of Jesus Christ in his incarnation, life, death, resurrection, and ascension into glory.

However, when something is so familiar to us, it has the potential to be taken for granted in its full grandeur. While the Rosary contains the depth and breadth of the Christian Mysteries, the potential to overlook and miss the treasure before is a real possibility. Additionally, it may seem difficult to apply the Mystery to one's own life in a transformative way.

This meditation prayer guide is designed to aid the faithful in deepening their encounter with the Rosary Mysteries by aligning one's interior condition with what is expressed and communicated through each Mystery. Rather than providing a detailed meditation, the guides for each Mystery provide points of consideration that the person praying can utilize to best match his or her present lived experience.

Each Mystery in this guide has listed:

- A beautiful work of art depicting that Rosary Mystery
- Scripture passage lists where the Rosary Mystery is revealed to us in a primary way, as well as enriching passages in Sacred Scripture that can add depth to one's meditation on that Mystery
- Virtues and Graces that are contained or hinted at in that Rosary Mystery
- Emotions and interior dispositions that characters present in the Rosary Mystery experienced in their humanity
- Prayer Intentions that reflect the events and interactions that occur through each Rosary Mystery

May God grant you all grace and peace as you encounter Him with greater intimacy and devotion through the Holy Rosary!

The
Joyful Mysteries
of the Rosary



1. Annunciation

"And the angel said to her, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you....' And Mary said, 'Behold, I am the Handmaiden of the Lord; let it be to me according to your word.'"

Primary Passages

Lk 1:26-38 • Mt 1:18-25

Enriching Passages

Lk 1:5-25 • Zeph 3:14-17 • Dan 2:43-45

Virtues & Graces

Faith • Courage • Hope • Poverty of Spirit • Humility • Fruitfulness



Prominent Emotions & Interior Dispositions

Openness • Curiosity • Docility • Uncertainty • Awe and Wonder

Locus of Prayer

Openness to God's Will • Trust in God's Goodness • Clarity in the Possibilities of My Life and Call • Union with Christ



2. Visitation

"Elizabeth filled with the Holy Spirit exclaimed, 'Blessed are you among women, and blessed is the fruit of your womb....and blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.' And Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Savior.'"

Primary Passages

Lk 1:39-56

Enriching Passages

Lk 1:57-80 • 1 Sam 2:1-10

Virtues & Graces

Charity • Hope • Piety • Hospitality •
Service • Adoration • Worship



Prominent Emotions & Interior Dispositions

Joy • Praise • Thankfulness •
Amazement • Obedient Service •
Loving Haste • Missionary Zeal

Locus of Prayer

Increased Fruitfulness • Mercy and Charity Toward Others • Hope for My
Pilgrim Journey of Faith • Clarity in My Life's Mission and Call



3. Nativity

"Be not afraid; for behold, I bring you good news of a great joy which will come to all people; for to you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger.' And suddenly there was with the angel a multitude of the heavenly host praising God and saying, 'Glory to God in the highest, and on earth peace among men with whom he is pleased.'"

Primary Passages

Mt 2:1-12 • Lk 2:1-21

Enriching Passages

Mt 2:13-23 • Is 7:10-25

Virtues & Graces

Worship of God • Hope •
Endurance • Magnanimity •
Generosity • Poverty of Spirit •
Purity of Heart



Prominent Emotions & Interior Dispositions

Awe & Wonder • Adoration &
Praise • Consolation •
Contemplation • Attentiveness

Locus of Prayer

Realization in Faith for What Was Hoped for • Prompt Obedience in
What God Reveals to Me • Deepened Adoration and Worship of Christ •
Humble Reception of God's Manifold Gifts to Me



4. Presentation

"Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel."

Primary Passages

Lk 2:22-38

Enriching Passages

Lev 12:2-8 • 1 Sam 1:19-28

Virtues & Graces

Humility • Detachment • Hope •
Piety • Long-suffering • Poverty
of Spirit • Obedience • Purity

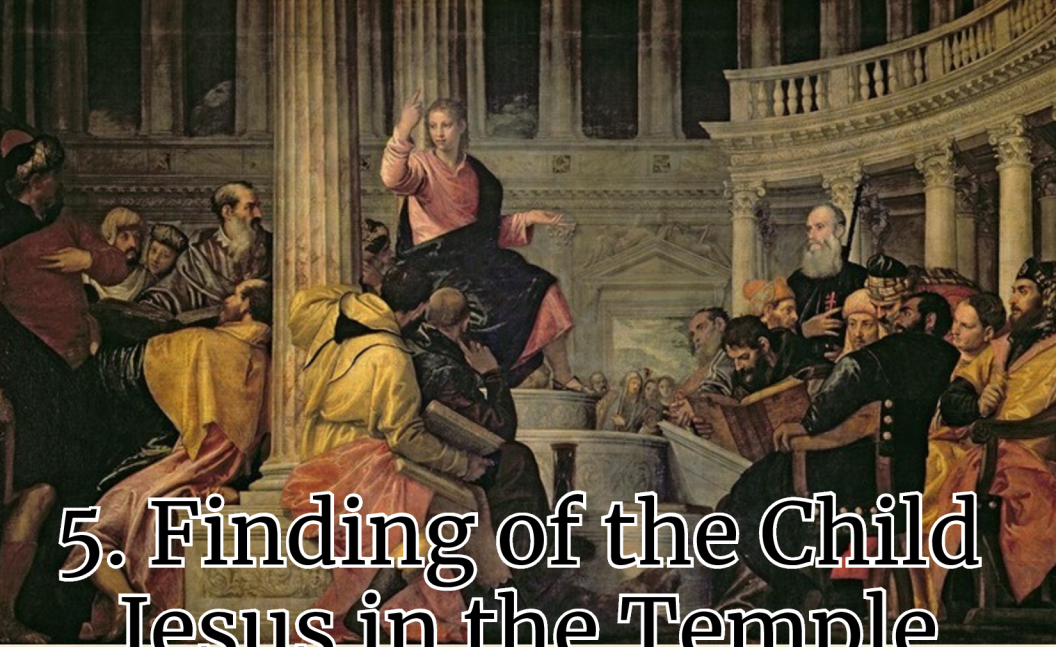


Prominent Emotions & Interior Dispositions

Satisfaction • Release • Patience
• Fulfillment • Trust • Watchfulness
• Recognition • Joy

Locus of Prayer

Sustaining Hope as I Wait for God's Promise • Increase in Piety and True Worship • Fervor & Constancy in Fasting and Prayer • Obedience to God's Commands



5. Finding of the Child Jesus in the Temple

"How is it that you sought me? Did you not know that I must be in my Father's house?" And his mother kept all these things in her heart."

Primary Passages

Lk 2:41-52

Enriching Passages

Is 7:10-15 • Is 11:1-10

Virtues & Graces

Perseverance • Faith •
Contemplation • Obedience •
Wisdom • Favor • Understanding •
Knowledge

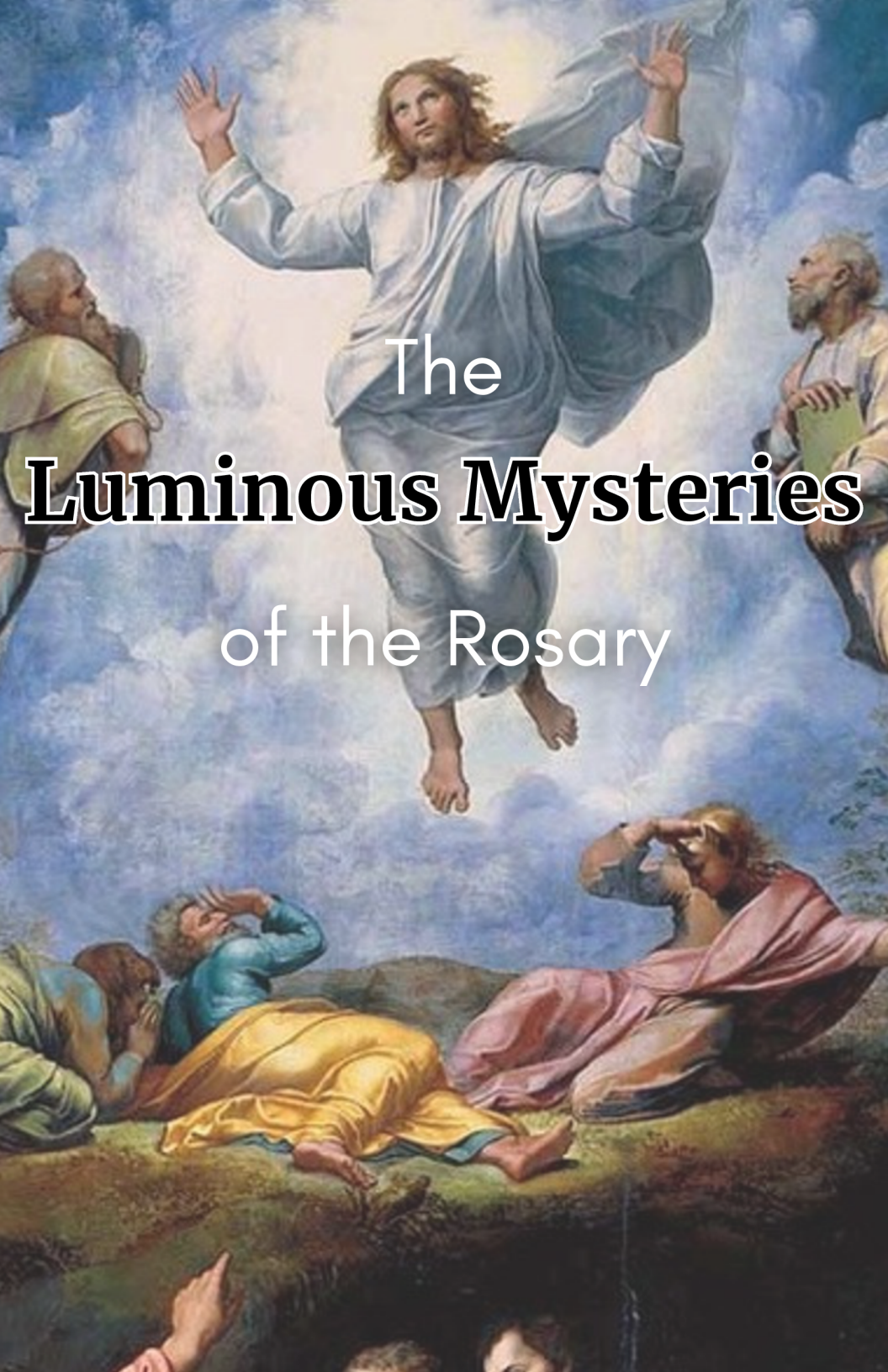


Prominent Emotions & Interior Dispositions

Confusion • Anxiety • Anguish •
Joy • Concern • Worry •
Amazement • Wonder •
Exasperation

Locus of Prayer

Seeking After Christ • Obedience to the Father • Cultivating a Heart
of Contemplation • Deepening Encounter with the Mysteries of God •
Receiving the Gifts of the Holy Spirit



The
Luminous Mysteries
of the Rosary



1. Jesus' Baptism in the Jordan River

"John answered them all, 'I baptize you with water; but he who is mightier than I is coming, the thong of whose sandals I am not worthy to untie; he will baptize you with the Holy Spirit and with fire.'"

Primary Passages

Mt 3:13-17 • Mk 1:1-11 • Lk 3:21-22 • Jn 1:19-34

Enriching Passages

2 Cor 5:21 • Josh 3:17 • 2 Kgs 2:1-14 • Mt 11:14 • Mal 4:5 • Mk 10:35-45
• Rom 6:1-14 • Rom 8:14-17 • Ps 51:10

Virtues & Graces

Repentance • Humility • Poverty
• Docility to Christ •
Righteousness • Union with
Christ • Just Obedience



Prominent Emotions & Interior Dispositions

Confusion • Perplexity • Surprise •
Curiosity • Antagonistic • Indignant
• Repentant • Deferential •
Reverent

Locus of Prayer

Greater Cooperation with the Graces of My Baptism • Deepened
Identity as a Child of God • Bold Participation in the Kingly, Priestly,
and Prophetic Offices of Christ



2. Wedding Feast at Cana

"When the wine failed, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'O woman, what have you to do with me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.'"

Primary Passages

Jn 2:1-11

Enriching Passages

Rev 19:5-10 • 1 Kgs 2:13-21 • Jn 6:4-14 •

Jn 13:1 • Mt 26:26-28 • Gen 2:18-24

Virtues & Graces

Faith • Hope • Charity •
Obedience to Christ •
Sacramental Grace



Prominent Emotions & Interior Dispositions

Love • Confidence • Detachment
• Celebration • Panic • Anxiety •
Need • Astonishment

Locus of Prayer

Vocational Discernment • Trust in God's Providence • Wellspring of
Grace for Life's Needs • Obedience to What Christ Asks of Me



3. Proclamation of the Kingdom of God

"The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the Gospel."

Primary Passages

Mk 1:14-15 • Luke 4:16-19, 31-44

Enriching Passages

Mt 5:1-12 • Mt 6:27-34 • Lk 9:57-62 • Lk 12:22-34 •

Lk 13:18-20 • Lk 17:20-21 • Mk 10:13-16 • Jn 17:20-26 • Rm 14:17-19

Virtues & Graces

Union with Christ • Belief in
the Gospel • Meekness •
Humility • Restoration •
Redemption • Healing •
Deliverance



Prominent Emotions & Interior Dispositions

Confidence • Need • Poverty •
Oppression • Loneliness • Regret
• Boldness • Expectant • Curious
• Lost • Hopeful

Locus of Prayer

Inspiration • Manifest Breakthrough of God's Presence • Healing and
Deliverance from Suffering • Forming of a Childlike Spirit • Trustful
Surrender to Divine Providence • Greater Repentance from Sin



4. Transfiguration

"Jesus took with him Peter and James and John, and led them up a high mountain apart by themselves; and he was transfigured before them, and his garments became glistening, intensely white, as no fuller on earth could bleach them."

Primary Passages

Lk 9:28-36 • Mt 17:1-8 • Mk 9:2-10

Enriching Passages

2 Pt 1:17-18 • Ex 24:9-18 • Ex 34:29-30 • Deut 18:15-18 • Mal 4:4-5

Virtues & Graces

Fear of the Lord • Obedience
• Courage • Evangelical and
Prophetic Spirit • Faith •
Endurance

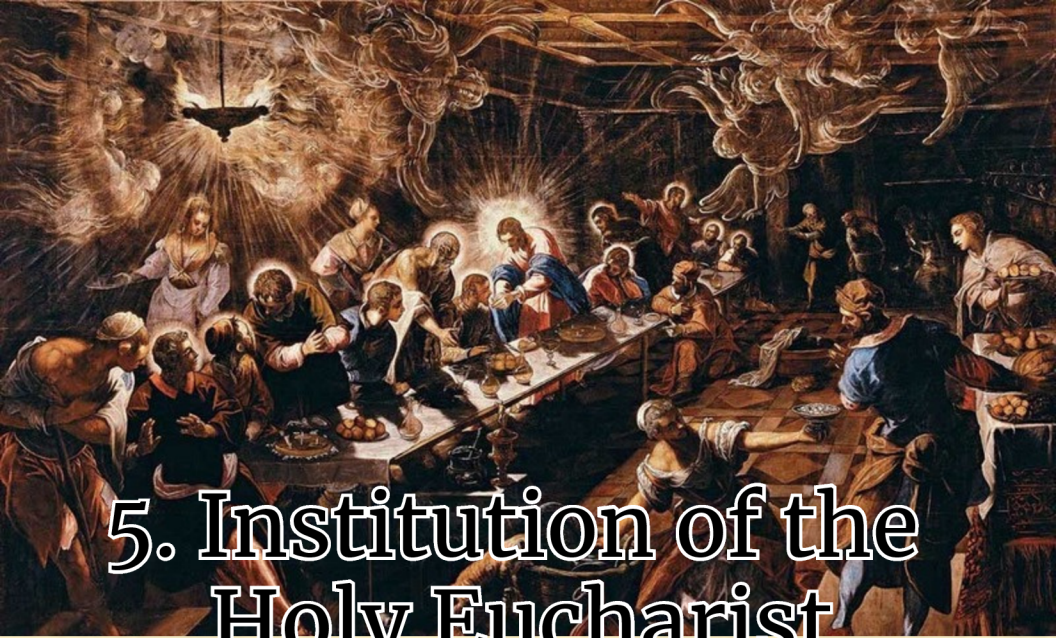


Prominent Emotions & Interior Dispositions

Awe • Amazement • Fear •
Trepidation • Boldness •
Confusion • Contemplation •
Purposefulness

Locus of Prayer

Deepening Encounter with the Mystery of the Trinity • Increase in Piety
and Fear of the Lord • Willingness to Pursue the Will of God •
Constancy in Following Christ



5. Institution of the Holy Eucharist

"Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, 'Take, eat; this is my body.' And he took a chalice, and when he had given thanks he gave it to them, saying, 'Drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.'"

Primary Passages

Mt 26:17-29 • Mk 14:12-25 • Lk 22:1-23 • Jn 13:1-20

Enriching Passages

Jn 6:25-71 • 1 Cor 11:23-34 • Ex 12:1-14 •

Gen 14:17-20 • 1 Cor 5:7-8 • Ex 24:1-11

Virtues & Graces

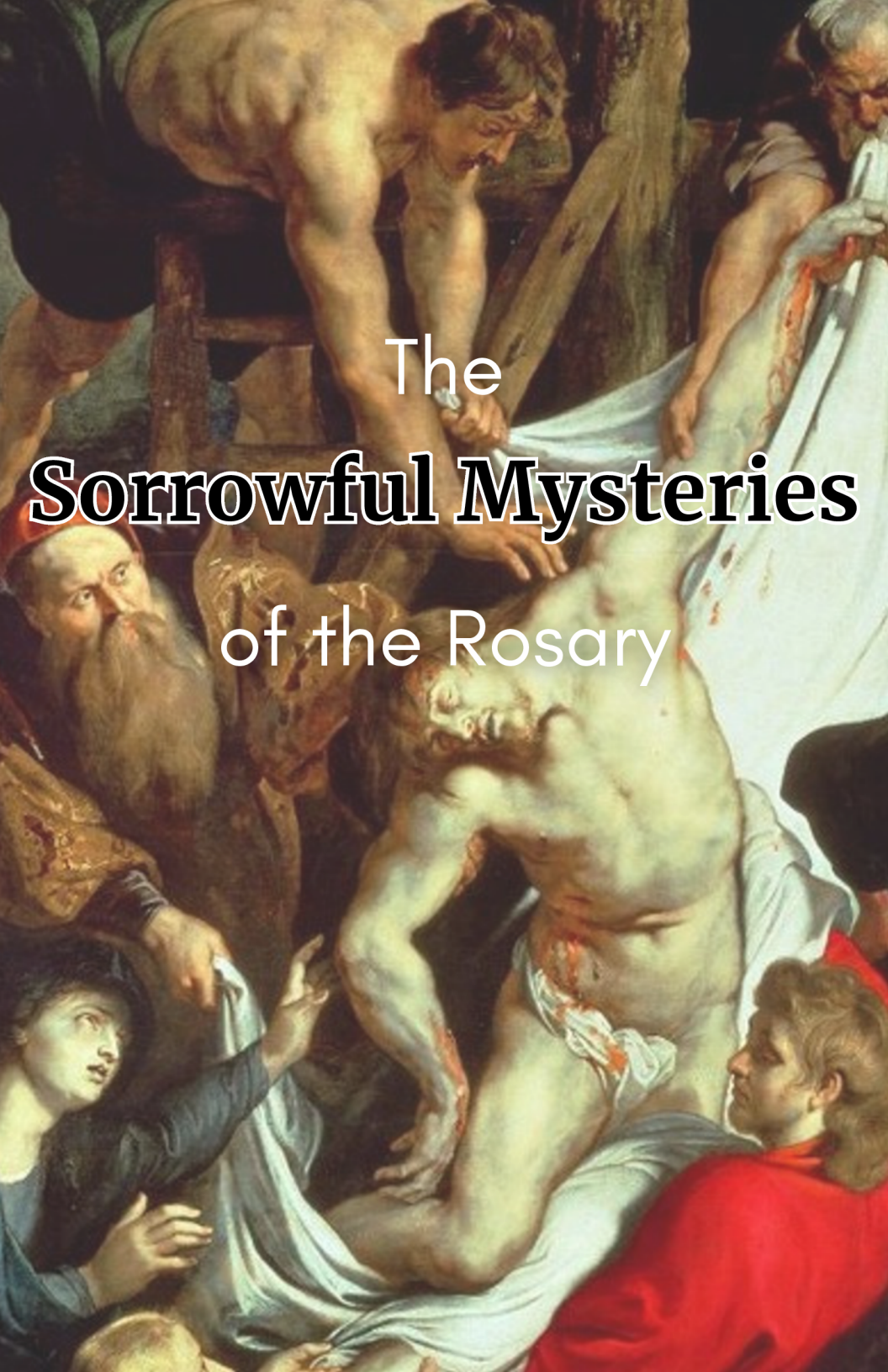
Piety • Devotion • Purity of Heart
• Communion with Christ •
Fruitfulness • Charity • Service •
Humility • Sacrifice

Prominent Emotions & Interior Dispositions

Intimacy • Longing • Convicted •
Courageous • Despair •
Suspicious • Self-Possessed

Locus of Prayer

More Complete Union with Christ • Zeal for Charity • Communion with Others • Openness to Mystery • Deepening Contemplation of Christ •
Greater Resistance to Sin



The
Sorrowful Mysteries
of the Rosary



1. Agony in the Garden

"My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, 'My Father, if it be possible, let this chalice pass from me; nevertheless, not as I will, but as you will.'"

Primary Passages

Mt 26:36-46 • Mk 14:32-42 • Lk 22:39-46

Enriching Passages

Jn 17:1-26 • Mt 26:69-75 • Mk 14:66-72 • Lk 22:54-62 • Jn 18:12-16 • Rom 13:11-14 • Eph 5:19-20 • 1 Thes 5:6-11 • 2 Sam 15:7-14, 24-30 • 2 Sam 16:5-13

Virtues & Graces

Abandonment • Divine
Assistance • Endurance •
Holiness • Watchfulness •
Vigilance



Prominent Emotions & Interior Dispositions

Fear • Anxiety • Darkness •
Despair • Desolation • Sloth •
Abandoned • Distressed •
Crushed • Empty

Locus of Prayer

Conformity to the Will of God • Confidence in the Father's Love •
Endurance During Time of Temptation • Resistance Against Sin



2. Scourging at the Pillar

"So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified"

Primary Passages

Mt 27:24-26 • Mk 15:6-15 • Jn 19:1

Enriching Passages

Is 53:1-12 • Jn 15:18-16:4a

Virtues & Graces

Temperance • Purity of Heart •
Mortification • Penance •
Surrender



Prominent Emotions & Interior Dispositions

Passions of the Flesh • Pride •
Greed • Gluttony • Envy • Lust •
Sloth • Wrath

Locus of Prayer

Increased Command over Passions • Detachment from Worldly Goods •
Willingness to Sacrifice for Others • Increase in the Peace of Christ



3. Crowning with Thorns

"And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. And kneeling before him they mocked him, saying, 'Hail, King of the Jews!' And they spat upon him, and took the reed and struck him on the head. And when they had mocked him, they stripped him of the robe, and put his own clothes on him, and led him away to crucify him."

Primary Passages

Mt 27:27-31 • Lk 23:11 • Mk 15:16-20 • Jn 19:2-11

Enriching Passages

Jn 18:28-39 • Psalm 7:14-16 • Psalm 102:8-11

Virtues & Graces

Humility • Poverty of Spirit •
Courage • Meekness •

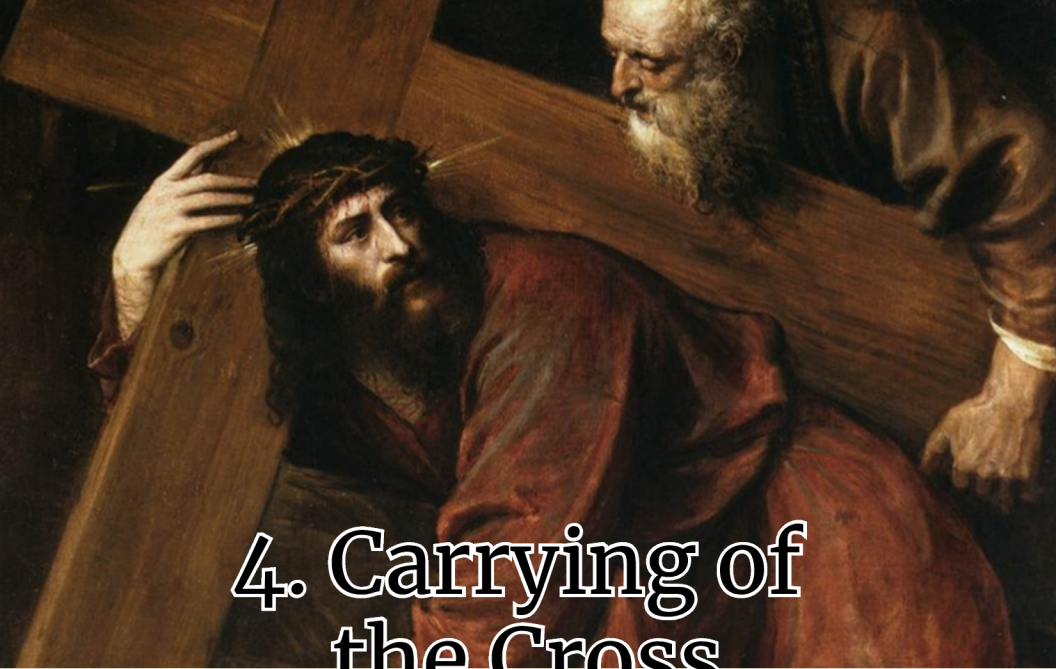


Prominent Emotions & Interior Dispositions

Pride • Vanity • Worldly Power •
Disdain • Mockery • Ambition •
Fear • Silence • Malice

Locus of Prayer

Confidence in the Kingdom of Heaven • Willingness to Suffer in Silence •
Reliance on God to Come to My Defense • Detachment from Worldly
Powers and Priorities



4. Carrying of the Cross

"And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. And there followed him a great multitude of the people, and of women who bewailed and lamented him."

Primary Passages

Mt 27: 31-32 • Mk 15:20-21 • Lk 23:26-31 • Jn 19:17

Enriching Passages

Jn 16:20-22 • Ps 38:4 • Mt 11:28-30 • Lk 9:23-25

Virtues & Graces

Long-suffering • Endurance •
Perseverance • Patience • Mercy
• Accompaniment



Prominent Emotions & Interior Dispositions

Fatigue • Resentment •
Compassion • Sorrow •
Hesitation • Burdened

Locus of Prayer

Ability to Persevere During Suffering & Trial • Generosity in Carrying Another's Burden • Compassion Toward Those Who Suffer • Renewed Effort Following a Fall or Setback



5. Crucifixion

"Then Jesus, crying with a loud voice, said, 'Father, into your hands I commit my spirit.' And having said this he breathed his last."

Primary Passages

Mt 27:33-66 • Mk 15:22-47 • Lk 23:27-56 • Jn 19:17-42

Enriching Passages

Jn 2:13-25 • Jn 3:13-17 • Phil 2:5-11 • Col 1:15-24 • Ps 22 • Ps 31:5 •
Ps 34:20 • Ps 69:21 • Ps 109:25 • Ex 12:46 • Ex 26:31-35 •
Num 21:4b-9 • Zech 12:10-13:1 • Acts 7:59-60

Virtues & Graces

Forgiveness • Self-Emptying
Love • Conversion •
Reconciliation • Hope • Humility

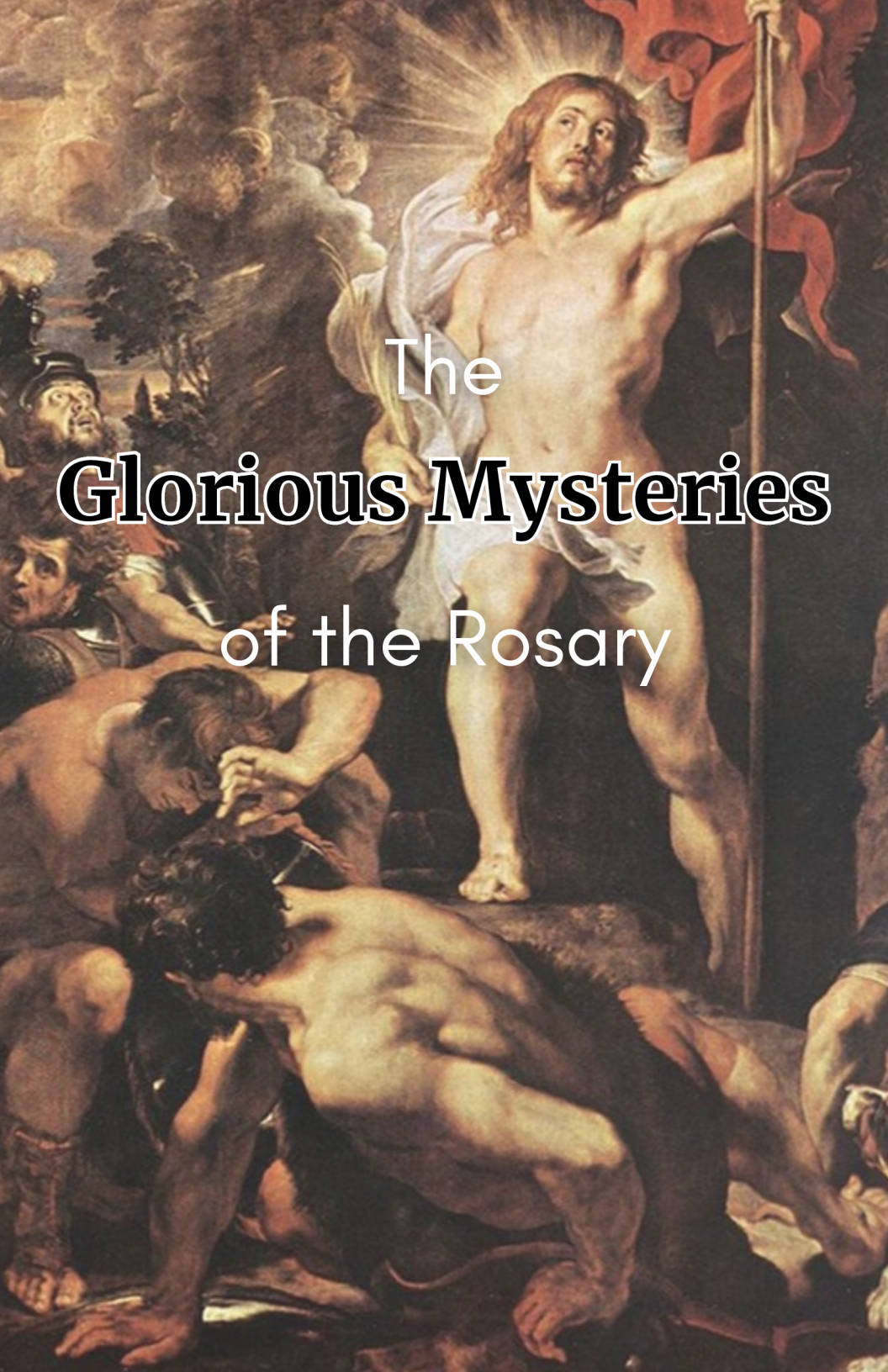


Prominent Emotions & Interior Dispositions

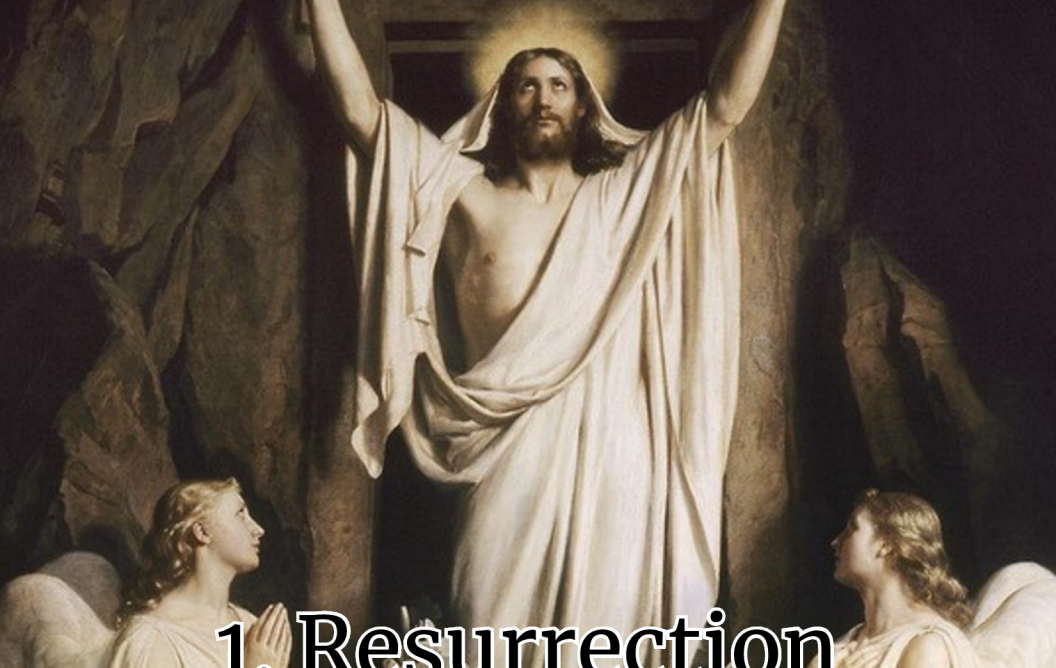
Mortality • Nakedness • Shame •
Powerlessness • Mockery • Hatred
• Grief • Anguish • Compassion •
Repentance • Sorrow • Silence

Locus of Prayer

Love of Enemies • Being Present to Another's Suffering • Final
Repentance • Hope for Salvation & Heaven • Greater Openness &
Vulnerability • Abandonment to the Father's Will



The
Glorious Mysteries
of the Rosary



1. Resurrection

"Mary Magdalene stood weeping outside the tomb...Turning round she saw Jesus. Jesus said to her, 'Woman, why are you weeping? Whom do you seek?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away tell me...' Jesus said to her, Mary.' She turned and said to him in Hebrew, Robboni,' and she said to the disciples, 'I have seen the Lord.'"

Primary Passages

Mt 28:1-10 • Mk 16:1-13 • Lk 24:1-49 • Jn 20:1-31 • Jn 21:1-25

Enriching Passages

Jn 12:24 • 1 Cor 15:1-58 • 1 Pt 1:18-20 • Is 25:8-9 • Ez 37:1-14

Virtues & Graces

Belief • Astonishment • Haste •
Hesitation • Conversion •
Professed Faith • Seeking Heart •
Detachment • Forgiveness •
Obedience • Salvation • Healing

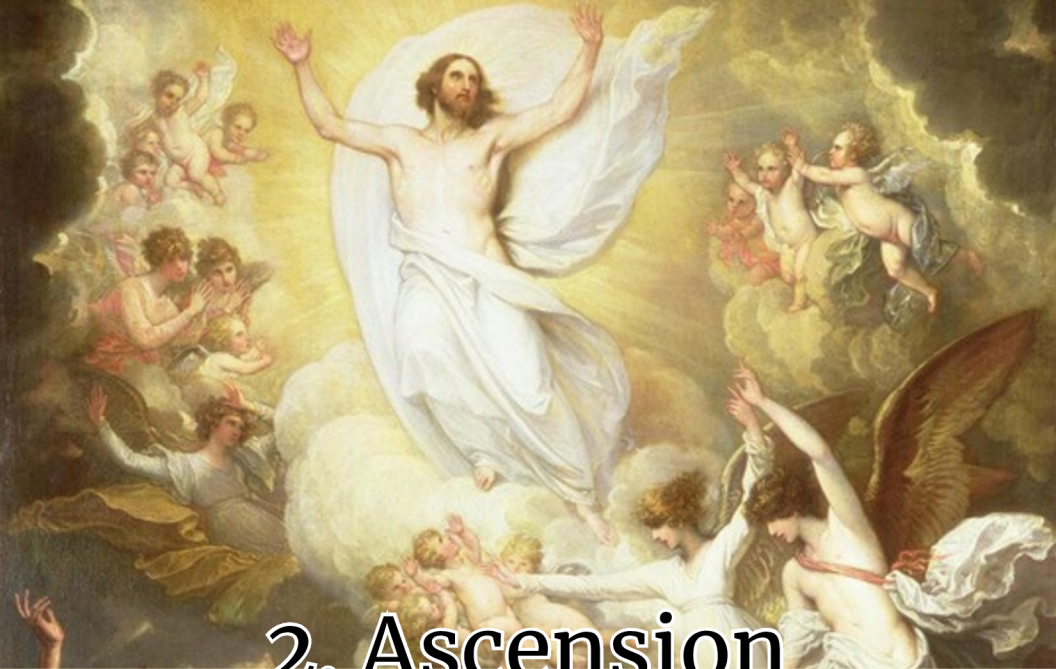


Prominent Emotions & Interior Dispositions

Perplexed • Wonder •
Amazement • Fear • Unbelief •
Belief • Grief • Joy • Incredulity •
Repentance • Love • Haste

Locus of Prayer

Confession of Faith in Christ • Encounter with the Glory of the Risen Christ • Expanded Capacity to Love • Recognition of Jesus and His Kingdom • Belief in the Love and Mercy of Christ • Awareness of the Presence of Christ in My Midst



2. Ascension

"It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth." And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight."

Primary Passages

Mt 28:16-20 • Mk 16:14-20 • Lk 24:50-53 • Acts 1:6-11

Enriching Passages

Jn 14:27-29 • Jn 16:27-28 • Eph 1:17-23 •

Heb 12:1-2 • Ps 47 • Ps 68:32-35

Virtues & Graces

Union with Christ • Renewed
Mind • Zeal • Belief • Faith •
Authority • Hope for Heaven



Prominent Emotions & Interior Dispositions

Belief • Doubt • Worship •
Confusion • Vision • Interior
Blindness • Desire • Hopefulness

Locus of Prayer

Renewed Mind in Christ • Zeal for Worship • The Power of the Kingdom
of God to Come Upon Me • Participation in the Authority of Christ as
King • Greater Witness to the Gospel • Belief in the Triumphant Return
of Christ



3. Descent of the Holy Spirit

"When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire...And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance."

Primary Passages

Acts 2:1-36 • Jn 20:19-23

Enriching Passages

Jn 14:22-25 • Jn 16:4b-15 • 1 Cor 12:13b-7,12-13 •

Ps 104:1,24,29-31,34 • Gal 5:16-25

Virtues & Graces

Wisdom • Understanding •
Counsel • Fortitude • Knowledge
• Piety • Fear of the Lord

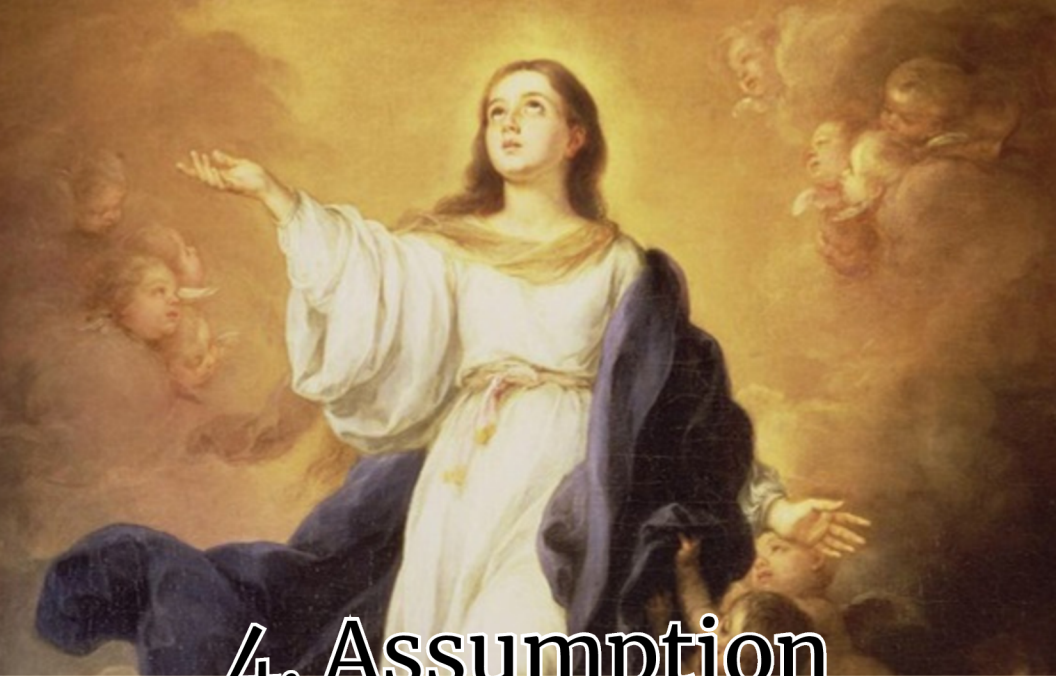


Prominent Emotions & Interior Dispositions

Courage • Boldness • Adaptable
• Love • Zeal • Faith •
Understanding • Inspired •
Passionate • Fear • Joy • Excited

Locus of Prayer

Fear to be Transformed to Courageous Love • To Become and
Instrument of Reconciliation and Peace • Zeal to Proclaim the Gospel
and Make Disciples • Deepening Intimacy with God



4. Assumption

"Simeon blessed them and said to Mary his mother, 'Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against and a sword will pierce through your own soul also, that thoughts out of many hearts may be revealed.'"

Primary Passages

Lk 1:28,38 • Lk 1:41-42 • Gen 3:15

Enriching Passages

Lk 1:46-56 • Lk 2:19 • Lk 2:34-35 • Jn 19:25-27 •

Ps 45:10-12,16 • 1 Cor 15:20-27

Virtues & Graces

Devotion • Union with Christ •
Contemplation • Charismatic
Gifts • Hope • Humility • Trust



Prominent Emotions & Interior Dispositions

Peace • Joy • Desire •
Introspective • Trustful •
Rewarded • Steadfast • Docile •
Receptive • Detached

Locus of Prayer

Docility to the Holy Spirit • Hope that Suffering Endured Will Lead to
More Intimate Union with Christ • Desire for Heaven and the Treasure
of Heaven • Magnification of the Lord • Rejoicing in God as Savior



5. Coronation of Mary, Queen of Heaven & Earth

"And a great sign appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars."

Primary Passages

Rev 11:19-12:10

Enriching Passages

Mt 2:9b-12 • 1 Kgs 2:13-21

Virtues & Graces

Hope • Fruitfulness • Worship •
Adoration • Praise •
Perseverance to the End • Clarity
of Faith • Endless Charity



Prominent Emotions & Interior Dispositions

Radiant • Glorious • Victorious •
Peaceful • Joyful • Whole •
Renewed • Restored • Fulfilled •
Perfect Union

Locus of Prayer

Trust in Heaven and the Promises of Heaven • Hope for Salvation •
Victory Over Temptation, Evil, & Sin • God to Reign Completely in My
Heart • Kingship of Christ to Reign in the World

Share your own Rosary prayer experience!

Scan this QR code to access a code to share your own Rosary prayer experience. Different insights and experiences shared will be used to further enhance and develop this Rosary Mystery Prayer Guide to provide a more impactful resource in future editions!



Book a coaching discovery call to help unlock your mind and heart!



Immaculate Hope
Coaching



Mindset Coaching Provides

Greater interior awareness in your thoughts and emotion

—

Understanding of your life according the Mysteries of the Incarnation and Paschal Sacrifice of Jesus

—

Greater freedom in joy in action towards God's call for your life

