

## Excerpts from “35 Rosary Mysteries: An Unforgettable Devotion for Every Day of the Week” By Bleu Andersen

### WHAT IS A ROSARY

The Rosary is a meditative set of prayers that Catholics use to pray to Our Holy Mother asking for her intercession; that means that she prays for us to the Universal Almighty. She translates our humanity, our emotions, and our unspoken needs to the Infinite Power Beyond Our Understanding.

The mysteries help us to understand the life of our Savior Jesus, our co-redeemer Mary and the amazing details of what they did to redeem our individual spirits from eternal entrapment.

The only official prayers of the church are the Mass and Divine Office. The rosary is considered to be a personal prayer and so devotees may pray in any way they wish as long as it is not sacrilege. Traditional observance of the rosary includes the Joyful, Sorrowful, Luminous and Glorious mysteries. In order to follow the plan of salvation from the Old Testament through the Acts of the Apostles and on to the Apparitions of Mary in modern times, I have added the Eucharistic, Marian and Apostolic. I have also included names of the archangels, the deadly sins and the cardinal virtues because I want to keep them in my mind each day.

It may seem long and daunting at first and so I recommend an abbreviated observance: perhaps just reading the mysteries daily instead of including all the prayers. (A rosary takes about 20 minutes to pray in full.)

The prayer of the holy rosary helps me remain strong and steady each day. If these excerpts resonates with you, the more in-depth softcover book is available for sale on Amazon and Kindle.

**My primary goal is to enrich your prayer life so feel free to share this PDF but please don't alter it, claim it as your own or omit the author's name.**

The book includes many bible-based prayers like these:

### Resisting Temptation

God is always near to help me when I am troubled that is why I run to that refuge where temptation cannot enter. Being near my Beloved gives me strength.

Anytime I call upon my Mighty Creator, I am most assuredly answered.

The Holy Spirit leads me to a place where I have sure footing.

My kind Sovereign destroys all that afflicts my soul.

I am pleased when God's wisdom enters my heart.

I know to avoid the paths of the wicked.

I know my flesh is weak so I remain vigilant and pray continuously.

I admire those who are patient during their trials and those who do not give into temptation. Someday, I too will wear a crown of victory.

I humbly accept God's blessing and favor with gratitude.

Psalms 46:1, Psalms 138:3, Psalms 143:10, Prov 1:10, Prov 4:14, Mark 14:38, James 1:12, James 4:16

### Protection from the Enemy

I quench with the shield of faith every fiery dart sent my way.

I bind and cast out every serpent sent against my life.

Every burning lamp that emerges from the leviathan's mouth is quenched.

Every ill-word spoken against me is striped of influence.

I overcome every trial sent against my life by the enemy and my sanctuary remains safe from the flames.

The enemy is unable to burn up my harvest.

I am redeemed from every curse through the Blood of Christ.

Eph 6:16, Isaiah 30:6, Job 41:19, 1Peter 1:7, 2Sam 14:30, Gal 3:13

### Refrain from Anger

I have been raised with Christ, sharing his resurrection from the dead; I seek the eternal treasures.

I rid myself completely of anger, rage, bad feelings toward others, curses and slander, foul language and shameful utterances.

I am quick to hear, slow to speak, slow to take offence, and slow to anger for anger does not promote the righteousness of God.

Even when I feel anger, I will not sin. I will remain silent and I will pray.

I will not let wrath, exasperation or indignation last until the sun goes down.

I will give no foothold to the devil.

I will refrain from worthless talk but express only what is beneficial to the spiritual progress of others and is fitting to the need and occasion that it might be a blessing and give grace to those who hear it.

I am clothed in a new spirit, renewed, and remade in the likeness of Christ.

Col 3:11, James 1:19, Eph 4:26

## Prayers before the Rosary

(The Profession of Faith) We believe in Almighty God, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us and for our salvation, he came down from heaven, and by the power of the Holy Spirit he was born of the Virgin Mary and became human. For our sake he was crucified under Pontius Pilate. He suffered, died, and was buried. On the third day he rose again in fulfilment of the scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son, he is worshipped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

(Act of Contrition) O my Beloved, I am heartily sorry for having offended you, and I detest all my sins because of the just punishments, but most of all because they offend you, my God, who are All Good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen.

Most Holy Trinity, I adore you profoundly. I offer you Christ's most precious body, blood, soul and divinity present in all the tabernacles of the world in reparation for the outrages, sacrileges and indifferences which are offensive to you. Through the infinite merits of the Most Sacred Heart and the purity of the Immaculate Heart, I beg of you the conversion of all sinners.

Queen of the Holy Rosary, you have deigned to come to humanity many times and in many places to call us to repentance and to teach us the treasures of grace hidden in the rosary. Inspire our hearts with a sincere love of this devotion that by meditating on the mysteries of our redemption, we may be enriched with its fruits and obtain peace for the world.

(Memorare) O Most Gracious Virgin Mary, never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired with this confidence, I fly to you, my Mother, before you I stand, sinful and sorrowful. Mother of God, despise not my petitions but in your mercy, hear and answer me.

My God, I believe, I adore, I hope and I love you. I ask pardon for those who do not believe, do not adore, do not hope and do not love you.

## Prayers for each Mystery (5 mysteries for each day)

1. State the title of the mystery. Ex: The First Luminous Mystery

2. Pray 1x

Our Father, who is All Heaven, hallowed be your name. May your kingdom come. May your will be done on earth as it is in heaven. Give us this day our daily needs and forgive us our sins just as we forgive those who sinned against us. Lead us away from every temptation and protect us from the evil one. Yours is the kingdom, the power and the glory now and forever. Amen.

3. Pray 10x (or 1x if you are pressed for time)

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

4. Pray 1x

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

5. Pray 1x

O My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those most in need of your mercy.

6. State the title of the next mystery and repeat until all 5 mysteries are completed.

When you have completed all 5 mysteries for the day, pray these closing prayers:

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, Holy Mother of God, that we may be made worthy of the promises of Christ. Let us pray.

O God, whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech Thee, that by meditating on these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

May divine assistance be always with us and may the souls of the faithful departed rest in peace.

Saint Michael, the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

## MONDAY - THE EUCHARISTIC MYSTERIES

Archangel Gabriel, whose name means “God-is-my-Strength”, pray for me.  
God, heal me of greed. Fill me with generosity. Help me be charitable.

### 1. MANNA FROM HEAVEN

YHWH, just as you cared for the Israelites in the desert, so you meet the needs of my day, every single day, and I am always grateful. I embrace the security of your unfailing providence and have no worries about tomorrow.

### 2. THE NEW & EVERLASTING COVENANT

The Sinai Covenant was achieved when Moses applied half the blood to the altar (representing YHWH), and sprinkles the people with half. In Christ’s sacrifice, half his life’s blood is surrendered in obedience to YHWH. The other half is given to the people within the Eucharist. I am overwhelmed by God’s plan for our salvation.

### 3. FEEDING THE MULTITUDES

Master, you fed 5,000 families with 5 loaves and 2 fish. Help me to remember that all I have in my possession is enough, and more than enough, to share when I rely upon God’s economy.

### 4. THE BREAD OF LIFE

Christ, you are the Bread of Life. You are all that is essential. I come to you that I might never hunger, I believe in you that I might never thirst. I do not labor for food that perishes but for the food that leads to eternal life, that which is given by the Son of Man.

### 5. THE ROAD TO EMMAUS

Savior, open my eyes to your presence as you walk with me. Help me to understand that you had to suffer in order to enter into your glory. Help me to understand the prophecies. May the eyes of all be opened to your presence in the Holy Eucharist and the Tabernacle. May all proclaim the good news of the resurrection that all hearts will long for you.

## TUESDAY – THE MARIAN MYSTERIES

Archangel Uriel, whose name means “God is my Light”, pray for us.

Lord, heal me of gluttony. Strengthen me with abstinence. Help me be temperate.

### 1. THE IMMACULATE CONCEPTION

Holy Mary, Sinless from Conception, just as the faithfulness of your parents, Joachim and Anne, was rewarded, inspire me to persevere when all seems barren in my life, that I might fulfill God’s perfect plan...in God’s perfect timing.

### 2. THE PRESENTATION OF MARY IN THE TEMPLE

Our Lady, our light, our sweetness and our hope, inspire me to study, worship and serve YHWH with all of my heart, mind, soul, and spirit just as you did when you were given to serve the temple. The Creator is truly worthy of praise unceasing.

### 3. THE FOOT OF THE CROSS

Co-Redeemer, you endured the suffering of your only son, joining your heart with his sacrifice. We are redeemed by his Passion and through your compassion; through his blood, but also through your tears. Your heart was pierced that many hearts may be revealed. May my heart be revealed as one filled with empathy as well as fortitude.

### 4. THE DORMITION

Mother Mary, Ever-Virgin, just as the disciples were miraculously carried to you from the far-off lands, I also fly to you. Do not despise my petitions, but in your mercy hear and answer me.

### 5. THE APPARITIONS

Queen of Heaven, Christ the King of Glory descended with hosts of angels to bid you enter into eternal life. Yet, you have not rested but continue to remind humanity to prepare for His return. Inspire me to penance and reparation.

## WEDNESDAY – THE JOYFUL MYSTERIES

Archangel Raphael, whose name means “God has Healed”, pray for us.  
Lord, heal me of envy. Fill me with kindness and blessed hope.

### 1. THE ANNUNCIATION

Blessed Virgin, you said yes to God’s plan although the penalty might have been a public stoning. Pray for me that I may bravely and humbly say yes to all of God’s plans in my own life; that my fears may be overcome by faith.

### 2. THE VISITATION

Mother Mary, just as Elizabeth was blessed with the knowledge that you carried the Messiah in your womb, I want to see Jesus in all people because what is done to the least of my siblings, that is also done to my Beloved Lord. Pray for me that I might have perfected vision.

### 3. THE NATIVITY

Holy Mother, your absolute trust in God opened the door for our Savior to be born. Teach us to trust in God so that we can bring the real presence of Jesus to others and someday see His face for the very first time...just as you did on that wondrous night.

### 4. THE PRESENTATION OF JESUS IN THE TEMPLE

Father, open my eyes and lead my steps as you did for Simeon who was moved to go to the temple on the day he saw and recognized Your Most Holy Son, Our Lord and Salvation. I pray that, like Anna the prophet, I may be moved to always proclaim the coming of Our Savior.

### 5. FINDING JESUS IN THE TEMPLE

Lord Jesus, how much your earthly parents suffered at being separated from you for 3 days, just as your students would as you lay in the tomb. I pray that I may never suffer separation from you. May we always find you in the Tabernacle and in the temple of our hearts.

## THURSDAY – THE LUMINOUS MYSTERIES

ARCHANGEL SELAPHIEL, WHOSE NAME MEANS “PRAYER OF GOD”, PRAY FOR US.

Lord, heal me of sloth. Fill me with diligence and blessed fortitude.

### 1. THE BAPTISM OF JESUS

Beloved, you began your mission with fasting, prayer and God’s blessing. May we be inspired by your example as we begin each new task in our lives. Guide us and bless us, Lord, as we seek to do the will of our Holy Father.

### 2. THE WEDDING AT CANA

Just as you turned simple water into delicious wine, change me also, Messiah. I desire to be molded by your perfect vision of my life so that through me, people may find you.

### 3. PROCLAIMING THE KINGDOM

Lion of Judah, come into our hearts, come into our homes, come into our world this very day. Proclaim your good news that we may repent, believe and rejoice. May our lives each day proclaim you as Lord and Redeemer knowing the kingdom of God is at hand.

### 4. THE TRANSFIGURATION

Savior, open my eyes that I may be a witness to your divinity. I pray that the glory of your presence may be revealed to all, that everyone may desire to build a temple to you in their heart.

### 5. THE INSTITUTION OF THE EUCHARIST

Lamb of God, on that Passover seder long ago, you showed us how to share in your divine presence through the Holy Eucharist. I pray that as the host enters my mouth, a revelation of the magnitude of your sacrifice takes root in my heart and mind.



## FRIDAY – THE SORROWFUL MYSTERIES

ARCHANGEL RAGUEL, WHOSE NAME MEANS “GOD IS MY GUARDIAN”, PRAY FOR US  
Lord, heal me of pride. Fill me with humility. Help me to live a just life.

### 1. AGONY IN THE GARDEN

My Dear Lord, you put your trust in the will of the Father in spite of the tremendous fear that had you sweating blood. Strengthen our prayers that we may stand firm in the time of trial and trust in your Most Sacred Heart.

### 2. SCOURGING AT THE PILLAR

Messiah, help us to discover the power of the unending love that moved you to allow such horrific wounds on your innocent body. I was dead because of my sins but God made me alive with you. He forgave all my sins, and cancelled the indebtedness which condemned me because you willingly sacrificed yourself for me. May my gratefulness be always new.

### 3. CROWNING OF THORNS

Christ the King, they mocked you most cruelly. You knew that angels would lift you up to prevent your foot from striking a stone and still you allowed those doing the devil’s work to jeer. You allowed the thorns brought forth by the Fall of Humanity to pierce your precious brow. May the sight of it always move my heart.

### 4. JESUS CARRIES THE CROSS

Lamb of God, Simon of Cyrene was there to help you carry your cross when the burden was too much to bear. Inspire me to bear the burdens of others willingly. In this way I help you carry your cross. With you to strengthen me, there is no burden I cannot bear.

### 5. DEATH ON THE CROSS

Redeemer, through your death on the cross you broke the chains and set us free. Although free from sin, you took on the sins of the entire world. Give me a revelation of the magnitude of this gift. Enlarge my heart that I may feel the fullness of gratitude.

## SATURDAY – THE GLORIOUS MYSTERIES

ARCHANGEL BARACHIEL, WHOSE NAME MEANS “BLESSED BY GOD”, PRAY FOR US

Lord, heal me of lust. Strengthen my chastity. Help me to be prudent.

### 1. THE RESURRECTION

Jesus your victory over sin and death is complete and yet this world gives the illusion that darkness is winning. Increase my faith so that I can know that victory is mine through you.

### 2. THE ASCENSION OF JESUS INTO HEAVEN

Lord, you promised that your power would work in us if we believe; that we may do great things because you ascended to the Throne of God. Give me a revelation of your presence and power in my life that others may be inspired to believe in your holy name.

### 3. GIFT OF THE HOLY SPIRIT

Master, send forth your Holy Spirit upon your people so that we may be restored and renewed. Let your spirit fill our hearts with praise and adoration.

### 4. THE ASSUMPTION OF MARY INTO HEAVEN

Mother, the gift that you received was a gift for us all. It brings us hope and comfort to know that God is providing for our eternal life. Blessed Virgin, help me to focus not on passing pleasures but on the will of my Heavenly Father.

### 5. THE CROWNING OF MARY

Queen of Heaven, our lives will not be measured so much by our sins and failings as much as our faith, hope and love. Help me to persevere in faith and truth. Pray for me to your Holy Son, my Lord and Savior.

## SUNDAY – THE APOSTOLIC MYSTERIES

ARCHANGEL MICHAEL, WHOSE NAME MEANS “WHO IS LIKE GOD”, PRAY FOR US

Lord, heal me of wrath. Strengthen my patience. Fill me with abiding faith.

### 1. THE GOOD NEWS

Saint Mary of Magdala, you are not the fallen woman, but the Apostle to the Apostles. Our Risen Lord appeared first to you and you were first to proclaim his resurrection. Inspire us always to proclaim the Gospel until all of humanity believes, repents and turns to God. Let us not stand in God’s way, nor find ourselves fighting against God when the plan for salvation diverges from our tradition or understanding.

### 2. THE INDWELLING OF THE HOLY SPIRIT

Over 100 women and men were praying together in the upper room when the Paraclete first descended upon Christ’s people and suddenly the news of our salvation could be understood by people of every nation in their own language. May we always seek the guidance of our Divine Counselor that the message might be better understood because the manifestation of the Spirit is given to us for the profit of all.

### 3. CHRIST SETS US FREE

On more than one occasion angels were sent to free the apostles from prison. Even the great Paul was freed from the prison of his own thoughts and wrong actions so that he might do mighty works. Let us remember that as God’s chosen instruments, there is nothing that cannot be accomplished when we are led by the Spirit and filled with true love of Christ who is with us always.

### 4. MIRACLES AND WONDERS

One who believes in Jesus and the miracles of his ministry is able to do the same and even greater works because He is risen and is seated at God’s right hand. The apostles, in the name of Jesus and through faith in Him, confirmed the Gospel by the signs that followed and so the new church grew exponentially. They healed the lame and raised the dead. Increase our faith in you Lord, as you did for Fr. Peter McCall, that we may heal in your name and continue the work of the first-called.

### 5. THE KINGDOM OF GOD IS NEAR

In the last days, Christ will pour out his spirit on all of humanity. God’s daughters and sons will prophesy, young people will see visions, and old folks will dream important dreams. All who call upon the Lamb of God will be saved. By overwhelming grace, The Risen Christ is God’s presence in us, and so the perfect kingdom of God is within us. All glory and honor to the Lord of Hosts.