

## Rosary Retreat



### Luminous Mysteries

**Read:** God is love [1 John 4:8]. God showed His love by sending His Son Jesus Christ into the world. Mary, Mother of our Savior, knows the magnificence of this love and shares it through her intercessions. Christ was born to live in this world and open the gates of Heaven—the gates of love—for each and every one of us.

Every act, every prayer, every parable, everything Christ said and did on earth was done to share this holy love. We are called to do the same. Imagine how beautiful all our works, our relationships, our very being, would be if our first and foremost purpose were to share this divine love.

### Pray: Apostle's Creed

**Pray: One Our Father and three Hail Mary's for increase in faith, hope, and charity. Glory Be**

### First Luminous Mystery The Baptism of Jesus

“This is my beloved Son, with whom I am well pleased.” [Matthew 3:17]

**Read:** With His baptism, Christ empties Himself to be filled with the Holy Spirit in an act of humility, obedience, and love of God. “As Christ descends into the waters, the innocent one who became ‘sin’ for our sake” receives the Holy Spirit which invests “him with the mission which He is to carry out”—to free us from sin (On the Most Holy Rosary, Apostolic Letter of John Paul II, 2002, pg. 29).

Our own baptism washes away our original sin, and the Holy Spirit is poured upon us, allowing us to enter into a divine relationship that God wants for all of us—to be His beloved children with whom He is well pleased. When we open our hearts, minds, and souls to God's loving graces, the light of Christ comes

into the world through us in our daily living. Like Mary and Jesus, we experience God's love working within us. By the power of the Holy Spirit, we can share this love with those in our lives and with all those we meet.

### **Reflection**

- **How do you share God's love?**
- **Do you live a life that is pleasing to God? If so, how? If not, what changes can you make to improve?**
- **In what ways can you help yourself and others to avoid sin?**

**Pray: Dear God, help me to be filled with the Holy Spirit. Amen**

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer**

### **Second Luminous Mystery**

#### **The Wedding Feast at Cana**

“Do whatever He tells you.” [John 2:5]

**Read:** With the intercession of our Blessed Mother, the wine servers participated in Jesus' first miracle by following His instructions just as Mary called on them to do. In essence, Christ gave the early disciples a taste of heaven's graces. Jesus “so revealed his glory, and his disciples began to believe in Him.” [John 2:11]

Are we willing to do whatever the Lord tells us in order to experience a taste of heaven on earth? When we do what the Lord tells us, when we trust Him, when we allow Him to work in us and through us, we experience His unlimited love and goodness which we are meant to share with those around us.

Like Mary, our souls can proclaim the greatness of the Lord, and our spirits can rejoice in God our Savior. We can magnify Our Lord in the way we live, work and love. Our Blessed Mother will help us. And as Mary guides us closer to her Son, we discover that our attachment to earthly wants decreases as our unity with Christ increases. The more Christ-like we become, the more we become God's loving children with whom He is well pleased.

### **Reflection**

- **With complete trust in Jesus, Mary tells the servants to “do whatever He tells you.” How strong is your trust in the Lord?**
- **In what ways can you reflect God's loving goodness?**

- **Reflect on times when Mary interceded on your behalf. Share your experience with someone who is struggling.**

**Pray: Heavenly Mother, may my trust and faith in Our Savior increase with every prayer. By the power of your intercession, help me to reflect the loving goodness of Our Lord. Amen.**

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer**

**Third Luminous Mystery**  
**Jesus' Proclamation of the Kingdom of God**  
"This is the time of fulfillment." [Mark 1:15]

**Read:** Christ called on His followers to repent and believe in the Gospel. We too are called to repent and believe in the Word of the Lord, so we can be healed and protected against temptations. "Nothing that enters one from outside can defile that person; but the things that come out from within are what defile" [Mark 7:15]

We make room in our souls for the Living Word through the Sacrament of Penance and Reconciliation. All too often we are mired in our mistakes and anxiety of our sins, but Jesus does not give up and never stops offering Himself and His grace to save us. Christ's message is one of hope and salvation.

**Reflection**

- **How often do you go to confession?**
- **How much time do you devote to meditating on Gospel readings?**

**Pray: Oh Lord, deliver me from evil. Amen**

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer**

**Fourth Luminous Mystery**  
**The Transfiguration**  
"Rise, and do not be afraid." [Matthew 17:7]

**Read:** In the Transfiguration, we see Jesus in the splendor of Holy Light. God presents His Son to us with the voice from Heaven saying: "This is my beloved Son, with whom I am well pleased; listen to him" [Matthew 17: 5c]. For our

transformation, we need to listen to the Word of God and take our Lord's teachings into our hearts.

To listen, we need that quiet room in our lives—to be silent, to be still. Let us not be afraid of silence. Our Lord already knows what is in our hearts and He knows what we need. Are we open to hearing His voice in our hearts so we may rise in holiness?

### **Reflection**

- **Have you ever witnessed the transformation of someone who was open to the Word of God? Describe the changes you saw.**
- **Ponder your response when you hear: “This is my beloved Son, with whom I am well pleased; listen to Him.”**
- **In what ways does Jesus touch your heart and take away your fears?**

**Pray: Dear Lord, may I be open to your Word and may your Word transform my life so that I may be Christ-like in my daily living. Amen.**

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer**

### **Fifth Luminous Mystery**

#### **Institution of the Eucharist**

“...do this in memory of me.” [Luke 22:19]

**Read:** The Eucharist is about Christ's eternal life within us, according to St. John Paul II. When we receive the Holy Eucharist, we unite with Jesus Christ and through Him, with Him and in Him, we unite with God the Father and the Holy Spirit. And as Mary accepted Christ into her body, when we accept the body and blood of Christ into our body, we also accept Mary's call to trust and obey her Son.

We find in the Eucharistic Mystery the courage and energy to follow Christ, the Good Shepherd, and to serve Him, according to St. John Paul II. What an incredible gift of love! Christ's gift of the Holy Eucharist increases the gift of the Holy Spirit. With these gifts, we are called to share the light of Christ as Our Lady did in her lifetime; we do so in memory of Him.

### **Reflection**

- **Our Lord gives us His body, blood, soul, and divinity to unite with us in our daily living. Are you willing to surrender yourself entirely to God? Why?**

- **Your body is your temple. Do you treat your body with dignity and respect to be a healthy dwelling place for our Lord?**
- **Explore how you can be a living instrument of Our Savior's love, mercy, and peace.**

**Pray: Dear Jesus, help me to be a living instrument of Your presence of love, mercy, and peace. Amen.**

**Pray: One Our Father, Ten Hail Mary's, Glory Be, Fatima Prayer**

**Hail Holy Queen  
Closing Prayer**