

# Additional Clauses for Help to Meditate upon the Mysteries of the Rosary

## Introduction:

As you pray the Rosary, this guide allows you to insert a word or phrase after the name “Jesus” to curb distractions and to refocus attention to the mystery considered. Pope Saint John Paul II, in his Apostolic Letter on the Rosary (*Rosarium Virginis Mariae*), writes:

Pope Paul VI drew attention, in his Apostolic Exhortation *Marialis Cultus*, to the custom in certain regions of highlighting the name of Christ by the addition of a clause referring to the mystery being contemplated. This is a praiseworthy custom, especially during public recitation. It gives forceful expression to our faith in Christ, directed to the different moments of the Redeemer's life. It is at once *a profession of faith* and an aid in concentrating our meditation, since it facilitates the process of assimilation to the mystery of Christ inherent in the repetition of the *Hail Mary* (RVM 33).

For instance, while praying the First Joyful Mystery, as you recite the words of the Hail Mary, when you come to the name Jesus each time, you insert a phrase that highlights Christ's (or Mary's) place in that mystery:

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus ...conceived by the Holy Spirit... Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

One, some or all phrases may be used for each decade. You may also want to reflect upon a suggested passage of Scripture to begin each decade of the Rosary. Pray well!

### **The Joyful Mysteries:**

...thy womb, Jesus, \_\_\_\_\_. Holy Mary...

#### **1. The Annunciation (Luke 1:26-38)**

- ...Son of the Most High... (Luke 1:32)
- ...Son of David... (Luke 1:32)
- ...Son of a virgin... (Luke 1:34)
- ...Son of Mary... (Matthew 1:18)
- ...Ruler of the house of Jacob... (Luke 1:33)
- ...conceived by the Holy Spirit... (Luke 1:35)
- ...called holy... (Luke 1:35)
- ...who comes to do His Father's will... (Hebrews 10:5-10)
- ...who comes to save us from our sins... (Matthew 1:21)
- ...God with us... (Matthew 1:23; Isaiah 7:14)

#### **2. The Visitation (Luke 1:39-56)**

- ...whose presence is a source of grace... (Luke 1:41)
- ...whose presence brings blessing... (Luke 1:42)
- ...whose presence is a cause of joy... (Luke 1:44)
- ...whom souls magnify... (Luke 1:46)
- ...who has done great things in Mary... (Luke 1:49)
- ...whose name is holy... (Luke 1:49)
- ...who has mercy on those who fear God... (Luke 1:50)
- ...who exalts the lowly... (Luke 1:52)
- ...who fills the hungry with good things... (Luke 1:53)
- ...who comes to help Israel out of mercy... (Luke 1:54)

#### **3. The Nativity (Matthew 1:18-25)**

- ...the Word made flesh... (John 1:14)
- ...who makes His dwelling among us... (John 1:14)
- ...born in poverty... (Luke 2:7)
- ...reveals God's glory... (John 1:14)
- ...wrapped in swaddling clothes... (Luke 2:7)
- ...laid in a manger... (Luke 2:7)
- ...full of grace and truth... (John 1:14)
- ...Christ the Lord... (Luke 1:11)
- ...the newborn king of the Jews... (Matthew 2:2)
- ...worthy of worship... (Matthew 2:2)

**4. The Presentation of the Infant Jesus in the Temple** (Luke 2:22-40)

- ...God, who submits Himself to the law of Moses... (Luke 2:22)
- ...consecrated to the Lord... (Luke 2:23)
- ...salvation revealed... (Luke 2:30)
- ...a light for revelation to the Gentiles... (Luke 2:32)
- ...the glory of the people of Israel... (Luke 2:32)
- ...the King of glory... (Psalm 24:8)
- ...a source of marvel... (Luke 2:33)
- ...destined for the fall and rise of many... (Luke 2:34)
- ...a sign of contradiction... (Luke 2:34)
- ...revealing the hearts of many... (Luke 2:35)

**5. The Finding of the Child Jesus in the Temple** (Luke 2:41-52)

- ...remaining in His Father's house... (Luke 2:43)
- ...whose presence graces the Temple... (Luke 2:46)
- ...the Teacher in the midst of teachers... (Luke 2:46)
- ...His answers already causing amazement... (Luke 2:47)
- ...sought after with great anxiety... (Luke 2:48)
- ...submitting to human authority... (Luke 2:51)
- ...a mystery considered within His mother's heart... (Luke 2:51)
- ...advancing in wisdom... (Luke 2:52)
- ...growing in God the Father's favor... (Luke 2:52)
- ...the Temple destroyed and raised up in three days... (John 2:19-21)

**The Luminous Mysteries:**

...thy womb, Jesus, \_\_\_\_\_. Holy Mary...

**1. The Baptism of the Lord** (Mark 1:9-13)

- ...whose way is prepared by John the Baptist... (John 1:19-23)
- ...who will baptize with the Holy Spirit... (Matthew 3:11)
- ...who seeks to fulfill all righteousness... (Matthew 3:15)
- ...baptized by John in the Jordan River... (Matthew 3:15)
- ...upon whom the Spirit descended like a dove... (Matthew 3:16)
- ...the beloved Son of the Father... (Matthew 3:17)
- ...in whom the Father is well-pleased... (Matthew 3:17)
- ...anointed with the Holy Spirit and power... (Acts 10:38)
- ...set as a covenant for the people... (Isaiah 42:6)
- ...the Lamb of God who takes away the sins of the world... (Jn. 1:29)

## **2. The Self-manifestation at the Wedding in Cana (John 2:1-11)**

- ...whose hour had not yet come... (*John 2:4*)
- ...who has the trust of Mary... (*John 2:4-5*)
- ...“Do whatever He tells you”... (*John 2:5*)
- ...who changes water into wine... (*John 2:8*)
- ...who provides choice wine... (*John 2:10*)
- ...who saves the wedding party from shame... (*John 2*)
- ...who graces matrimony with His first miracle... (*John 2:11*)
- ...who reveals His glory... (*John 2:11*)
- ...whose miracle is a source of belief... (*John 2:11*)
- ...the Bridegroom, who rejoices in His bride... (*Isaiah 62:5*)

## **3. The Proclamation of the Kingdom of God with the Call to Conversion (Matthew 1:14-15) or (Mark 2:2-12)**

- ...who proclaims the Gospel of God... (*Mark 1:14-15*)
- ...who calls us to repentance... (*Matthew 4:17*)
- ...who invites Peter and Andrew to be fishers of men... (*Mark 1:16-17*)
- ...who offers the kingdom to the poor in spirit... (*Matthew 5:3*)
- ...calling us to seek first His kingdom... (*Matthew 6:33*)
- ...who calls us to be good soil... (*Matthew 13:1-9, 18-23*)
- ...who has the power to forgive sins... (*Matthew 9:1-8*)
- ...who is the Good Shepherd... (*John 10:11-15*)
- ...who calls us to take up our cross and follow Him... (*Matthew 16:24*)
- ...who offers a generous wage... (*Matthew 20:1-16*)

## **4. The Transfiguration (Matthew 17:1-8) or (Luke 9:28-36)**

- ...transfigured before His apostles... (*Matthew 17:2*)
- ...whose face shown like the sun... (*Matthew 17:2*)
- ...whose clothing became dazzling white... (*Matthew 17:2*)
- ...conversing with Moses and Elijah... (*Matthew 17:3*)
- ...the fulfillment of the law and prophets... (*Matthew 5:17*)
- ...whose transfigured presence is good... (*Matthew 17:4*)
- ...the chosen Son... (*Luke 9:35*)
- ...“Listen to Him!”... (*Luke 9:35*)
- ...a source of hope... (*Matthew 17:9*)
- ...receiving honor and glory from God the Father... (*2 Peter 1:17*)

**5. *The Institution of the Eucharist*** (*1 Corinthians 11:23-26*) or  
(*Matthew 26:17-29*)

- ...who fed the 5,000 with five loaves... (*John 6:1-16*)
- ...who shall raise the believer on the last day... (*John 6:40*)
- ...who is the bread of life... (*John 6:35*)
- ...who gives his flesh for the life of the world... (*John 6:51*)
- ...who allows us to partake in His body and blood... (*John 6:53*)
- ...who flesh and blood we must eat for eternal life... (*John 6:54*)
- ...who has the words of eternal life... (*John 6:68*)
- ...who took, blessed, broke and gave bread... (*Luke 22:19*)
- ...whose blood will be shed for many for forgiveness... (*Mark 14:24*)
- ...whose death is proclaimed in the Eucharist... (*1 Corinthians 11:26*)

**The Sorrowful Mysteries:**

...thy womb, Jesus, \_\_\_\_\_. Holy Mary...

**1. *The Agony in the Garden*** (*Luke 22:39-53*)

- ...despised and rejected by men... (*Isaiah 53:3*)
- ...betrayed for thirty pieces of silver... (*Matthew 26:14-16*)
- ...a man of sorrows, acquainted with grief... (*Isaiah 53:3*)
- ...whose soul was sorrowful unto death... (*Matthew 26:38*)
- ...who accepts the Father's will... (*Matthew 26:39*)
- ...who accepted the cup... (*John 18:11*)
- ...strengthened by an angel... (*Luke 22:43*)
- ...who sweated blood... (*Luke 22:44*)
- ...betrayed by a kiss... (*Luke 22:47-48*)
- ...abandoned by His followers... (*Matthew 26:55-56*)

**2. *The Scouring at the Pillar*** (*Mark 15:1-15*)

- ...who gave his back to those who beat him... (*Isaiah 50:6*)
- ...held in no esteem... (*Isaiah 53:3*)
- ...harshly treated... (*Isaiah 53:7*)
- ...a sheep silent before the shearers... (*Isaiah 53:7*)
- ...smitten for the sins of the people... (*Isaiah 53:8*)
- ...unjustly condemned... (*Luke 23:1-5*)
- ...numbered with transgressors... (*Isaiah 53:12*)
- ...rejected for a revolutionary... (*Mark 15:6-15*)
- ...scourged as a common criminal... (*Matthew 27:26*)
- ...whose stripes have healed us... (*Isaiah 53:5*)

### **3. The Crowing with Thorns** (*Matthew 27:27-31*)

- ...whose face was not hid from insults and spitting... (*Isaiah 50:6*)
- ...pierced for our sins... (*Isaiah 53:5*)
- ...mocked by the soldiers... (*Matthew 27:27-31*)
- ...whose heart is broken by insults... (*Matthew 11:28-30*)
- ...clothed in scarlet purple... (*Matthew 27:28*)
- ...spat upon... (*Isaiah 50:6*)
- ...whose face is covered with shame... (*Psalms 69:8*)
- ...crowned with thorns... (*Matthew 27:29*)
- ...struck with the reed... (*Matthew 27:30*)
- ...King of the Jews... (*Matthew 27:29*)

### **4. The Carrying of the Cross** (*Luke 23:26-32*)

- ...upon whom our guilt was laid... (*Isaiah 53:6*)
- ...who carried the cross for Himself... (*John 19:16-17*)
- ...who bore our pain, who endured our suffering... (*Isaiah 53:4*)
- ...who met his sorrowful mother... (*Luke 2:34-35*)
- ...assisted by Simon of Cyrene... (*Mark 15:21*)
- ...whose face was wiped by Veronica... (*Matthew 25:37-40*)
- ...a lamb led to the slaughter... (*Isaiah 53:7*)
- ...mourned and lamented by the women of Jerusalem... (*Lk. 23:27-32*)
- ...who fell three times under the weight of the cross... (*Ps. 44:24-27*)
- ...led to Golgotha... (*Mark 15:22*)

### **5. The Crucifixion and Death of Our Lord Jesus** (*John 19:17-30*) or (*Matthew 27:33-50*) or (*Mark 15:22-39*) or (*Luke 23:33-49*)

- ...the King of the Jews... (*John 19:19-22*)
- ...who forgives his executioners... (*Luke 23:34*)
- ...who accepts the thief's remorse... (*Luke 23:39-43*)
- ...who gives Mary to us as a mother... (*John 19:25-26*)
- ...who gives us to Mary as a beloved son... (*John 19:27*)
- ...who cries to the Father in anguish... (*Matthew 27:45-48*)
- ...who cries to the Father in trust... (*Psalms 22:2-3, 25-26*)
- ...who thirsts for us... (*John 19:28-29*)
- ...who bows His head and hands over His spirit... (*Luke 23:46*)
- ...pierced with a lance... (*John 19:31-37*)

## **The Glorious Mysteries:**

...thy womb, Jesus, \_\_\_\_\_. Holy Mary...

### **1. The Resurrection (John 20:1-18)**

- ...who suffered to enter His glory... (*Luke 24:26*)
- ...risen from the dead on the third day... (*1 Corinthians 15:3-4*)
- ...cause of wonder... (*Mark 16:5-8*)
- ...cause of rejoicing... (*Matthew 28:5-8*)
- ...who calls Mary Magdalene by name... (*John 20:16*)
- ...who causes hearts to burn... (*Luke 24:32*)
- ...who reveals Himself in the breaking of the bread... (*Luke 24:35*)
- ...who gives power to forgive sins... (*John 20:21-23*)
- ...“My Lord and my God”... (*John 20:27-29*)
- ...who did many signs... (*John 20:30-31*)

### **2. The Ascension (Acts 1:6-12)**

- ...possessing all authority... (*Matthew 28:18*)
- ...commissioning to baptize... (*Matthew 28:19*)
- ...commissioning to teach... (*Matthew 28:20*)
- ...ascending into heaven... (*Luke 22:50-51*)
- ...ascending to the Father’s right hand... (*Mark 16:19*)
- ...seated above every principality and power... (*Ephesians 1:20-21*)
- ...all things are placed beneath His feet... (*Ephesians 1:22*)
- ...always present until the end of the age... (*Matthew 28:20*)
- ...who will come again... (*Acts 1:9-11*)
- ...with whom we have a place in the heavens... (*Ephesians 2:4-7*)

### **3. The Descent of the Holy Spirit upon the Apostles and Mary (Acts 2:1-13)**

- ...anointed, because the Spirit is His anointing... (*Isaiah 61:1-3*)
- ...raised from the dead by the Spirit of God... (*Romans 8:11*)
- ...who asks the Father for another advocate... (*John 14:16-17*)
- ...glorified by the Spirit... (*John 16:13-14*)
- ...in whose name the Spirit is sent... (*John 14:26*)
- ...who fills all men with His gifts... (*Ephesians 4:1-16*)
- ...who sends His Spirit to make the apostles witnesses... (*Acts 2:1-4*)
- ...whose Spirit dwells within us... (*Romans 8:11*)
- ...whom the Spirit enables us to call “Lord”... (*1 Corinthians 12:3*)
- ...whose Mystical Body is enlivened by the Holy Spirit...  
(*1 Corinthians 3:16-17*)

...Holy Mary, Mother of God, \_\_\_\_\_, pray for us sinners...  
*(Please note the different insert point for the phrases.)*

**4. The Assumption** (*Luke 1:46-55*) or (*Matthew 12:46-50*)

...clothed with the sun... (*Revelation 12:1*)  
...with the moon under her feet... (*Revelation 12:1*)  
...Seat of wisdom... (*Proverbs 9:1*)  
...Cause of our joy... (*Luke 1:44*)  
...Ark of the covenant... (*Revelation 11:19*)  
...Gate of heaven... (*Ezekiel 44:2*)  
...Morning star... (*Revelation 22:16*)  
...Refuge of sinners... (*John 19:26-27*)  
...Help of Christians... (*Psalms 118:15-16*)  
...Queen assumed into heaven... (*Isaiah 61:10*)

**5. The Coronation of Mary as Queen of Heaven and Earth**  
(*Revelation 12:1-6*)

...crowned with twelve stars... (*Revelation 12:1*)  
...Queen of Angels... (*Revelation 12:7-18*)  
...Queen of Patriarchs and Prophets... (*Luke 1:54-55*)  
...Queen of Apostles and Martyrs... (*Acts 1:13-14*)  
...Queen of Confessors and Virgins... (*Matthew 1:20-21*)  
...Queen of all Saints... (*Revelation 12:17*)  
...Queen conceived without original sin... (*Luke 1:28*)  
...Queen of the most holy Rosary... (*Luke 2:19*)  
...Queen of families... (*Luke 2:51*)  
...Queen of peace... (*Galatians 4:4-5*)