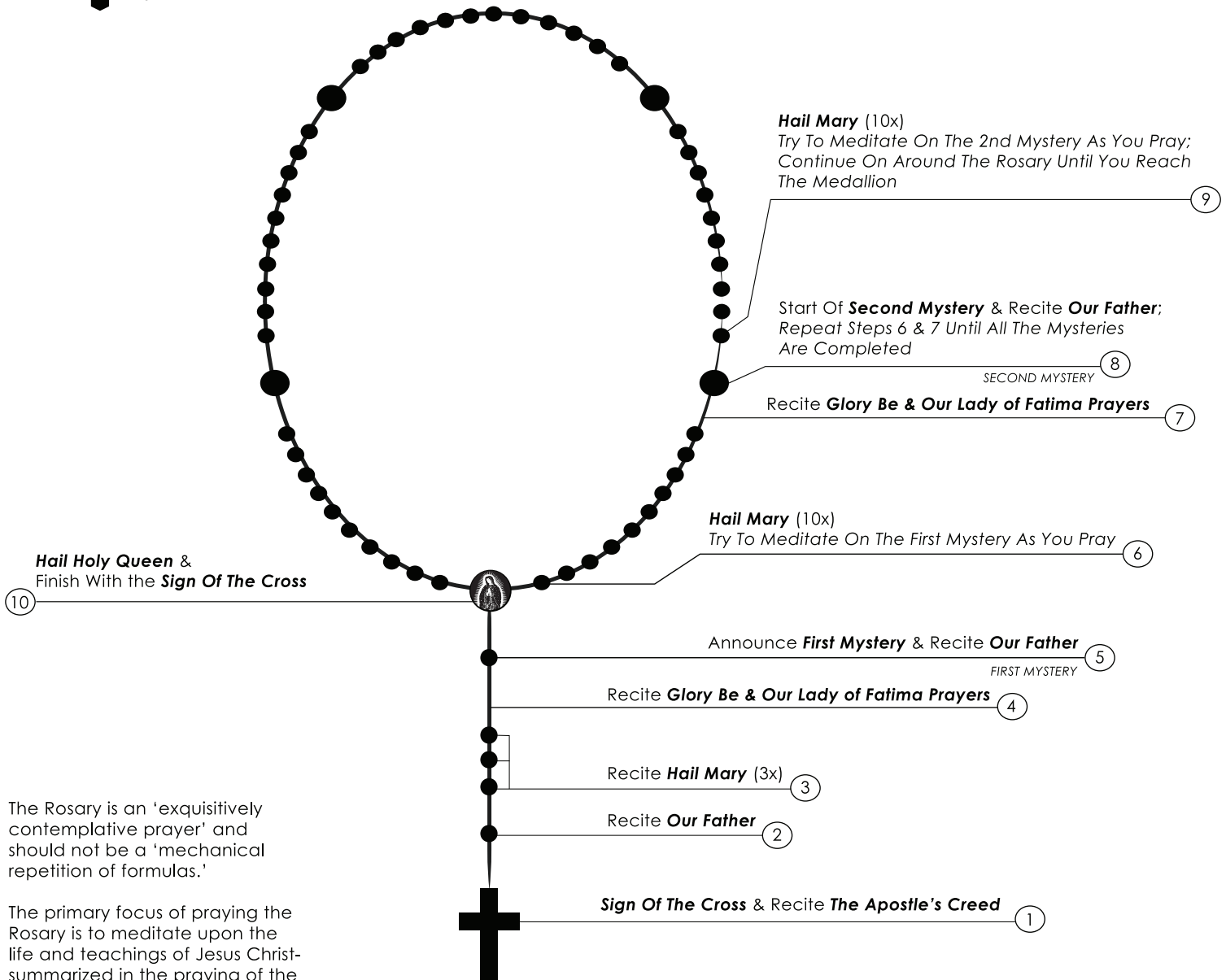




# HOW TO PRAY THE ROSARY

[www.realmenpraytherosary.org](http://www.realmenpraytherosary.org)



The Rosary is an 'exquisitively contemplative prayer' and should not be a 'mechanical repetition of formulas.'

The primary focus of praying the Rosary is to meditate upon the life and teachings of Jesus Christ—summarized in the praying of the Rosary and known as the mysteries:

THE JOYFUL, SORROWFUL, GLORIOUS and the LUMINOUS MYSTERIES.

**the mission** 100% OF ALL NET PROCEEDS GO TOWARD OUR MISSION

TO ENLIGHTEN ALL CHRISTIAN MEN ON THE SPIRITUAL & EMOTIONAL BLESSINGS OF PRAYING THE ROSARY.