



1. Begin by touching the crucifix and pray The Sign of the Cross.

1.1. "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

1.2. Recite The Apostles' Creed.

I believe in God, the Father Almighty, maker of heaven and earth. And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, and born of the virgin Mary, suffered under Pontius Pilate, who was crucified, died and was buried. He descended into hell. On the third day He rose again from the dead. He ascended into heaven and sits at the right hand of the Father. From thence He will come to judge the living and the dead. I believe in the Holy Spirit, the holy

catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.^[1]

2. On the First Large Bead, Pray the Lord's Prayer.

2.1. Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen

3. On each of the next three beads, pray the Jesus Prayer

3.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

4. On the next large bead, pray Glory Be To the Father.

4.1. Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

5. On each of the next beads, pray the Jesus Prayer

5.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

6. Pray the Lord's Prayer.

7. On each of the next beads, pray the Jesus Prayer

7.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

8. Pray the Lord's Prayer.

9. On each of the next beads, pray the Jesus Prayer

9.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

10. Pray the Lord's Prayer.

11. On each of the next beads, pray the Jesus Prayer

11.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

12. Pray the Lord's Prayer.

13. On each of the next beads, pray the Jesus Prayer

13.1. Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

14. Finish with the Magnificat.

14.1. My soul magnifies the Lord, and my spirit rejoices in God my Savior; For he has looked on the humble estate of his servant. For behold, from now on all generations will call me blessed; For he who is mighty has done great things for me, and holy is his name. And his mercy is for those who fear him from generation to generation. He has shown strength with his arm; He has scattered the proud in the thoughts of their hearts; He has brought down the mighty from their thrones and exalted those of humble estate; He has filled the hungry with good things, and the rich he has sent empty away. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his offspring forever.