

BIBLICAL ROSARY

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Acknowledgement:

- Photo on cover, page 13, page 34, page 55, page 76, page 97, and page 99, Canva.
- Photo on each mystery, Rosary Remnant (<u>www.rosaryremnant.com</u>).
- Catholic Truth Society, Simple Prayer Book: Praying to our Holy Mother (Pg. 33).
- Universalis Application, The Rosary.

Foreword

Dear brothers and sisters in Christ,

The Rosary is a cherished prayer in the life of the Catholic Church, deeply rooted in our love for Christ and His Blessed Mother. It has been a source of comfort and strength for countless believers, prayed in homes, chapels, and communities across the world.

The Biblical Rosary offers us a renewed way of entering into this sacred devotion. By pairing each mystery with Scripture, it allows us to anchor our prayer more deeply in the Word of God. As we meditate on each scene from the life of Jesus and Mary, the biblical verses help us to reflect not only with our hearts but also with the richness of God's revelation.

This form of the Rosary invites us to listen more attentively to the Gospel and to let it shape our understanding of the theological virtues of faith, hope, and love. It is especially meaningful when prayed together as a family, creating space for reflection, shared silence, and a deepening of spiritual bonds.

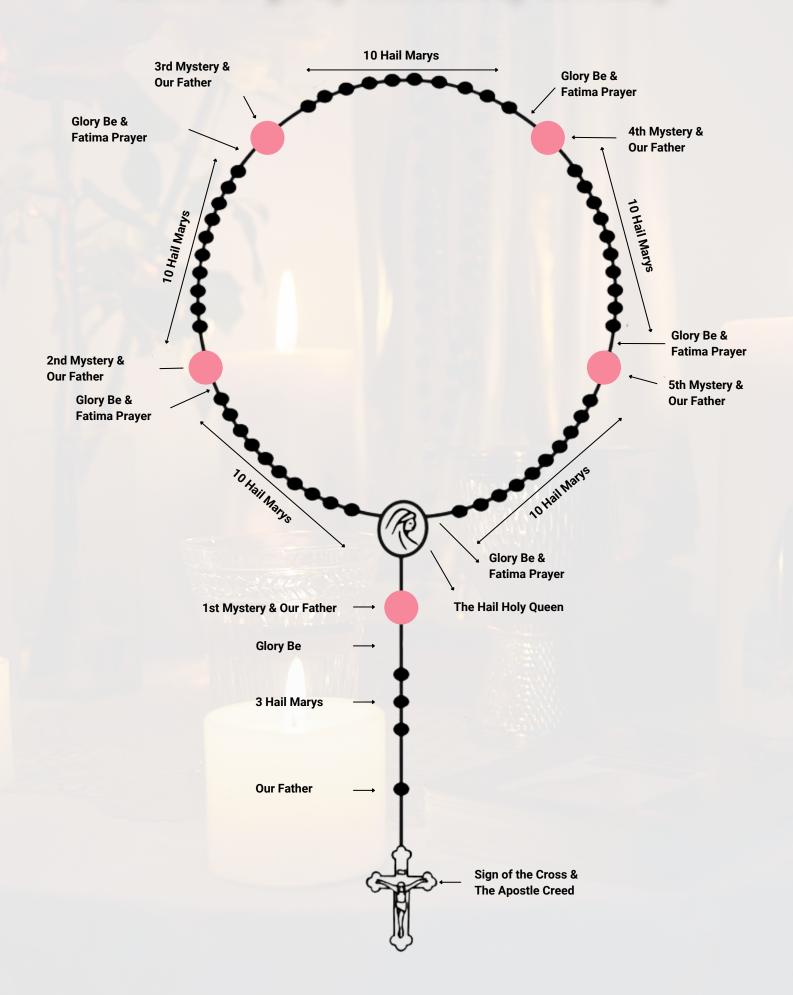
I warmly encourage you to explore this way of praying the Rosary. Let it draw you closer to Jesus, through the gentle guidance of Mary. May each verse from the Scripture open your heart to God's grace, and may this prayer bring light and peace into your daily life.

Yours in Christ,

MOST REV. JOHN WONG

Archbishop of Kota Kinabalu

How to pray the Holy Rosary



The Apostle Creed

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.

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

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

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

The Hail Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope.

To you do we cry, poor banished children of Eve.

To you do we send up our sighs mourning and weeping in this vale of tears.

Turn, then, most gracious Advocate, your eyes of mercy towards us; and after this exile show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

- V/. Pray for us, O Holy Mother of God,
- R/. That we may be made worthy of the promises of Christ.

Let us pray.

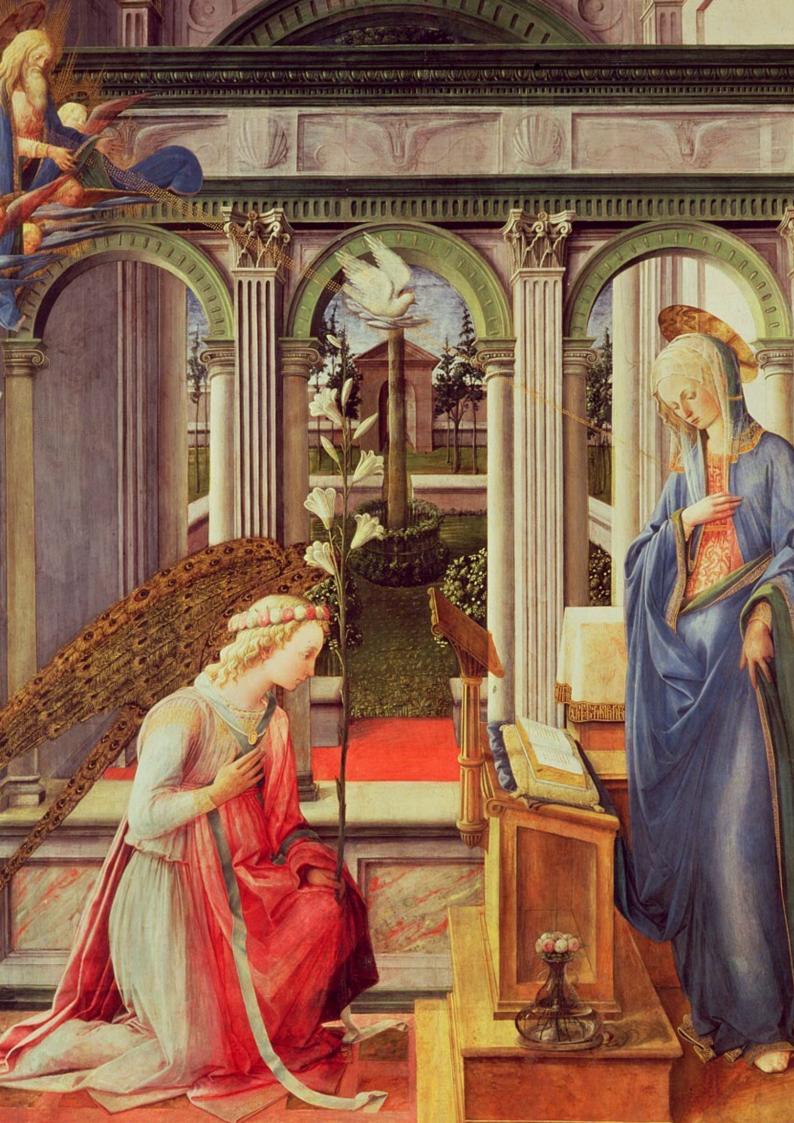
O God, whose only-begotten Son by his life, death and resurrection

has purchased for us the rewards of eternal life: grant, we beseech you, that, meditating on these Mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise. Through Christ our Lord,

Amen.



New Approach
(Monday & Wednesday)



First Joyful Mystery

The Annunciation

Lk 1:26-38

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, "Rejoice, so highly favored! The Lord is with you." She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, "Mary, do not be afraid; you have won God's favor. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end." Mary said to the angel, "But how can this come about, since I am a virgin?" "The Holy Spirit will come upon you," the angel answered, "and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God." "I am the handmaid of the Lord," said Mary, "let what you have said be done to me." And the angel left her.

- Silence
- The intention of the 1st Mystery is for ...



Second Joyful Mystery

The Visitation

Lk 1:39-45

Mary set out at that time and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leaped in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, "Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honored with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leaped for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled."

- Silence
- The intention of the 2nd Mystery is for ...



Third Joyful Mystery

The Nativity

Lk 2:1-7 [Mt 1:18-25]

Now at this time Caesar Augustus issued a decree for a census of the whole world to be taken. This census-the first-took place while Quirinius was governor of Syria, and everyone went to his own town to be registered. So Joseph set out from the town of Nazareth in Galilee and traveled up to Judaea, to the town of David called Bethlehem, since he was of David's House and line, in order to be registered together with Mary, his betrothed, who was with child. While they were there the time came for her to have her child, and she gave birth to a son, her first-born. She wrapped him in swaddling clothes, and laid him in a manger because there was no room for them at the inn.

- Silence
- The intention of the 3rd Mystery is for ...



Fourth Joyful Mystery

The Presentation of the Lord

Lk 2:22-35

And when the day came for them to be purified as laid down by the Law of Moses, they took him up to Jerusalem to present him to the Lord observing what stands written in the Law of the Lord: - Every first-born male must be consecrated to the Lord also to offer in sacrifice, in accordance with what is said in the Law of the Lord - a pair of turtledoves or two young pigeons. Now in Jerusalem there was a man named Simeon. He was an upright and devout man; he looked forward to Israel's comforting and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death until he had set eyes on the Christ of the Lord. Prompted by the Spirit he came to the Temple; and when the parents brought in the child Jesus to do for him what the Law required, he took him into his arms and blessed God; and he said: "Now, Master, you can let your servant go in peace, just as you promised; because my eyes have seen the salvation which you have prepared for all the nations to see, a light to enlighten the pagans and the glory of your people Israel." As the child's father and mother stood there wondering at the things that were being said about him, Simeon blessed them and said to Mary his mother, "You see this child: he is destined for the fall and for the rising of many in Israel, destined to be a sign that is rejected and a sword will pierce your own soul too so that the secret thoughts of many may be laid bare."

- Silence
- The intention of the 4th Mystery is for ...



Fifth Joyful Mystery

The Finding of the Child Jesus in the Temple

Lk 2:41-47

Every year his parents used to go to Jerusalem for the feast of the Passover. When he was twelve years old, they went up for the feast as usual. When they were on their way home after the feast, the boy Jesus stayed behind in Jerusalem without his parents knowing it. They assumed he was with the caravan, and it was only after a day's journey that they went to look for him among their relations and acquaintances. When they failed to find him they went back to Jerusalem looking for him everywhere. Three days later, they found him in the Temple, sitting among the doctors, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies.

- Silence
- The intention of the 5th Mystery is for ...





First Luminous Mystery

The Baptism of the Lord

Mt 3:13-17 [Mk 1:9-11; Lk 3:21-22; Jn 1:29-34]

Then Jesus appeared: he came from Galilee to the Jordan to be baptized by John. John tried to dissuade him. "It is I who need baptism from you," he said, "and yet you come to me!" But Jesus replied, "Leave it like this for the time being; it is fitting that we should, in this way, do all that righteousness demands." At this, John gave in to him. As soon as Jesus was baptized he came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on him. And a voice spoke from heaven, "This is my Son, the Beloved; my favor rests on him."

- Silence
- The intention of the 1st Mystery is for ...



Second Luminous Mystery

The Wedding at Cana

Jn 2:1-12

Three days later there was a wedding at Cana in Galilee. The mother of Jesus was there, and Jesus and his disciples had also been invited. When they ran out of wine, since the wine provided for the wedding was all finished, the mother of Jesus said to him, "They have no wine." Jesus said, "Woman, why turn to me? My hour has not come yet." His mother said to the servants, "Do whatever he tells you." There were six stone water jars standing there, meant for the ablutions that are customary among the Jews: each could hold twenty or thirty gallons. Jesus said to the servants, "Fill the jars with water," and they filled them to the brim. "Draw some out now," he told them, "and take it to the steward." They did this; the steward tasted the water, and it had turned into wine. Having no idea where it came from only the servants who had drawn to the water knew - the steward called the bridegroom and said, "People generally serve the best wine first, and keep the cheaper sort till the guests have had plenty to drink; but you have kept the best wine till now." This was the first of the signs given by Jesus: it was given at Cana in Galilee. He let his glory be seen, and his disciples believed in him. After this he went down to Capernaum with his mother and the brothers, but they stayed there only a few days.

- Silence
- The intention of the 2nd Mystery is for ...



Third Luminous Mystery

The Proclamation of the Kingdom

Mk 1:14-15 [Mt 5:1-6]

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. "The time has come," he said, "and the kingdom of God is close at hand. Repent, and believe the Good News."

- Silence
- The intention of the 3rd Mystery is for ...



Fourth Luminous Mystery

The Transfiguration

Lk 9:28-36 [Mt 17:1-8; Mk 9:2-10]

Now about eight days after this had been said, he took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, "Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah." He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, "This is my Son, the Chosen One. Listen to him." And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

- Silence
- The intention of the 4th Mystery is for ...



Fifth Luminous Mystery

The Institution of the Eucharist

Mt 26:26-29 [Mk 22-25; Lk 22:14-20; Jn 6:33-59]

Now as they were eating," Jesus took some bread, and when he had said the blessing he broke it and gave it to the disciples. "Take it and eat"; he said, "this is my body." Then he took a cup, and when he had returned thanks he gave it to them. "Drink all of you from this," he said, "for this is my blood, the blood of the covenant, which is to be poured out for many for the forgiveness of sins. From now on, I tell you, I shall not drink wine until the day I drink the new wine with you in the kingdom of my Father."

- Silence
- The intention of the 5th Mystery is for ...





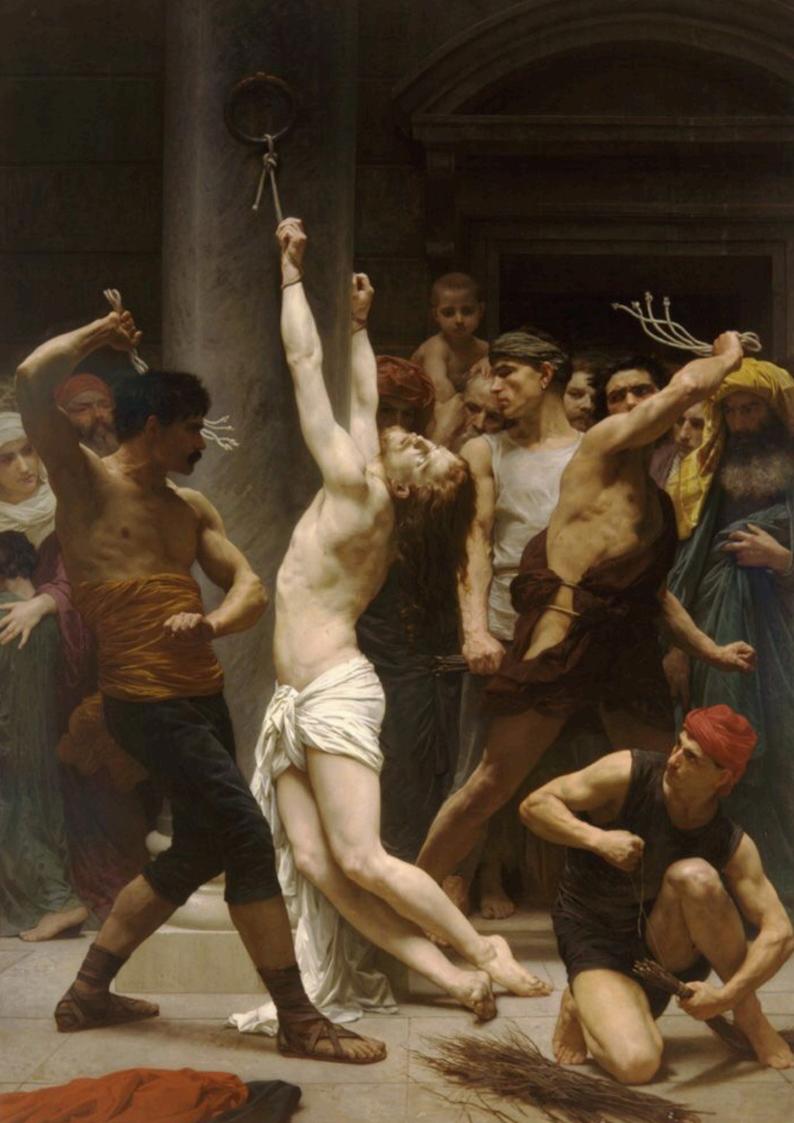
First Sorrowful Mystery

The Agony in the Garden

Mk 14:32-42 [Mt 26:36-46; Lk 22:39-46]

They came to a small estate called Gethsemane, and Jesus said to his disciples, "Stay here while I pray." Then he took Peter and James and John with him. And a sudden fear came over him, and great distress. And he said to them, "My soul is sorrowful to the point of death. Wait here, and keep awake." And going on a little further he threw himself on the ground and prayed that, if it were possible, this hour might pass him by. "Abba (Father)!" he said. "Everything is possible for you. Take this cup away from me. But let it be as you, not I, would have it." He came back and found them sleeping, and he said to Peter, "Simon, are you asleep? Had you not the strength to keep awake one hour? You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak." Again he went away and prayed, saying the same words. And once more he came back and found them sleeping, their eyes were so heavy; and they could find no answer for him. He came back a third time and said to them, "You can sleep on now and take your rest. It is all over. The hour has come. Now the Son of Man is to be betrayed into the hands of sinners. Get up! Let us go! My betrayer is close at hand already."

- Silence
- The intention of the 1st Mystery is for ...



Second Sorrowful Mystery

The Scourging at the Pillar

Mt 27:15-26 [Lk 23:16-22]

At festival time it was the governor's practice to release a prisoner for the people, anyone they chose. Now there was at that time a notorious prisoner whose name was Barabbas. So when the crowd gathered, Pilate said to them, "Which do you want me to release for you: Barabbas, or Jesus who is called Christ?" For Pilate knew it was out of jealousy that they had handed him over. Now as he was seated in the chair of judgment, his wife sent him a message, "Have nothing to do with that man; I have been upset all day by a dream I had about him." The chief priests and the elders, however, had persuaded the crowd to demand the release of Barabbas and the execution of Jesus. So when the governor spoke and asked them, "Which of the two do you want me to release for you?" they said, "Barabbas." "But in that case," Pilate said to them, "what am I to do with Jesus who is called Christ?" They all said, "Let him be crucified!" "Why?" he asked. "What harm has he done?" But they shouted all the louder, "Let him be crucified!" Then Pilate saw that he was making no impression, that in fact a riot was imminent. So he took some water, washed his hands in front of the crowd and said, "I am innocent of this man's blood. It is your concern." And the people to a man, shouted back, "His blood be on us and on our children!" Then he released Barabbas for them. He ordered Jesus to be first scourged and then handed over to be crucified.

- Silence
- The intention of the 2nd Mystery is for ...



Third Sorrowful Mystery

The Crowning with Thorns

Mt 27:27-31 [Mk 15:16-20; Jn 19: 2-3]

The governor's soldiers took Jesus with them into the Praetorium and collected the whole cohort around him. Then they stripped him and made him wear a scarlet cloak, and having twisted some thorns into a crown they put this on his head and placed a reed in his right hand. To make fun of him they knelt to him saying, "Hail, king of the Jews!" And they spat on him and took the reed and struck him on the head with it. And when they had finished making fun of him, they took off the cloak and dressed him in his own clothes and led him away to crucify him.

- Silence
- The intention of the 3rd Mystery is for ...



Fourth Sorrowful Mystery

The Carrying of the Cross

Jn 19:15-17 [Lk 23:26-32; Mt 27:31-22; Mk 15:21]

"Here is your king," said Pilate to the Jews. "Take him away, take him away!" they said. "Crucify him!" "Do you want me to crucify your king?" said Pilate. The chief priests answered, "We have no king except Caesar." So in the end Pilate handed him over to them to be crucified. They then took charge of Jesus, and carrying his own cross he went out of the city to the place of the Skull or, as it was called in Hebrew, Golgotha.

- Silence
- The intention of the 4th Mystery is for ...



Fifth Sorrowful Mystery

The Crucifixion

Lk 23:33-46 [Mt 27:33-54; Mk 15:22-39; Jn 19:17-37]

When they reached the place called The Skull, they crucified him there and the two criminals also, one on the right, the other on the left. Jesus said, "Father, forgive them; they do not know what they are doing." Then they cast lots to share out his clothing. The people stayed there watching him. As for the leaders, they jeered at him. "He saved others," they said, "let him save himself if he is the Christ of God, the Chosen One." The soldiers mocked him too, and when they approached to offer him vinegar they said, "If you are the king of the Jews, save yourself." Above him there was an inscription: "This is the King of the Jews." One of the criminals hanging there abused him. "Are you not the Christ?" he said. "Save yourself and us as well." But the other spoke up and rebuked him. "Have you no fear of God at all?" he said. "You got the same sentence as he did, but in our case we deserved it: we are paying for what we did. But this man has done nothing wrong. Jesus," he said, "remember me when you come into your kingdom." "Indeed, I promise you," he replied, "today you will be with me in paradise." It was now about the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the Temple was torn right down the middle; and when Jesus had cried out in a loud voice, he said, "Father, into your hands I commit my spirit." With these words he breathed his last.

- Silence
- The intention of the 5th Mystery is for ...

Glorious Mysteries (Wednesday & Sunday)

New Approach
(Sunday)



First Glorious Mystery

The Resurrection

Mt 28:1-8 [Mk 16:1-18; Lk 24:1-49; Jn 20:1-29]

After the sabbath, and toward dawn on the first day of the week, Mary of Magdala and the other Mary went to visit the sepulcher. And all at once there was a violent earthquake, for the angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken, so frightened of him, that they were like dead men. But the angel spoke; and he said to the women, "There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, 'He has risen from the dead and now he is going before you to Galilee; it is there you will see him.' Now I have told you.'' Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

- Silence
- The intention of the 1st Mystery is for ...



Second Glorious Mystery

The Ascension

Ac 1:6-11 [Mk 16:19-20; Lk 24:50-51]

Now having met together, they asked him, "Lord, has the time come? Are you going to restore the kingdom to Israel?" He replied, "It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth." As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, "Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there."

- Silence
- The intention of the 2nd Mystery is for ...



Third Glorious Mystery

The Decent of the Holy Spirit

Act 2:1-12

When Pentecost day came around, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. "Surely," they said, "all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya around Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God." Everyone was amazed and unable to explain it; they asked one another what it all meant.

- Silence
- The intention of the 3rd Mystery is for ...



Fourth Glorious Mystery

The Assumption

Lk 1:39-56 [Rev 12:1-12]

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leaped in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leaped for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.' And Mary said: 'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his mercy reaches from age to age for those who fear him. He has shown the power of his arm, he has routed the proud of heart. He has pulled down princes from their thrones and exalted the lowly. The hungry he has filled with good things, the rich sent empty away. He has come to the help of Israel his servant, mindful of his mercy – according to the promise he made to our ancestors - of his mercy to Abraham and to his descendants for ever.' Mary stayed with Elizabeth about three months and then went back home.

- Silence
- The intention of the 4th Mystery is for ...



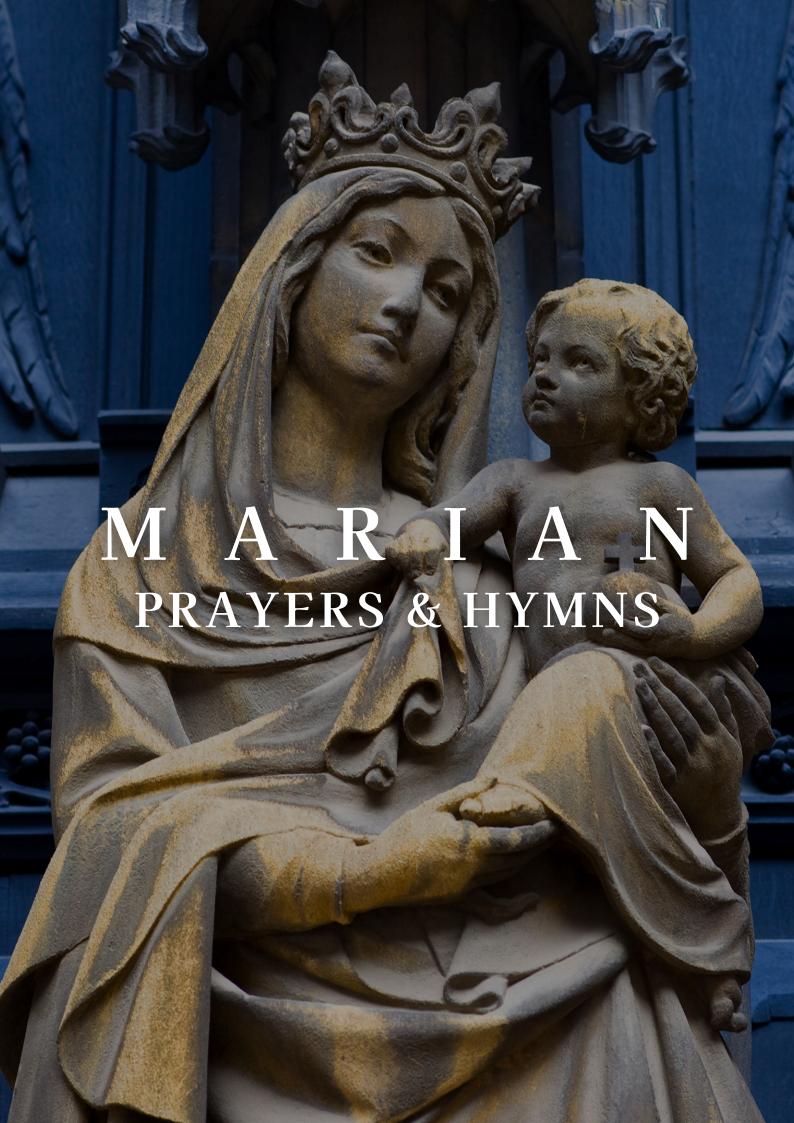
Fifth Glorious Mystery

The Coronation of Mary

Rev 12:1; 14:1-5

Now a great sign appeared in heaven: a woman, adorned with the sun, standing on the moon, and with the twelve stars on her head for a crown. Next in my vision I saw Mount Zion, and standing on it a Lamb who had with him a hundred and forty-four thousand people, all with his name and his Father's name written on their foreheads. I heard a sound coming out of the sky like the sound of the ocean or the roar of thunder; it seemed to be the sound of harpists playing their harps. There in front of the throne they were singing a new hymn in the presence of the four animals and the elders, a hymn that could only be learned by the hundred and forty-four thousand who had been redeemed from the world. These are the ones who have kept their virginity and not been defiled with women; they follow the Lamb wherever he goes; they have been redeemed from among men to be the first fruits for God and for the Lamb. They never allowed a lie to pass their lips and no fault can be found in them.

- Silence
- The intention of the 5th Mystery is for ...



The Angelus

The Angelus honours the Incarnation by commemorating the angel's greeting to Mary and her free acceptance of her destined role in the salvation of mankind. It is traditionally said at 6am, noon, and 6pm.

The angel of the Lord declared unto Mary. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death.

Amen.

Behold the handmaid of the Lord. Be it done unto me according to thy word.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death.

Amen.

And the Word was made flesh.

And dwelt amongst us.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death.

Amen.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray.

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the incarnation of Christ thy Son was made known by the message of an angel, may, by his passion ♣ and cross, be brought to the glory of his resurrection. Through the same Christ our Lord.

Amen.

The Magnificat

My soul glorifies the Lord, my spirit rejoices in God, my Saviour. He looks on his servant in her lowliness; henceforth all ages will call me blessed.

The Almighty works marvels for me. Holy his name!
His mercy is from age to age, on those who fear him.

He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly.

He fills the starving with good things, sends the rich away empty.

He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever.

Salve Regina

Salve, Regína, mater misericórdiæ; vita, dulcédo et spes nostra, salve. Ad te clamámus, éxsules, filii Evæ. Ad te suspirámus, geméntes et flentes in hac lacrimárum valle.

Eia ergo, advocáta nostra, illos tuos misericórdes óculos ad nos convérte.
Et Iesum, benedíctum fructum ventris tui, nobis post hoc exsílium osténde.
O clemens, o pia, o dulcis Virgo María.

Regina Caeli (Easter Time)

Regina caeli, laetare, alleluia; Quia quem meruisti portare, alleluia, Resurrexit, sicut dixit, alleluia: Ora pro nobis Deum, alleluia.

