



Catholic Central Activity Guide

Episode 35: The Rosar

Diving Deeper

- ▶ Which mysteries of the rosary (joyful, sorrowful, luminous, glorious) are you most drawn to? Which mysteries do you find most challenging to pray with? Why?
- ▶ Why do you think the Virgin Mary might emphasize the importance of praying the rosary in her apparitions? What might a prayer life filled with reflection on the life of Christ through Mary's eyes do for your spiritual life? What might that do for the world if we all cultivated that kind of spiritual life?
- ▶ Have you noticed any spiritual fruits in your life from praying the rosary? Has anyone you know ever prayed a rosary for you? How would it make you feel to know that someone lifted you up through that kind of intentional prayer? Is there any one or any intention that you feel moved to lift up in particular through the rosary?

Go Forth

- ▶ **Rosary Group:** In a small group have each person take turns leading different prayers of the rosary, such as reading the title of the mystery you're praying, and leading the "Our Father" and "Hail Mary" prayers. Invite each person to lift up an intention for that decade. Or, decide as a group who or what you'd like to pray for collectively, and then send a card signed by all of you to a person letting them know you prayed a rosary for them, or do some kind of service project together based on the intention that you prayed for - taking prayer into action.
- ▶ **Rosary with Imaginative Contemplation** - As you meditate on the mysteries of the rosary, imagine yourself in the scene (Ignatian contemplation), or you might try applying the scenes of the mysteries to experiences in your own life and see what God might be inviting you to notice. For example, if you're praying the Joyful Mysteries, you might reflect on a time when you felt God called you to do something (the Annunciation), what it was like to share about that discernment and calling with other trusted friends (the Visitation), a time when that calling bore tremendous fruit in your life (the Nativity), anytime you've ever presented the fruit of your calling to others (the Presentation), a moment where you were tempted to doubt your calling but your hope was restored (the Finding of Jesus in the Temple).



Resources

- ▶ [Family Rosary: How to Pray the Rosary](#)
- ▶ [Family Rosary's Rosary App \(iTunes\)](#)
- ▶ [Kai and Libby guide you through the Rosary:](#)
 - ▶ [Joyful](#)
 - ▶ [Sorrowful](#)
 - ▶ [Luminous](#)
 - ▶ [Glorious](#)
- ▶ [Catholic Breakfast: Why Pray the Rosary](#)

