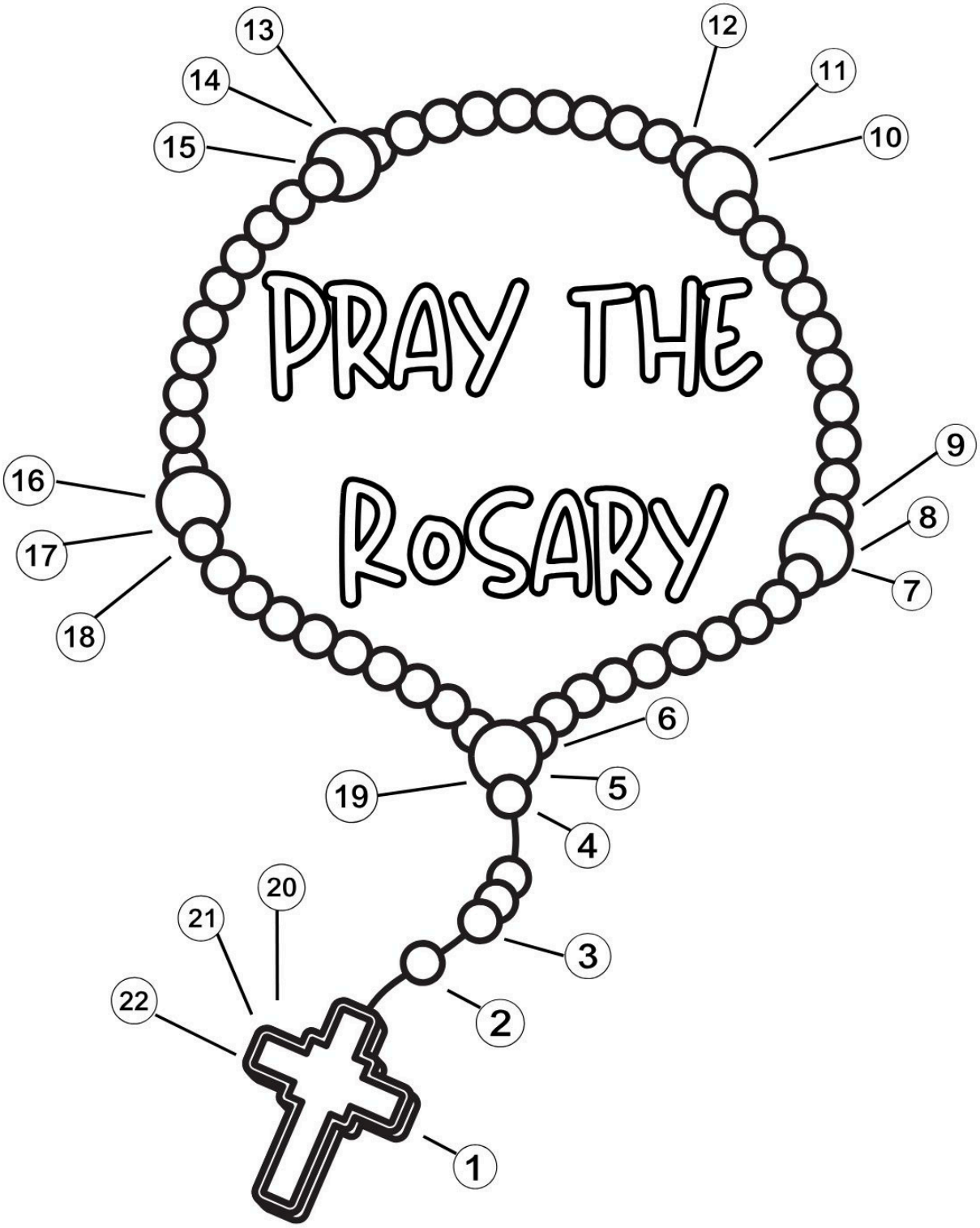
# ROSARY ACTIVITIES

## FOR T(W)EENS




1: Sign of the Cross and Apostle's Creed
2: Our Father
3: 3 x Hail Mary
4: Glory Be and (optional) Fatima Prayer
5: Announce first Mystery and 1 x Our Father
6: 10 x Hail Mary
7: Glory Be and (optional) Fatima Prayer
8: Announce second Mystery and 1 x Our Father
9: 10 x Hail Mary
10: Glory Be and (optional) Fatima Prayer
11: Announce third Mystery and 1 x Our Father
12: 10 x Hail Mary
13: Glory Be and (optional) Fatima Prayer
14: Announce fourth Mystery and 1 x Our Father
15: 10 x Hail Mary
16: Glory Be and (optional) Fatima Prayer
17: Announce fifth Mystery and 1 x Our Father
18: 10 x Hail Mary
19: Glory Be and (optional) Fatima Prayer
20: Hail Holy Queen
21: Rosary concluding prayer
21: Sign of the Cross

I BELIEVE in GOD
the FATHER almighty.
Creator of heaven and earth.
and in JESUS CHRIST His only Son. our LORD
who was conceived by the Holy Spirit.
born of the VIRGIN MARY
suffered under Pontius Pilate.
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 is seated at the right hand of
God the Father almighty:
from there 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 LIFE EVERLASTING. Amen.

# Rosary Code Breaker

**Instructions:**

1. Fill in the missing words from the Hail Holy Queen (Salve Regina) prayer).
2. Use the letter in the numbered box to decypher the code

☐ ☐ ☐ ☐ Holy Queen, Mother of Mercy,
1

our life, our sweetness and our ☐ ☐ ☐ ☐
2

To thee ☐ ☐ we cry,
3

poor banished ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ of Eve.
4

To thee do we send up ☐ ☐ ☐ sighs,
5

mourning and weeping in this valley of tears.

Turn then, most ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
6

advocate, thine ☐ ☐ ☐ ☐ of mercy toward us,
7

and after this our ☐ ☐ ☐ ☐ ☐ show unto us
8

the blessed fruit of thy womb, ☐ ☐ ☐ ☐ ☐
9

O clement, O loving,

O sweet Virgin ☐ ☐ ☐ ☐
10

| 1 | 3 | | 9 | 7 | 6 | 5 | 10 | | 2 | 7 | 4 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | |

| 10 | 1 | 4 | 8 | 1 | 10 |
|---|---|---|---|---|---|
| | | | | | |

***Hail Goly Queen Prayer***

**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 exile, show unto us**
**the blessed fruit of thy womb, Jesus.**
**O clement, O loving,**
**O sweet Virgin Mary.**

# Rosary Wordsearch

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | R | U | W | C | B | N | O | I | T | A | T | I | S | I | V | H | X | X | A | F | O | D |
| B | N | Y | L | E | I | R | B | A | G | O | M | E | H | E | L | H | T | E | B | O | O | Q |
| C | O | D | R | U | D | J | O | Y | F | U | L | C | D | I | J | R | L | J | L | Y | R | Y |
| L | I | M | E | L | R | O | S | A | R | Y | E | U | C | H | A | R | I | S | T | Y | K | R |
| U | X | E | S | B | A | P | T | I | S | M | M | Y | S | T | E | R | I | E | S | D | J | A |
| M | I | L | U | J | S | N | A | T | I | V | I | T | Y | W | O | P | R | A | Y | E | R | M |
| I | F | A | R | K | R | G | T | N | O | I | T | A | R | U | G | I | F | S | N | A | R | T |
| N | I | S | R | G | N | I | D | D | E | W | P | E | N | T | E | C | O | S | T | R | Y | B |
| O | C | U | E | A | N | N | U | N | C | I | A | T | I | O | N | J | E | W | O | O | A | N |
| U | U | R | C | O | S | E | L | P | I | C | S | I | D | C | S | S | O | R | C | F | C | E |
| S | R | E | T | S | O | R | R | O | W | F | U | L | N | O | I | S | N | E | C | S | A | D |
| T | C | J | I | N | W | O | R | C | X | W | H | U | A | Z | S | N | R | O | H | T | N | R |
| M | H | H | O | C | P | R | E | S | E | N | T | A | T | I | O | N | A | J | C | I | A | A |
| M | Z | H | N | J | O | H | N | N | I | G | L | O | R | I | O | U | S | G | S | E | X | G |
| E | L | I | Z | A | B | E | T | H | S | D | A | E | B | C | E | T | E | M | P | L | E | Q |
| M | E | A | S | S | U | M | P | T | I | O | N | J | W | J | S | U | S | E | J | Z | D | T |

ANNUNCIATION
ASCENSION
ASSUMPTION
BAPTISM
BEADS
BETHLEHEM
CANA
CROSS
CROWN
CRUCIFIXION
DISCIPLES
ELIZABETH
EUCHARIST
GABRIEL
GARDEN
GLORIOUS
JERUSALEM
JESUS
JOHN
JOYFUL
LUMINOUS
MARY
MYSTERIES
NATIVITY
PENTECOST
PRAYER
PRESENTATION
RESURRECTION
ROSARY
SORROWFUL
TEMPLE
THORNS
**TRANSFIGURATION**
**VISITATION**
**WEDDING**

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"**Ad Jesum per Mariam**" is a Latin phrase meaning "To Jesus through Mary". It expresses the Catholic belief that Mary, as the Mother of God, is a powerful intercessor who can lead individuals closer to Jesus.

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The **Marian monogram** on the next  page is a stylised symbol combining the letters "A" and "M" to represent "Ave Maria," often adorned with a crown and used in Catholic tradition to honour the Virgin Mary.

# Why pray something so repetitive?

One of my greatest struggles with the Rosary was the repetition of prayers. 50 Hail Marys often put me in 'auto-pilot' and left me feeling like I was simply rattling off words. Why bother with it when I could say a heartfelt personal prayer instead?

Ultimately, the Rosary was revealed to us as a gift. It is intended to help us 'fill our minds with the mysteries of the life of Christ' and has often been described as a 'weapon' for our spiritual life. Sadly, as much as I would have liked otherwise, this information did not help me engage prayerfully (read: stay awake), especially after a long day!

I started reflecting on the importance and beauty of repetition in my every day life:

Repetition as discipline:
When I go to the gym, I don't see results until I commit to regular training. As much as I would love to get fit and build muscle from a monthly session, I know that it is through repetitive training ('showing up every day') that I will reach my goals. Repetition develops the discipline I need to do things that are good for me.

Repetition as love:
I have lost count of the times I have cooked dinner for my family, or bathed my children. I'm not always super excited to do these things, and they can feel a bit mundane (do I need to make lunches every day?). But I repeat these things as an expression of my love. More often than not, these things help deepen my love because I am putting the needs of others before my own desires ("true love is willing the good of the other").

I came to the conclusion that repetition is not a bad thing, and often is a powerful way of developing good habits and health, as well as expressing love.

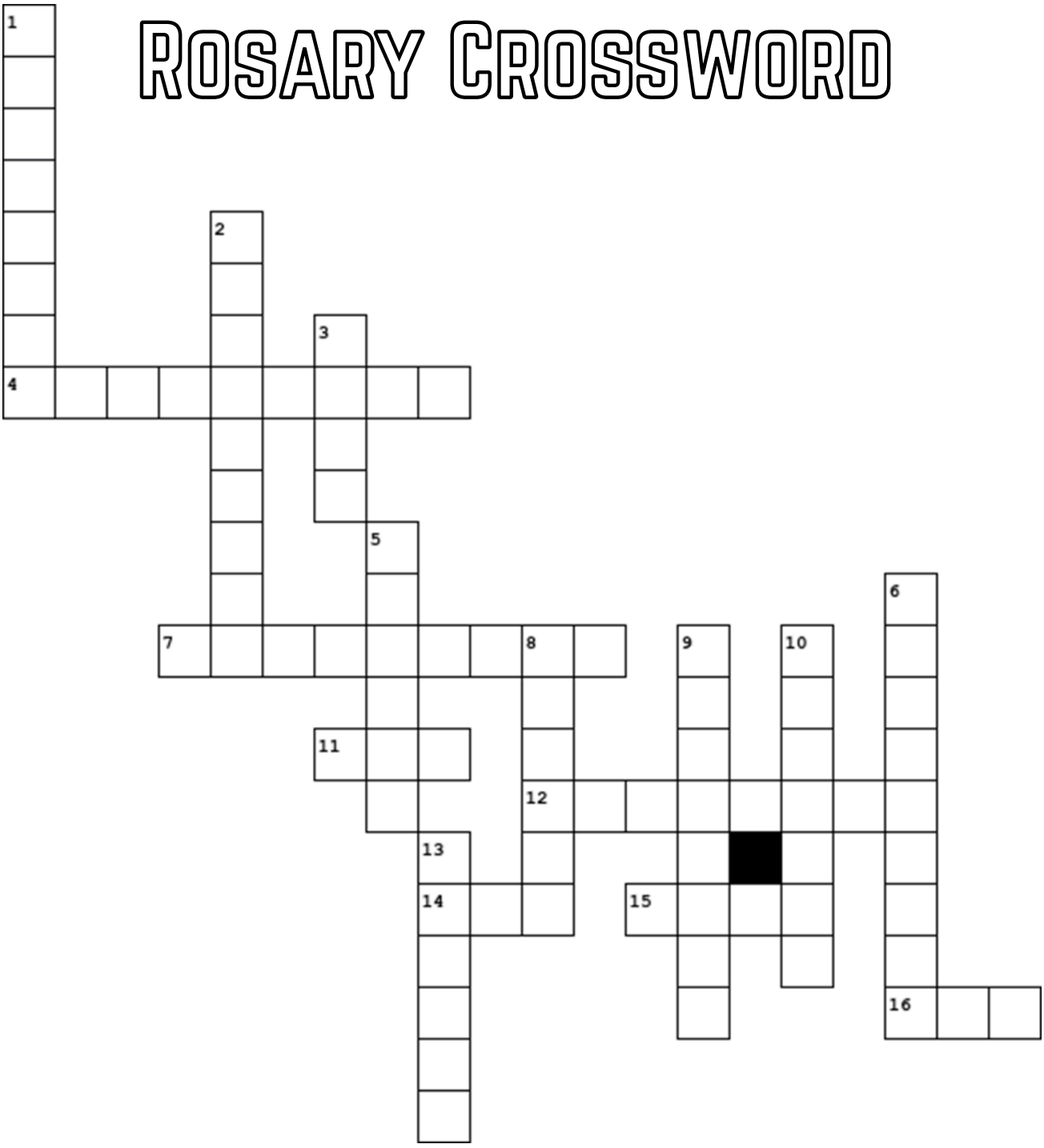
I pondered these things in context of the Holy Rosary. The repetition of prayers could be an instrument to:

- Develop the discipline of extended prayer (to support my spiritual wellness)
- Express and deepen my love of Christ (through the mundane).

There's so much more to the Rosary than its repetition. But the repetition can, in and of itself, help us grow closer to Jesus.... something worth the time and effort.

Reflect: *What are some repetitive things you do in your life that help build discipline or express your love/care?*

# Rosary Crossword




1. The Assumption is one of the ____ Mysteries
2. Jesus praying in the garden of Gethsemane is one of the ___ Mysteries
3. The town where Jesus miraculously turned water into wine
4. The Joyful Mysteries are prayed on Mondays and ___
5. In the final Glorious Mystery, God crowns Mary as Queen of ___ and earth
6. The place where Mary and Joseph took baby Jesus to present Him at the temple
7. The name of the cousin Mary visited when she was pregnant
8. Jesus' age when He was lost and then found by His parents at the temple
9. The Mystery which reflects on the birth of Jesus is The _____
10. _____ is the month dedicated to the Rosary
11. The number of Hail Marys prayed for each Mystery
12. The Mysteries prayed on Thursdays
13. The name of the river where Jesus was baptized by His cousin, John
14. The number of Apostles' Creeds recited for each Rosary
15. The number of Mysteries prayed each day
16. _____ is the month dedicated to Mary

## Crossword solutions

1. JOYFUL
2. SORROWFUL
3. CANA
4. SATURDAYS
5. HEAVEN
6. JERUSALEM
7. ELIZABETH
8. TWELVE
9. NATIVITY
10. OCTOBER
11. TEN
12. LUMINOUS
13. JORDAN
14. ONE
15. FIVE
16. MAY

# Order the Mysteries

Order each set of Mysteries from 1 (first) to 5 (last)

## JOYFUL

- ◯ The Nativity _____
- ◯ The Presentation _____
- ◯ The Visitation _____
- ◯ Finding Jesus in the Temple _____
- ◯ The Annunciation _____

## SORROWFUL

- ◯ Carrying the Cross _____
- ◯ Crucifixion and Death of Jesus _____
- ◯ Crowning with Thorns _____
- ◯ Agony in the Garden _____
- ◯ The Scourging at the Pillar _____

## LUMINOUS

- ◯ Jesus' Baptism in the River Jordan _____
- ◯ Institution of the Eucharist _____
- ◯ The Transfiguration _____
- ◯ Proclamation of the Kingdom _____
- ◯ Wedding at Cana _____

## GLORIOUS

- ◯ Descent of the Holy Spirit _____
- ◯ The Resurrection _____
- ◯ The Assumption of Mary _____
- ◯ The Coronation of Mary _____
- ◯ The Ascension of Jesus _____

# Order solutions

The Joyful Mysteries

1. The Annunciation of the Angel Gabriel to Mary.
2. The Visitation of Mary to Elizabeth.
3. The Birth of Jesus in Bethlehem of Judea.
4. The Presentation of Jesus in the Temple.
5. The Finding of Jesus in the Temple.

The Luminous Mysteries

1. Jesus' Baptism in the Jordan.
2. The Wedding at Cana.
3. The Proclamation of the Kingdom.
4. The Transfiguration.
5. The Institution of the Eucharist.

The Sorrowful Mysteries

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion and Death.

The Glorious Mysteries

1. The Resurrection of Jesus.
2. The Ascension of Jesus into Heaven.
3. The Descent of the Holy Spirit at Pentecost.
4. The Assumption of Mary into Heaven.
5. The Coronation of Our Lady in Heaven.

# Where is the Hail Mary in the Bible?

If we're going to be praying the rosary regularly, we are going to be praying A LOT of Hail Marys. The rosary is repetitive, like so many other important things we do (eating, sleeping, and saying "I love you" to our family members), but that doesn't mean that it is mindless. In fact, to pray the Hail Mary is to declare Biblical truth.

Let's break it down:
The first half of the prayer is straight out of Sacred Scripture. When the angel Gabriel appeared to Mary to announce that she would be the mother of Jesus, he greeted her, "**Hail, full of grace, the Lord is with thee: blessed art thou among women**" (Luke 1:28). God chose Mary to be the mother of our saviour. She certainly was blessed.

While Mary was pregnant with Jesus, she went to visit her cousin, Elizabeth. At Mary's greeting, the child in Elizabeth's womb leapt, and filled with the holy spirit, Elizabeth declared, "**Blessed art thou among women, and blessed is the fruit of thy womb**" (Luke 1:41-42). Sound familiar?

The second half of the Hail Mary is not a direct quote from the Bible but it is completely in line with Biblical teaching. We pray: "**Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**"

Let's take a closer look:

1. We call Mary "Holy." Does it give Mary honour that only God deserves? No. While only God is holy by nature, others may be called holy by association with him. In the Bible, to be "holy" is to be set apart for God's purpose. People, places, and things are called "holy" throughout Scripture. God declares through Moses that Israel will be a "holy nation" (Ex 19:6). The city of Jerusalem (Is 48:2) and the tabernacle where God's presence dwells (Ex 28:43) are also called "holy." The word "saint" actually means "holy one" (Rom 1:7, Eph 1:1, Phil 1:1, Col 1:2). Undoubtedly, Mary is holy.
2. We call Mary "Mother of God." Jesus is God. Mary is so special because she is his mother. Elizabeth understood this when she exclaimed: "**And how does this happen to me, that the mother of my Lord should come to me**" (Luke 1:43)?
3. We ask Mary to pray for us. Jesus wants his people to pray for one another (check out our other blog posts for more on this). Scripture tells us that the prayers of a righteous and faithful person have great power (James 5:16, Matt 17:20, Matt 21:22, Mark 11:22-24). Who could be more righteous or powerful than Jesus' own beloved mum? Moreover, as our spiritual mother, Mary's role is to help us on our journey to heaven. She loves her children on Earth and is happy to pray for us!

We've seen that the Hail Mary is biblical through and through. But there is much more to what the Bible tells us about Mary! If you're interested in exploring more deeply, check out Hail Holy Queen: The Mother of God in the Word of God by Scott Hahn or Behold Your Mother: A Biblical and Historical Defence of the Marian Doctrines by Tim Staples.

# Joyful Mysteries Comic Strip

**The Annunciation:** The angel Gabriel appears to Mary and asks her to be the Mother of God.

**The Visitation:** Mary travels to help her cousin, Elizabeth.

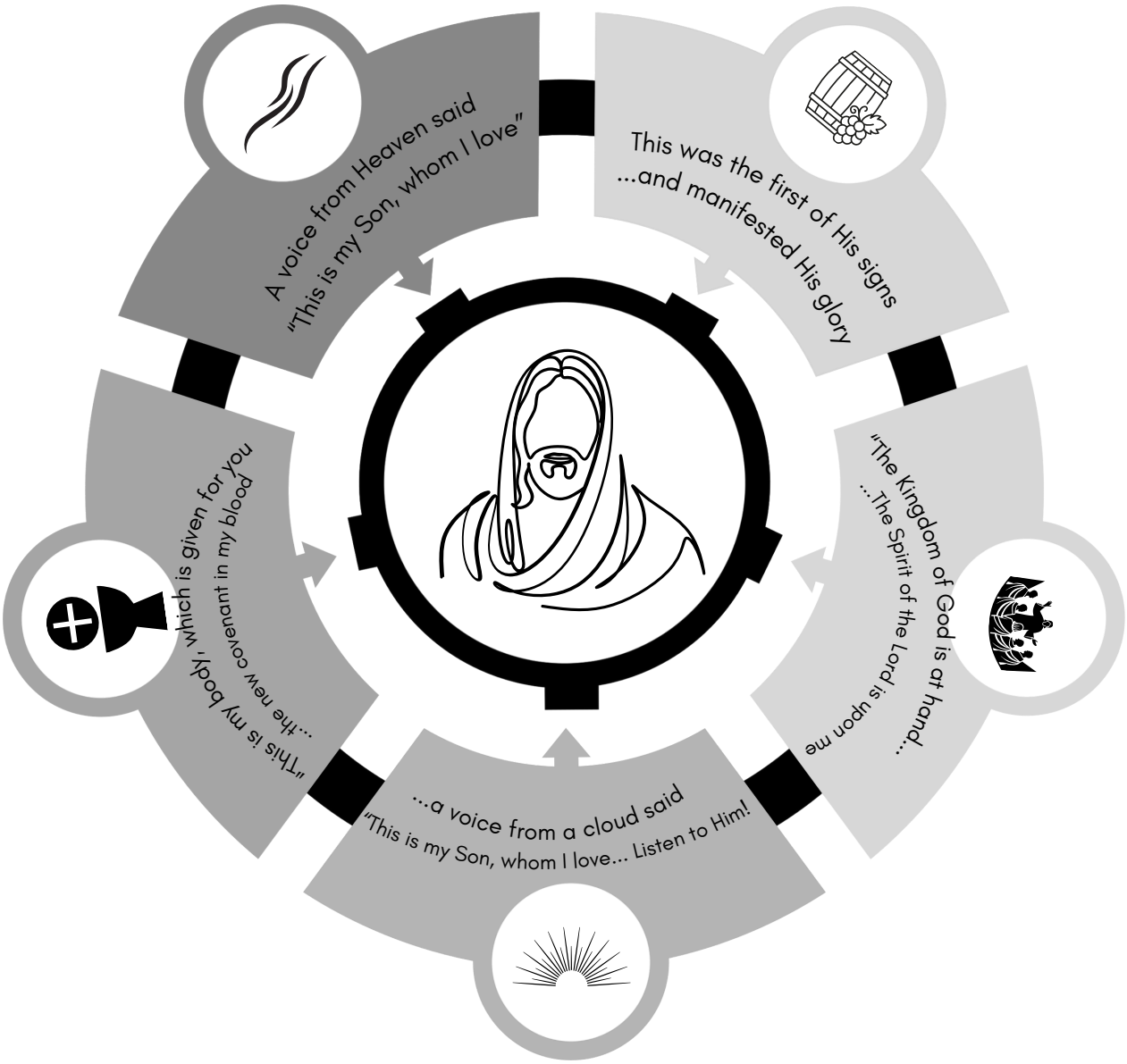
**The Nativity:** Jesus is born in a stable in Bethlehem.

**The Presentation:** Mary and Joseph take baby Jesus to the temple to offer Him to God.

**The Finding of Jesus in the Temple:** 12 year old Jesus went missing for three days, and His parents found **H**im safe in the temple.

# The Luminous Mysteries

The Luminous Mysteries 'shine a light' on Jesus' true identity




What do you think they communicate about Him? Why?

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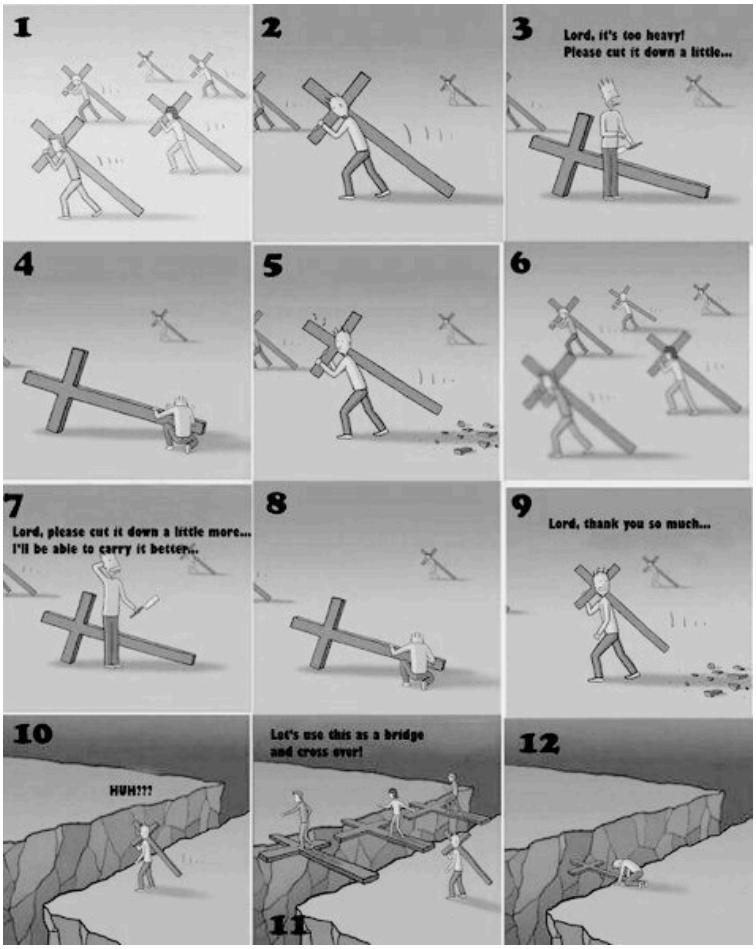
# The Sorrowful Mysteries

The Sorrowful Mysteries highlight the love that Jesus has for each one of us: though He was innocent, He gave His life to open the gates of Heaven to us. These Mysteries also remind us that the difficulties we face in life (our "crosses") can be used to become more Christ-like; they can help us to grow in virtues (goodness, discipline, fauithfulness etc.) and also bring God's love to the world.

**Consider the cartoon from Dong Haeng below:**




1) What do you think is the message of this cartoon?

_____

_____

_____

2) What are some of the crosses in your life at the moment? How might enduring ("carrying") these potentially help you grow as a person?

_____

_____

_____

Sometimes we do need our crosses to be taken off us. Take a moment to pray and ask Jesus to either help you carry or to remove the cross from your life.

# The Glorious Mysteries

In the fourth and fifth  Glorious Mysteries, God demonstrates His power by honoring Mother Mary through the Assumption and Coronation. Some people make the **mistake** of thinking this means Catholics worship Read the blog post below for an explanation and highlight information that ia new to you:

## Does the Rosary worship Mary?

Updated: Jan 3, 2022

In short: no. In fact, Catholics never *worship* Mary because worship belongs to God alone. Mary is, however, honored as the Mother of God. She is also held up as a beautiful example of a disciple and turned to as a powerful intercessor (more on that later).

It's easy to think, with 50 Hail Mary prayers, that the Rosary is not really about Jesus. But the Rosary is much more than the prayers recited (even though those are important)... the 'meat' is in the Mysteries that are contemplated during each decade. These reflect on important moments surrounding the life, death and resurrection of Jesus. In fact, if you pray a 'scriptural Rosary' there is a Gospel passage for each bead! Therefore, the Rosary is a powerful tool to contemplate Jesus' message, His sacrifice and, ultimately, His love for each of us.

Having said that, Mary is mentioned a whoooole lot each time the Rosary is prayed. Sometimes this leads to the misconception that she is glorified, even worshiped (and it doesn't help when some people go way over board with Marian statues!). But Mary is turned to and mentioned in the prayers for some important reasons:

- Without Mary, no Jesus!

Mary had the free will to say no to God's plan for the salvation of humanity. She absolutely could have rejected the Angel Gabriel's proposal and gone on to live a normal life. But she said yes. And the rest is (salvation) history.

- Mary points to Jesus.

In Scripture, Mary is always pointing us to her son. This is through her words ("Do whatever He tells you") and her actions ("near the cross stood His mother...") Mary is never the protagonist in Scripture, but she is a key character who teaches us how to follow and love Christ.

- Mary is an intercessor

Mary never 'answers' prayers, but she is considered a powerful intercessor. This means that she can pray for those on earth, and her prayers receive special attention from God. Of course, we can direct our prayers straight to Jesus and they will be heard. But consider the special relationship between any mother and her child... it isn't a long stretch to think that if Mary takes something up with Jesus, that He would listen (just like at the Wedding of Cana).

O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech You, that we who meditate upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, may imitate what they contain and obtain what they promise.

# Rosary Miracles

There have been many accounts testifying to the power of the Rosary. Here is are two famous one from recent history:

**MIRACULOUS PROTECTION FROM ATOMIC BOMB**

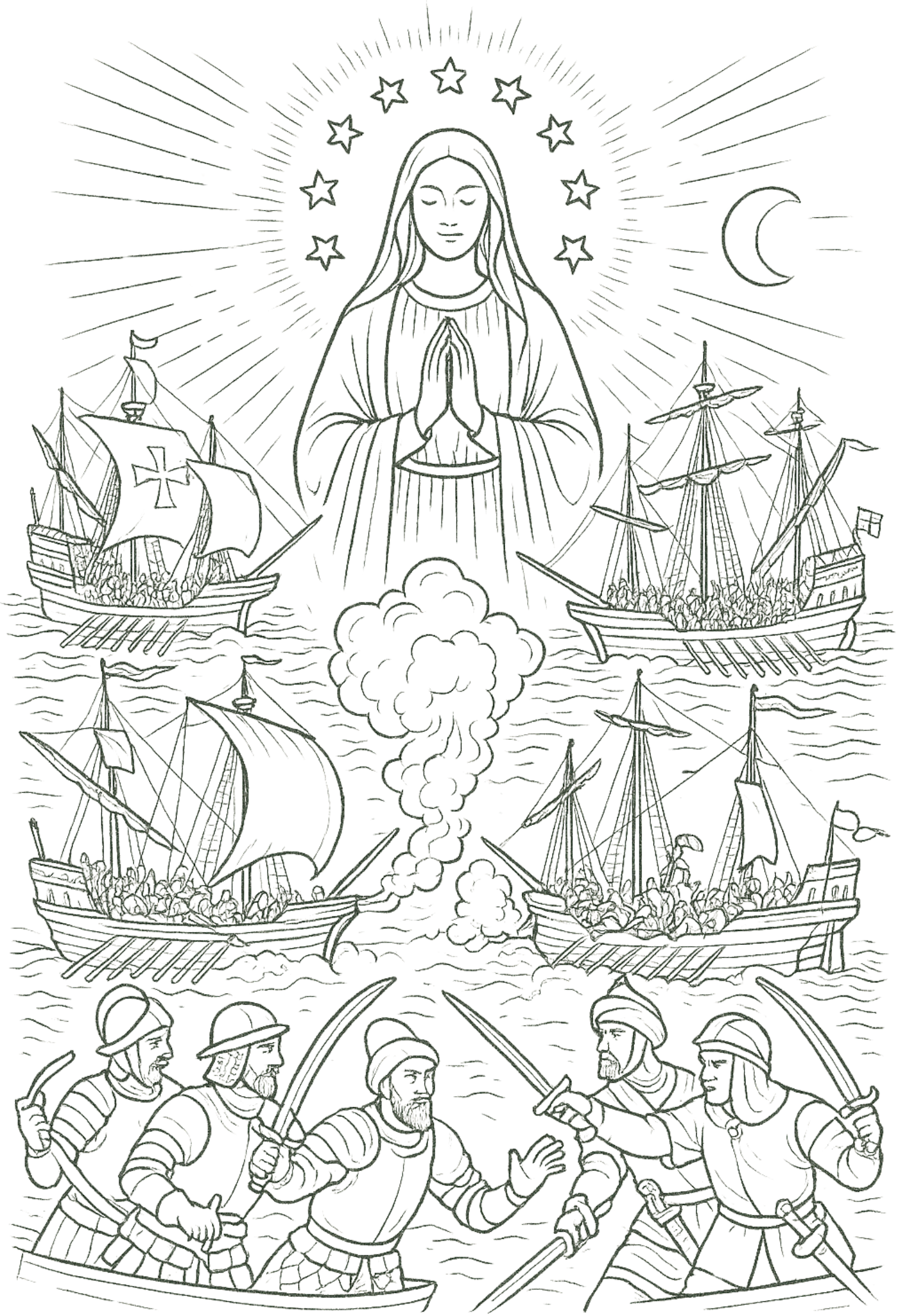
During World War II, an atomic bomb was dropped on the town of Hiroshima, Japan. Everything within a mile was annihilated. The only survivors were eight priests who walked away from the atomic blast and lived into old age. They lived with no radiation sickness, no loss of hearing, or any other visible long term defects or maladies. Naturally, the priests were interviewed and examined numerous times by scientists and health care people about their remarkable experience (Fr. Schiffer, a survivor, said it was over 200 times). Throughout all interviews, the priests repeated "we believe that we survived because we were living the message of Fatima. We lived and prayed the rosary daily in that home."

**GUNS FELL TO ROSARIES**

The citizens of the Philippines were poor and starving. They wanted to elect a new president, Benigno Aquino, but he was assassinated in front of his wife and family. After this brutal murder, his wife, Corazon "Cory" Aquino, became active in protests against the government regime and she ran for President. A snap election was called on February 7, 1986 and this turned out to be a bloody, violent, and fraud-filled event. President Marcos was declared the winner by his corrupt government, took control of the media, and sent out the military to quell any protests. Cardinal Sin of the Archdiocese of Manila urged a peaceful protest and the Catholic people came out in droves. They surrounded the military tanks and armed soldiers, prayed the rosary, and sang religious and protest songs. Holy Masses and prayer vigils took place in churches. This prayerful protest continued for almost a week when, unexpectedly, the soldiers stepped away from their tanks, put down their guns, and joined the peaceful crowd. President Marcos fled the country and the whole nation took to the streets in celebration. Prayers of thanksgiving and holy masses were held in gratitude to God.

Reflect: *What are some miracles the world (or you!) need right now?*

The image on the following page depecits the **Battle of Lepanto** (fought on October 7, 1571). The Catholic understanding is that this was a significant military and spiritual victory attributed to the intercession of the Blessed Virgin Mary and the power of the Holy Rosary. The Christian fleet, though outnumbered, achieved a decisive victory. The triumph highlighted the power of collective prayer, unity among Christians, and Mary's maternal protection.



# Why not pray straight to Jesus?

If Jesus is God, and it is only God who can answer my prayers, why should I bother asking Mary or one of the Saints to intercede for me? Shouldn't I just pray straight to the 'Big Boss'?

Two points worth considering:

1. Church members pray for each other

There are many passages in the Bible which instruct us to pray for one another (two examples include James 5:16 and 1Thessalonians 5:25). Moreover, Jesus commonly helped one person because of another person's faith (for example, when Jesus heals the centurion's servant in Matt 8:13 or Jairus' daughter in Luke 8:49–55). In my own life, this means I often ask others to pray for my intentions, and I, in turn, offer to pray for theirs. This is not because "more prayers = answered prayers". We pray for one another because of what we read in Scripture and with faith that we will be heard by God. The Church community, however, is not limited to that on earth... the 'Church Triumphant' is the communion of Saints who are in Heaven with God. We, as the Church on earth, are still united to these members in a special way. Which is why, just as instructed in the Bible, they continue to pray (intercede) for us.

2. Mary's prayers receive special attention

This is not to diminish the power of our own prayers and those of our community. But Mary literally carried Jesus in her womb. She is preeeeetty special. It also isn't a long stretch to think that there is a unique relationship between Mary and Jesus that continued beyond Jesus' time on earth.... she was his mum after all. We need only reflect on the wedding at Cana to see that Mary could in fact influence her son... Jesus is quoted as saying "It is not yet my time" but still did what Mary asked of him (hello ministry life!). So we can ask Mary to take our prayers to Jesus as our 'preeminent intercessor'.

So yes, of course, we can... and should... pray straight to Jesus. But we also have a whole team upstairs who can help storm Heaven with our intentions, and a very special lady who is extending her hand to lead us to her Son.

Reflect: *Do you have any special intentions you could ask Mary to intercede for?*

The image on the following page depicts the **Immaculate Heart of Mary**. Devotion to this is rooted in Sacred Scripture (e.g. "...Mary treasured all these words and pondered them in her heart." Lk 2:19). It focuses on Mary's purity and love for God, her maternal love for Jesus Christ, and her love and compassion for all mankind.

Symbolism:

- Mary's heart is visible outside of her body. This points to her undying love for all people. Her love is such that she can not contain it within.
- The heart is typically on fire, which emphasizes the intensity of her love for God and for humanity.
- White roses that encircle her heart. These symbolize her purity, brought about by her Immaculate Conception, creating within her a most pure heart.
- A single sword pierces her heart, referring to the passage of Luke ("a sword shall pierce...") and bringing to mind the sorrows she endured during her lifetime.
- The heart is typically surrounded by rays of light. This brings to mind Revelation 12:1, where it describes the Blessed Virgin Mary as "a woman clothed with the sun."

# Immaculate heart of Mary

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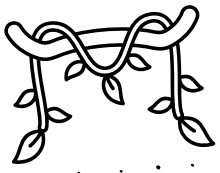
# Rosary Quotes

### Mother Teresa

"Cling to the Rosary as the creeper clings to the tree—for without Our Lady we cannot stand."

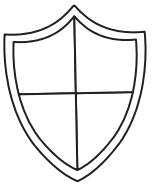


### St John Paul II

"To recite the Rosary is nothing other than to contemplate with Mary the face of Christ."

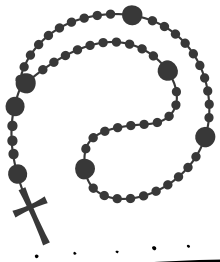
### St Padre Pio

"The Rosary is the weapon for these times."



### St Francis de Sales

"The greatest method of praying is to pray the Rosary."



### Pope Benedict XVI

"The Rosary, when it is prayed in an authentic way... brings peace and reconciliation. It contains the healing power of the Most Holy Name of Jesus, invoked with faith and love at the center of each Hail Mary."

### Lucia dos Santos

"There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary."

www.therosaryproject.net/teens

The image on the following page depicts a scene from **Revelation 12**. In Catholic teaching, it is understood as a multi-layered prophecy with several interconnected meanings. Primarily, the "woman clothed with the sun" is interpreted as both the Blessed Virgin Mary and the Church.

For more activities, visit

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