The Healing Rosary

The Rosary continues to be an avenue to meditation for millions of people worldwide. Personally, I did not grow up saying the rosary; after all, it's a Roman Catholic thing, isn't it? Well, as I've discovered, the rosary is available for all Christians. I'm not going to pretend to be knowledgeable enough to give you all the historical background on how the rosary came to be; there are plenty of resources and other books to help you with that.

What I can do is share a bit about my personal experience. The traditional rosary is said every week at the church I attend and I went a few times, but it just didn't "speak to me" as I had hoped. However, I have learned of the "healing rosary" and have been fairly regular each week at the church I work at. The healing rosary ties very well with Daughters since at the beginning we state the prayer intercessions of others as well as ourselves. Someone acts as the "leader" and then we each take turns with the five healing mysteries. It's a wonderful low-key way to be introduced to the rosary and a great group prayer. I've attached this for you and encourage you to try it out. Notice how much direct quotation comes from Holy Scripture. It's biblically-grounded prayer. It's not necessary to actually have a rosary to pray the healing rosary, so you can start today.

The traditional fifteen mysteries cover key events in the life of Christ – the "Joyful," the "Sorrowful," and the "Glorious" Mysteries. Usually, five are prayed at a time. Each "mystery" is a themed reflection using scripture. Consider meditating with other scriptures – how about the five miracles of Jesus, the five parables, five acts of forgiveness, etc? Basically, pick a theme and find five scripture passages involving Jesus and that theme.

The following is the "Scriptural Rosary" as found in many rosary publications. Try this out at your next Daughters meeting or you may wish to consider gathering in your church or chapel on a weekly basis and lead those in your congregation in praying the healing rosary.

- Sit in a circle.
- Designate someone to be the leader to
    - (a) State the petitions at the beginning "We come together to ask prayers for…" {Sick, those with emotional needs, the deceased, etc.]
    - (b) Open with the first part of the Apostles Creed
    - (c) Say the "v" (verse) parts on the prologue and epilogue sections as well.
- Going around the circle, five people can each take turns leading the five mysteries. The group collectively responds with the "r" (response) parts.

Another way I use the rosary is to hold a bead between my fingers while praying our Daughters intercessions list. It can be used to focus on each name that's said. I'm sure your prayer list can get lengthy at times and anything we can do to slow down and focus on each name is helpful.

Also, I hold my rosary when I need to remember that Jesus is with me during difficult or stressful times at home or work.

Julia Smead – DOK Spiritual Formation Committee, 2002

Prayers of the Rosary

Prologue

(Make the sign of the cross)

[Start the healing Rosary with petitions for the sick and other intentions. This is open to all present.]

The Apostles Creed

v. I believe in God the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

r. 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.

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come. Thy will be done on earth as it is in heaven.

r. 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.

v. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of Thy womb, Jesus.

r. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

"Hail Mary"

Glory be to the Father, and to the Son, and to the Holy Spirit.

r. As it was in the beginning, is now, and ever shall be, world without end. Amen.

All. Oh my Jesus, forgive us our sins; save us from the fires of hell; lead all souls to Heaven, especially those who most need of your mercy.

[Five healing mysteries]

Epilogue

All. Hail, Holy Queen, Mother of Mercy, our life our sweetness and our hope, to you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears; turn then, most gracious Advocate, your eyes of mercy towards us, and after this, our exile, show unto us the Blessed fruit of your womb, Jesus. O clement, O Loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

All. 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 meditating on these mysteries of the Holy Rosary, that we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Source: Anonymous

First Healing Mystery

The Healing of a Paralytic

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
r. 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.

When Jesus returned to Capernaum ... he preached the word to them.

Mark 2:1,2

v. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of Thy womb, Jesus.
r. Holy Mary, M other of God, pray for us sinners, now and at the hour of our death. Amen

They came bringing him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him.

Mark 2:3-4

*Hail Mary"

After they had broken though, they let down the mat on which the paralytic was lying.

Mark 2:4

*Hail Mary"

When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven."

Mark 2:5

*Hail Mary"

Now some of the scribes were sitting there asking themselves, "Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?"

Mark 2:6-7

*Hail Mary"

Jesus immediately knew in his mind what they were thinking ... "Why are you thinking such things in your hearts?"

Mark 2:8

*Hail Mary"

"Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, pick up your mat and walk'?"

Mark 2:9

*Hail Mary"

"But that you may know that the son of Man has authority to forgive sins on earth"... I say to you, rise, pick up your mat, and go home."

Mark 2:10-11

*Hail Mary"

He rose, picked up his mat at once, and went away in the sight of everyone.

Mark 2:12

"Hail Mary"

They were all astounded and glorified God, saying I "We have never seen anything like this."

Mark 2:12

*Hail Mary"

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

All. Oh my Jesus, forgive us our sins; save us from the fires of Hell; lead all souls to heaven, especially those who have most need of your mercy.

Source: Anonymous

Second Healing Mystery

The Woman With a Hemorrhage

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
r. 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.

There was a woman afflicted with hemorrhages for twelve years.

Mark 5:25

v. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of Thy womb, Jesus.
r. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse.

Mark 5:26

*Hail Mary"

She had heard about Jesus and came up behind him in the crowd and touched his cloak.

Mark 5:27

*Hail Mary"

She said, "If I but touch his clothes, I shall be cured."

Mark 5:28

*Hail Mary"

Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction.

Mark 5:29

*Hail Mary"

Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, "Who has touched my clothes?"

Mark 5:30

*Hail Mary"

But his disciples said to him, "You see how the crowd is pressing upon you, and yet you ask, 'Who touched me?"'

Mark 5:31

*Hail Mary"

He looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling.

Mark 5:32-33

*Hail Mary"

She fell down before Jesus and told him the whole truth.

Mark 5:33

*Hail Mary"

He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction."

Mark 5:34

*Hail Mary"

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

All. Oh my Jesus, forgive us our sins; save us from the fires of Hell; lead all souls to heaven, especially those who have most need of your mercy.

Source: Anonymous

Third Healing Mystery

The Man Born Blind

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
r. 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.

As he passed by he saw a man blind from birth.
John 9:1

v. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of Thy womb, Jesus.
r. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?"
John 9:2

*Hail Mary"

Jesus answered, "Neither he nor his parents sinned; it is so that the works of God might be made visible through him."
John 9:3

*Hail Mary"

"We have to do the works of the one who sent me while it is day. Night is coming when no one can work."
John 9:4

*Hail Mary"

"While I am in the world, I am the light of the world."
John 9:5

*Hail Mary"

When he had said this, he spat on the ground and made clay with the saliva, and smeared the clay on his eyes."
John 9:6

*Hail Mary"

(Jesus) said to him, "Go wash in the Pool of Siloam"... So he went and washed, and came back able to see.
John 9:7

*Hail Mary"

Jesus... said, "Do you believe in the Son of Man?"... He said, "I do believe, Lord," and he worshipped him.
John 9:35.30

*Hail Mary"

Then Jesus said, "I came into this world for judgment, so that those who do not see might see, and those who do see might become blind."
John 9:39

*Hail Mary"

"If you were blind, you would have no sin; /but now you are saying, 'We see,' so your sin remains."
John 9:41

*Hail Mary"

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

All. Oh my Jesus, forgive us our sins; save us from the fires of Hell; lead all souls to heaven, especially those who have most need of your mercy.

Source: Anonymous

Fourth Healing Mystery

The Adulteress

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
r. 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.

Early in the morning (Jesus) arrived again in the temple area, and all the people started coming to him, and he sat down and taught them.

John 8:2

v. Hall Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of Thy womb, Jesus.
r. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our d eath. Amen

Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle.

John 8:3

“Hail Mary"

They said to him, "Teacher, this woman was caught in the very act of committing adultery."

John 8:4

*Hail Mary"

"Now in the law, Moses commanded us to stone such women. So what do you say?"

John 8:5

*Hail Mary"

Jesus bent down and began to write on the ground with his finger.

John 8:6

*Hail Mary"

But when they continued asking him, he straightened up and said to them, "Let the one among you who is without sin be the first to throw a stone at her."

John 8:7

*Hail Mary"

Again he bent down and wrote on the ground.

John 8:8

*Hail Mary"

And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him.

John 8:9

*Hail Mary"

"Woman, where are they? Has no one condemned you?" She replied, "No one, sir."

John 8:10-11

*Hail Mary"

Then Jesus said, "Neither do I condemn you. Go, (and) from now on do not sin any more."

John 8:11

*Hail Mary"

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

All. Oh my Jesus, forgive us our sins; save us from the fires of Hell; lead all souls to heaven, especially those who have most need of your mercy.

Source: Anonymous

Fifth Healing Mystery

The Healing of a Boy With a Demon

v. Our Father, Who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
r. 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.

When they came to the crowd a man approached, knelt down before him, and said, "Lord have pity on my son..."

Matthew 17:14

v. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit Of Thy womb, Jesus.
r. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

"He is a lunatic and suffers severely; often he falls into fire, and often into water."

Matthew 17:15

*Hail Mary"

I brought him to your disciples, but they could not cure him."

Matthew 17:16

*Hail Mary"

"O faithless and perverse generation, how long will I endure you? Bring him here to me."

Matthew 17:17

*Hail Mary"

Jesus rebuked him and the demon came out of him, and from that hour the boy was cured.

Matthew 17:18

*Hail Mary"

Then the disciples approached Jesus in private and said, "Why could we not drive it out?"

Matthew 17:19

*Hail Mary"

He said to them, "Because of your little faith."

Matthew 17:20

*Hail Mary"

I say to you, if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there,' and it will move."

Matthew 17:20

*Hail Mary"

"Nothing will be impossible I for you."

Matthew 17:20

*Hail Mary"

You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world.

Matthew 17:14-15

*Hail Mary"

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

All. Oh my Jesus, forgive us our sins; save us from the fires of Hell; lead all souls to heaven, especially those who have most need of your mercy.

Source: Anonymous