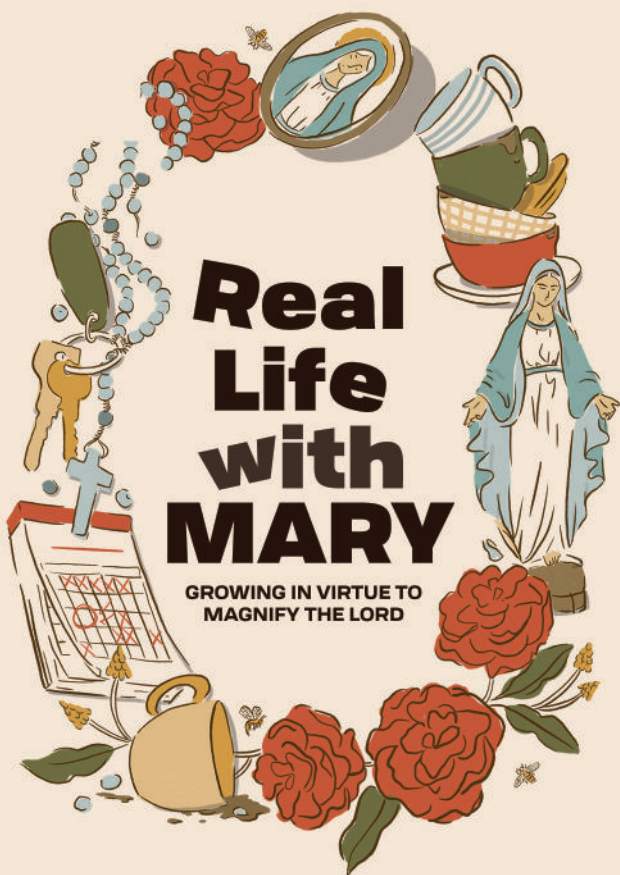


VIRTUE ROSARY

The Luminous Mysteries

Reflections by Kelsey Gillespy

Author of



Introduction

These days, people seem to be cool staying on the surface with one another. When someone asks, “How are you?” the answer is usually just one word: “Good.” But then there are those rare, beautiful moments when a friend will share something real with you. Something deep. Maybe it’s a struggle, a wound, an obstacle, or a part of their personal history that they usually keep private. When someone shares something so personal, they’re handing you a delicate treasure: the gift of their heart.

This is the kind of genuine friendship that Mary offers us. Through the gift of Scripture, Mary shares her real life with us: from her hardest struggles and most momentous sorrows to her greatest joys and victories. But she doesn’t just want our relationship with her to be a one-way street. She wants us to open up and share *our* lives with *her*. That is what the Rosary is all about: slipping your hand into Mary’s and asking her to walk with you as you open your heart to her, confident that she will treasure everything you share.

Each *Hail Mary* of this Rosary is a prayer for a different virtue: a *habit of being* that helps you choose good and thus grow closer to God with the help of the Holy Spirit. As you pray, think about the virtue you are praying for, and pay attention to the virtues that stand out to you the most. These may be the ones that Jesus wants to grow in you right now. Then, turn to Mary and ask her to pray for you, that you may have the grace to live these virtues and magnify the Lord with your life, just like she did.

Prayers of the Rosary

Apostles’ 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.

Fátima Prayer

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

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Prayer after the Rosary

O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

How to Pray the Rosary

Begin by making the *Sign of the Cross*.

1. While holding the crucifix, say the *Apostles' Creed*.
2. On the first bead, say an *Our Father*.
3. Say one *Hail Mary* on each of the next three beads for an increase in the virtues of faith, hope, and charity.
4. Say the *Glory Be*.
5. For each of the five decades, announce the mystery and read the corresponding reflection. Then say the *Our Father*.
6. For each of the ten beads of the decade, say a *Hail Mary* while meditating on the mystery. Conclude each decade with a *Glory Be* and the *Fátima Prayer*.
7. After praying all five decades, say the *Hail Holy Queen* and *Prayer after the Rosary*. Conclude with the *Sign of the Cross*.

Scan here to pray along with an audio version of this Rosary with Kelsey Gillespy.

First Luminous Mystery: The Baptism of Jesus

Fruit of the Mystery: Openness to the Holy Spirit

From the moment John the Baptist pulled Jesus to the surface of the Jordan River, Jesus was catapulted into his ministry. His calling. His destiny. Not that he didn't live those things before, of course. But it seems as though Jesus' Baptism was the end of his hidden life and the start of something new. Something richer. And yes, something even more difficult. He was no longer simply a carpenter building furniture out of wood. Now, Jesus was tackling the trade of his Heavenly Father, striving to build an entire Kingdom. A Kingdom not made out of wood, mind you, but out of hearts and souls. Which sounds like quite a lofty undertaking. So, it was a good thing that, when Jesus came up out of the water, the Holy Spirit descended upon him to give him strength for the journey. Though Jesus was perfectly holy and totally sinless before his Baptism, it seems like after this momentous occasion, his work of announcing the Kingdom started moving at warp-speed.

When you look back on your life, do you see specific turning points that marked the end of an old way of living, turning points that catapulted you into something new? Something richer? Something even more difficult, maybe because it required more of you? Something that you were able to embrace because of the grace of God? And what about today, right now?

How can I open my heart to the Holy Spirit today? How can I welcome his help to grow in virtue, so that I may live out my identity as a child of God more fully?

Hail Mary Intentions

1. For the gift of prudence. *Hail Mary ...*
2. For the gift of peacefulness. *Hail Mary ...*
3. For the gift of hope. *Hail Mary ...*
4. For the gift of temperance. *Hail Mary ...*
5. For the gift of detachment. *Hail Mary ...*
6. For the gift of obedience. *Hail Mary ...*
7. For the gift of integrity. *Hail Mary ...*
8. For the gift of wisdom. *Hail Mary ...*
9. For the gift of magnanimity. *Hail Mary ...*
10. For the gift of righteousness. *Hail Mary ...*

Second Luminous Mystery: The Wedding at Cana

Fruit of the Mystery: "To Jesus through Mary"

I always thought the fruit of this mystery was kind of a strange fruit. *To Jesus through Mary?* That's not a virtue. It's not technically a "fruit." It's not even a full sentence. (Like, seriously, where's the verb?) It wasn't until I pondered it more that I began to appreciate it and came to understand that the Wedding at Cana shows us how Mary draws us closer to her Son. I wonder how the servers at the wedding responded to Mary's command to, "Do whatever he tells you," especially when what Jesus told them (to fill the jars with water when they needed wine) made exactly *zero* sense. Eventually, though, Scripture tells us the servers went and got the jars, filled them to the brim, and then drew a cup and took it to the chief steward of the wedding. Just like Jesus asked. I wonder *how* they did that, though. Maybe some of those servers took off at a sprint to "get 'er done," spurred forward by their total trust in Mary and Jesus. Maybe others were more skeptical, eyeing things up from the sidelines. Some may have been totally frozen in panic. I wonder if any actually walked out? Just flat out left? That's when I realized that we can be just like those servers. Some days we are sprinting toward Jesus through Mary's helpful direction. Some days it looks more like a crawl. Whatever the case, it doesn't really matter what the verb is, as long as we are trekking toward Jesus and don't walk out. This is what really matters.

How can I follow Mary's advice to do whatever Jesus tells me today?

Hail Mary Intentions

1. For the gift of trust. *Hail Mary ...*
2. For the gift of submission to God's will. *Hail Mary ...*
3. For the gift of determined cooperation with God. *Hail Mary ...*
4. For the gift of commitment. *Hail Mary ...*
5. For the gift of responsibility. *Hail Mary ...*
6. For the gift of excellence. *Hail Mary ...*
7. For the gift of courage. *Hail Mary ...*

8. For the gift of fortitude. *Hail Mary ...*
9. For the gift of diligence. *Hail Mary ...*
10. For the gift of perseverance. *Hail Mary ...*

Third Luminous Mystery: Jesus Proclaims the Kingdom of God

Fruit of the Mystery: Repentance and Trust in God

This world is a noisy place. Whether it's TV or movies or podcasts or music, *someone's* voice is always in our ears. But what about God's voice? How do we hear *that*? And how do we share Jesus' voice of Truth when we *do* hear him? During Jesus' life on earth, he gave some pretty rockin' sermons to huge groups of people. But, more often than not, Jesus' most powerful moments were more intimate. He wanted relationships. He got to know people. He took the time to understand them. And then he spoke to them in ways they understood. That doesn't mean he shied away from the Truth. He definitely didn't. But his ultimate goal was always, *always* to draw people closer to each other and closer to him. Sometimes he didn't have to say anything at all. He merely lived in a way that made people cock their heads and ask questions.

How do I proclaim the Kingdom of God with my life? How can I speak and act in a way that draws people closer to Jesus?

Hail Mary Intentions

1. For the gift of zeal. *Hail Mary ...*
2. For the gift of truthfulness. *Hail Mary ...*
3. For the gift of enthusiasm. *Hail Mary ...*
4. For the gift of friendliness. *Hail Mary ...*
5. For the gift of honesty. *Hail Mary ...*
6. For the gift of kindness. *Hail Mary ...*
7. For the gift of gentleness. *Hail Mary ...*
8. For the gift of consideration of others. *Hail Mary ...*
9. For the gift of understanding. *Hail Mary ...*
10. For the gift of unity. *Hail Mary ...*

Fourth Luminous Mystery: The Transfiguration

Fruit of the Mystery: Desire for Holiness

Jesus had been hiking up a mountain with three of his friends when all of a sudden, his appearance changed and his clothes became dazzling white. There they were, just the four of them, going about their day and then—BOOM!—out of nowhere, Jesus just starts ... glowing. In that moment, he transformed their ordinary hike into something extraordinary. So much so, it totally dumbfounded and confused everyone around him. Fortunately, we don't have to *literally* glow the way Jesus did, but we are called to shine his light into the world, even in the most mundane moments. How? By living out the virtues in everyday real life, even if—and especially *when*—it makes us look different from the world and totally dumbfounds and confuses those around us.

How can I stand out in this world by practicing virtue? Am I willing to stand out and be set apart for Jesus?

Hail Mary Intentions

1. For the gift of charity. *Hail Mary ...*
2. For the gift of compassion. *Hail Mary ...*

3. For the gift of piety. *Hail Mary ...*
4. For the gift of patience. *Hail Mary ...*
5. For the gift of joyfulness. *Hail Mary ...*
6. For the gift of forgiveness. *Hail Mary ...*
7. For the gift of generosity. *Hail Mary ...*
8. For the gift of humility. *Hail Mary ...*
9. For the gift of modesty. *Hail Mary ...*
10. For the gift of self-discipline. *Hail Mary ...*

Fifth Luminous Mystery: The Institution of the Eucharist

Fruit of the Mystery: Adoration

Since the early advent of music, musicians have been crooning about their deep love and dying devotion for their beloved. That message is embedded into nearly every genre of music. The point is that there's something deep in our hearts that longs to give and receive that deep, wholehearted kind of love. A kind of love that sees every part of a person and still chooses to stick around, no matter what. A kind of love that sacrifices and perseveres. A kind of love that can't be lost or stolen away. But why? Why do our hearts long for such a thing? Well, because that kind of love—though seemingly impossible—is 100% real. I know because it's already been offered to us. If I ever doubt it, all I have to do is glance at the Eucharist. The only reason we even have the Eucharist is because of the grisly cross. There, we find that we have a Bridegroom who loved his Bride, the Church, so deeply, that he was willing to die for her—and then he actually *did* die for her. He died to save her. To redeem her. To prove his love for her. To show, by example, that this kind of love really exists.

How can I appreciate the gift of Jesus' love today? How can I give this love to others as proof that this kind of love is real?

Hail Mary Intentions

1. For the gift of faith. *Hail Mary ...*
2. For the gift of contemplation. *Hail Mary ...*
3. For the gift of prayerfulness. *Hail Mary ...*
4. For the gift of thankfulness. *Hail Mary ...*
5. For the gift of loyalty. *Hail Mary ...*
6. For the gift of honor. *Hail Mary ...*
7. For the gift of respect. *Hail Mary ...*
8. For the gift of love. *Hail Mary ...*
9. For the gift of redemptive suffering. *Hail Mary ...*
10. For the gift of adoration of Jesus. *Hail Mary ...*



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