

The 44th Rose

Rosary Intentions for
Today's Busy Person



Brent Villalobos

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Introduction

I recently read *The Secret of the Rosary* by Saint Louis de Montfort. It's a really inspiring book about rosary prayer that provides great motivation for praying the rosary regularly and correctly. But the book also broke my heart. I thought that all the seemingly great ideas I had about rosary prayer on my website, www.RosaryMeds.com, and in my book, *The Rosary for the Rest of Us*, were new and novel. Or at least I thought I was one of the first to present the rosary in an easily digestible way for those who aren't theologians. But I realized that St. de Montfort beat me to many of these insights by over 300 years! He wrote one of the original rosary guides for the common person. I should remember that I'm certainly not the first person in history to write about the importance of rosary prayer.

Besides a lesson in humility, I learned a great deal about the rosary from de Montfort's book. I highly encourage reading *The Secret of the Rosary* in its entirety. It is a fast read and will motivate you to either start praying the rosary or keep it up if you find yourself tiring of it. And then when you want specific details and meditation ideas for each rosary mystery, pick up a copy of *The Rosary for the Rest of Us* (hint, hint).

Where does this booklet fit in and why the peculiar title? There was one section in *The Secret of the Rosary* that really had an impact on me but I felt like I could expand on it. St. de Montfort, in his 44th Rose (he called each chapter a rose), talked about praying with intention. He wrote:

“The second big fault a lot of people make when saying the Holy Rosary is to have no intention other than that of getting it over as quickly as possible! This is because so many of us look upon the Rosary as a burden which is always heavier when we have not said it—especially if it is weighing on our conscience because we have promised to say it regularly or have been told to say it as a penance more or less against our will.

It is really pathetic to see how most people say the Holy Rosary—they say it astonishingly fast and mumble so that the words are not properly pronounced at all. We could not possibly expect anyone, even the most unimportant person, to think that a slipshod address of this kind was a

compliment and yet we expect Jesus and Mary to be pleased with it! Small wonder then that the most sacred prayers of our holy religion seem to bear no fruit, and that, after saying thousands of Rosaries, we are still no better than we were before!”

“Astonishingly fast and mumble” – that just about summarizes many of my attempts at praying the rosary. No matter how hard I try, I too often race through rosary prayer. My fingers mindlessly move across the beads as I say each prayer and before I know it, I finish a decade without even realizing what mystery I was praying. Or I may start out with some really great intentions for the first couple of beads but then get distracted when I run out of intentions. My hat goes off to you if you are able to keep your concentration through all the prayers in a rosary.

I wrote this booklet for those of us who routinely lose concentration while praying the rosary. It is meant to be used as a guide while praying the rosary to keep you on track. I want to provide rosary prayer intention ideas for each bead in a decade for all twenty mysteries. I'm a visual person and require a lot of notes, charts, and lists to keep me focused on my tasks. Having intentions written down that I can follow as I pray the rosary keeps me focused and I hope it will do the same for you. Furthermore, reading intentions breaks up the monotony repeating the same words and forces me to SLOW DOWN when I read each intention before reciting a *Hail Mary*.

Many of these intentions may not appear to relate to the mystery or fruit of the rosary they are listed under. Keep in mind that they come from years of my personal rosary meditation and many of them probably require an entire article on RosaryMeds to explain their relationship to the mystery.

I encourage you to contemplate why a particular intention is listed for a specific mystery. Try to make a connection. If anything, at least you will be concentrating on something other than what to eat for dinner or what to watch on your Netflix queue. And if you really cannot find a connection and you are interested in knowing why I wrote something the way I did, please feel free to contact me through my website. I can write articles that provide more insight than what I can express in a single sentence.

The devil wants you to give up the rosary (another interesting insight from *The*
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Secret of the Rosary). He will try everything in his power to distract you from getting the most out of rosary prayer. Don't let him succeed! I hope these intentions will motivate you to pray the rosary with a renewed energy and passion. Remember, a rosary a day keeps the devil away!

Rosary Basics

This section comes from *The Rosary for the Rest of Us* and is a basic introduction on the mechanics of rosary prayer. If you are new to the rosary then continue reading. Otherwise, you can skip this chapter.

Most rosaries look like a necklace (but it is not a piece of jewelry!). The first section is outside the main loop and includes the crucifix, one bead, three small beads, and another separate bead. On the crucifix, you pray the “Apostles' Creed.” On the single bead next to the crucifix you pray the “Lord's Prayer” (commonly known as the “Our Father”). This initial "Our Father" is usually prayed for the pope and his intentions. On each of the three smaller beads you pray a “Hail Mary.” These three “Hail Mary” prayers are for the virtues of increased faith, hope, and charity. Finally, you pray the “Glory Be.” The “Glory Be” does not have a bead. The last bead on the chain is where you begin praying the first of the five decades.

Physically, each decade is represented on a rosary by a separated bead followed by ten joined beads. Again, the separated bead for the first decade is actually not in the loop but is the last bead on the chain outside the main loop. On the single, separated bead you pray the “Our Father.” On each of the ten joined beads you pray a “Hail Mary.” At the end of each decade, you pray a “Glory Be” and the “Fatima Prayer.” Note that there is no bead for those last two prayers. Many people choose to either remain holding the tenth bead of the decade or grasp that gap between that tenth bead and the one for the “Our Father” of the next decade.

After the fifth decade you pray the “Hail, Holy Queen.” Many people hold that large bead or emblem of the Virgin Mary that connects the crucifix chain to the main loop. Finally, feel free to pray any extra prayers before finishing. Common prayers include the Rosary Prayer, the prayer to St. Michael, prayer for the souls in Purgatory, and any extra intentions you want to present to God.

There are 20 mysteries of the rosary divided into four groups that follow different aspects of Jesus' life. Each set of mysteries has five decades where each decade (ten joined beads and one separate bead) represents one mystery.

When you pray the rosary, you typically focus on a specific set of mysteries. You typically do not mix and match mysteries from different groups. The mystery sets and their basic themes are:

Joyful Mysteries – Jesus' birth and early childhood

Luminous Mysteries – Jesus' ministry

Sorrowful Mysteries – Jesus' Passion and death

Glorious Mysteries – Jesus' Resurrection

There is a schedule for what day to pray each set of mysteries. However, it is fine to change the order or pray more than one set of mysteries on a given day. For example, perhaps you are going through a difficult time in your life and so you might want to pray the Sorrowful Mysteries more often to gather more strength. This is the schedule that Saint Pope John Paul II suggested:

Monday – Joyful Mysteries

Tuesday – Sorrowful Mysteries

Wednesday – Glorious Mysteries

Thursday – Luminous Mysteries

Friday – Sorrowful Mysteries

Saturday – Joyful Mysteries

Sunday – Glorious Mysteries (exceptions are praying the Joyful Mysteries during the Christmas season and the Sorrowful Mysteries during Lent)

The First Joyful Mystery

The Annunciation

(Fruit: Humility)

I pray:

- For guidance for those who are contemplating their life's vocation
- Increased faith in God's plan for me even when confronted with difficulties and disappointments
- For expecting mothers, especially those with unplanned pregnancies (like Mary) and those who are scared of their future
- Strength for those who are scared about what God has planned for them
- Instill in me a sense of joy when I follow the path God sets before me
- Remind me that God never gives me a challenge I cannot handle (especially with your intercessions Mother Mary)
- Save me from the temptation of taking a seemingly easier path in life that doesn't bring me closer to God's grace
- Lovingly nudge those who have swayed from God's path back to His truth
- Guide parents everywhere to lead their children closer to God's grace through prayer, education, and as a living example of living the faith
- Guide priests and nuns in faithfully living their often difficult vocations

The Second Joyful Mystery

The Visitation

(Fruit: Love of Neighbor)

I pray:

- For the motivation to go out and do God's will as Mary did when she visited and helped Elizabeth
- For spiritual, physical, and emotional strength for pregnant women who carry a precious life like Mary and Elizabeth
- For mercy and the conversion for those who seek to harm the most innocent amongst us
- For faith in God's plan, wherever it leads us in life
- For the wanting to serve others rather than be served
- That we follow up with action what we learn through prayer
- For increased motivation for those who hear God's call but are afraid to act on it
- That we are advocates for all life at all stages
- That we aren't afraid to be visible and public witnesses of our faith
- That we show charity, not only financially, but also through exercising our talents

The Third Joyful Mystery

The Nativity

(Fruit: Poverty of Spirit)

I pray

- That we are humble enough to allow God to be born into our hearts
- That we accept that God's ways are not always our ways but do lead us to ultimate happiness
- That we follow the signs to Jesus like the wise men and the shepherds at his birth
- Rejoice that God so loved us that he humbled himself and took human form in the person of Jesus
- That we see Jesus in everyone, even our enemies
- That like the shepherds in the fields, we make time to be with Jesus through prayer
- For forgiveness for the times where we haven't accepted God's plan for us
- For forgiveness for the times we haven't seen Jesus in our brothers and sisters
- That we are open to God's message even when it comes in unlikely ways
- That we make an effort to attend Adoration of the Blessed Sacrament

The Fourth Joyful Mystery

The Presentation

(Fruit: Obedience)

I pray

- That we have faith, like St. Simeon, that God's promises to us will always be fulfilled
- That we have the patience for God's plan to manifest itself
- That we continue to pray even when we doubt God answers us
- For those who do not practice their faith out of discouragement because they don't think God hears them
- That we always live our faith even when it's difficult to do so
- For the forgiveness and conversion of those in society who mock or persecute the faithful
- That you and your family can imitate the spirit and faith of the Holy Family
- For those who have a broken family life, that they look to the Holy Family for guidance
- For new parents, that they educate their children to actively practice their faith
- For the elderly and dying, that they have lived the faith to the best of their abilities so that they may go peacefully into God's kingdom

The Fifth Joyful Mystery

The Finding in the Temple

(Fruit: Piety)

I pray

- That we make the time to periodically examine our conscience and remember to confess our sins
- That we make time to regularly receive the Sacrament of Reconciliation and resolve not to commit the same sins again
- That we have the strength to make adjustments in our lives to better live according to God's will
- For the return of those who have wandered far from God's grace
- For strength for those who are undertaking the difficult path of redemption from their sins
- That we listen to God's truth no matter how unlikely the source
- That our Church leaders follow and faithfully exercise the teachings of Jesus Christ
- For those who have not gone to confession in a long time, that they may find the courage and humility to become fully united with God through the Sacrament of Reconciliation
- That we look towards our local parishes as a way of finding Jesus in "his father's house."
- That we imitate Jesus' obedience to God by obeying the precepts of the Catholic faith

The First Sorrowful Mystery

The Agony in the Garden

(Fruit: Contrition)

I pray

- That we always make time for prayer as Jesus did in the Garden of Gethemene
- That our prayers are focused and earnest and not just mindless repetition
- For the faith and steadfastness not to give up prayer when times are tough
- For trust in God's will for me, even if I don't understand it or it is difficult
- For those who do not pray or believe in the fruitfulness of prayer
- For stillness of mind and body to listen to God through prayer
- For faith that God will see us through the difficult times in our lives
- For having patience for God's plan to show itself
- That God spares us difficulty in our lives but we have the strength to imitate Jesus in accepting God's will.
- That we make time for earnest prayer before Jesus in Eucharistic Adoration

The Second Sorrowful Mystery

The Scourging at the Pillar

(Fruit: Purity)

I pray

- For those who are suffering, whether it be minor inconveniences or major persecution
- For those who suffer silently or don't think anyone cares for them
- For those who suffer because of bad choices, for the acknowledgement of their sins and their conversion
- For the strength to endure any trials and hardship life brings
- For forgiveness for the times I've persecuted Jesus through committing sins and failing to see Jesus in my brothers and sisters
- For forgiveness and the conversion of those who hate and persecute the Catholic Church
- Help me fast and sacrifice for you Lord Jesus Christ
- That I can I offer up my own sufferings to you Lord
- That we realize just how much our sins pain Jesus and feel true sorrow for them
- That I try to be a source of comfort for those who suffer

The Third Sorrowful Mystery

The Crowning of Thorns

(Fruit: Moral Courage)

I pray

- Forgiveness for the times I haven't honored you, Lord Jesus Christ, by committing sins
- Forgiveness for the times I haven't recognized you in my brothers and sisters
- For the desire to live in constant honor of you by leading a life of prayer and charity
- For the will to turn the world towards you by defending and proudly living the Catholic faith
- That I do not take my faith for granted and always remember the precious gift it is
- Thank you Lord Jesus for suffering for my sake so that I may find eternal joy in Heaven
- For mercy on those who live in mortal sin
- That we be aware of the evil Satan spreads in this world that mocks you
- For awareness to help and comfort the my brothers and sisters in Christ
- For those who suffer, that they find comfort that they imitate our Lord Jesus Christ

The Fourth Sorrowful Mystery

The Carrying of the Cross

(Fruit: Patience)

I pray

- For the strength to endure life's challenges by remaining faithful
- To make me aware of those having a difficult time and that I find the will to help them
- That we may have hope and find peace in your grace despite life's challenges
- For comfort for those who live in despair and hopelessness
- That we find the strength to receive the Sacrament of Reconciliation when we fall under the weight of sin
- That we take up our crosses as Jesus commanded and not hide from life's challenges
- That we understand that all of life's challenges are temporary and we will find healing peace in God's heavenly kingdom
- That we feel genuine sorrow for the sins we've committed and resolve to not commit them in the future
- For all the persecuted throughout the world, that they remain strong in their faith
- That we take comfort that the Lord walks with us, even in our sufferings

The Fifth Sorrowful Mystery

The Crucifixion

(Fruit: Salvation)

I pray

- That like the good criminal on the cross we ask Jesus to remember us in our prayers
- That we show faith instead of asking Jesus to “prove himself” to us
- That we express hope even in the darkest moments in our lives
- For strength to imitate Jesus by offering our sufferings for the benefit of others
- That we show love and forgiveness to those who hurt us
- For the peace and conversion of all those consumed by hatred and jealousy
- For those who have been treated unfairly, that they find comfort in Heaven
- For the forgiveness of those who persecute your Church for “they know not what they do”
- That we see the face of Jesus and be moved to compassion for those around us who suffer
- That we have the strength to stand with the Church even amongst persecution

The First Glorious Mystery

The Resurrection

(Fruit: Faith)

I pray

- That we remember to live for the Kingdom of Heaven and not solely for our earthly desires
- That we accept that Jesus' teachings as taught by the Catholic Church as God's truth
- That we live with joy in a risen Christ who opened the gates of Heaven for us
- That you instill a sense of hope those who do not live for the joy of the Resurrection but in a state of hopelessness
- That we may help others see the joy and triumph of the Catholic faith over sin and death
- That by believing in the resurrection our faith in all of Jesus' teachings is strengthened
- For those who suffer, that they may see hope in their lives through the resurrection
- That we meditate on the grace of the risen Christ when we celebrate the Eucharist
- That we focus on our own spiritual resurrection when we will stand before God in his Heavenly Kingdom
- That we look forward to appreciating the fullness of Jesus' resurrection when we enter God's Heavenly Kingdom

The Second Glorious Mystery

The Ascension

(Fruit: Hope)

I pray

- That we continue Christ's mission of love and healing
- Mercy for those who have died and face Jesus at the right hand of the Father for judgement
- Mercy on those who do not accept the reality of Christ as our ultimate judge
- Forgiveness for those times I have not been a living witness to the Catholic faith
- That I may find the time to receive the Sacrament of Reconciliation so I can live in God's grace
- For the faith that Jesus in Heaven hears and answers our prayers
- That we follow the teachings of the Church started by the disciples who witnessed Jesus' ascension
- For faith that Jesus is still with us physically in the Eucharist
- For all those who suffer loss, that they find comfort in Jesus who is forever with us in His Heavenly Kingdom
- That we rejoice in Jesus taking our humanity with Him into Heaven to prepare a place for us

The Third Glorious Mystery

Pentecost

(Fruit: Wisdom)

I pray

- That I let the Holy Spirit guide me in my actions
- That I actively try to hear the Holy Spirit in the calmness of prayer
- For the courage to trust the Holy Spirit even if he leads me down a difficult road
- For the transformation of those with hardened heart, that they let the Holy Spirit in
- For priests everywhere, that they are led by the Holy Spirit and accurately teach God's Word
- For the newly baptized and confirmed, that they take full advantage of God's grace poured onto them in the sacraments
- That we do not fear the often hostile world for we know God guides us through the Holy Spirit
- That we take advantage of the power of the Holy Spirit to forgive sins by regularly receiving the Sacrament of Reconciliation
- That we take comfort knowing we are not orphans in this world, but are lead by the Holy Spirit
- For the humility to acknowledge that our skills and talents are bestowed on us by the Holy Spirit

The Fourth Glorious Mystery

The Assumption

(Fruit: Devotion to Mary)

I pray

- That I make time to pray regularly and ask Mary for her intercessions
- That I read the scriptures as well as Church documents to learn and love the Catholic faith
- That I make an effort to fast and offer my sacrifices to God
- That I make time to receive the Sacrament of Confession to fully live in God's grace
- That I receive the Eucharist with a worthy soul free of mortal sin
- For the spiritual awakening of those who do not pray
- That you instill the desire to grow closer to God for those who have not learned their faith
- For forgiveness for those times I've over indulged in earthly desires leaving no room for spiritual needs
- For those who have not received the Sacrament of Reconciliation in a long time
- For mercy on those who do not regularly receive the Eucharist or receive it in an unworthy state

The Fifth Glorious Mystery

The Coronation of Mary

(Fruit: Eternal Happiness)

I pray

- For the protection from our guardian angel
- For Mary's protection against evil
- For an inner peace by accepting God's Will
- Mary, bring us closer to your son, Jesus Christ
- That we look to Mary to amplify and clarify our intentions
- Mary, help us better understand the will of your son, Jesus Christ
- For peace in our world starting with an understanding of what I can do personally
- That we strive to imitate Mary, Queen of Heaven, in living pure and faithful lives
- That we show humility like Mary and in doing so, be raised up in God's grace
- That we have the foresight to turn to Mary when facing any of life's difficulties

The First Luminous Mystery

The Baptism in the River Jordan

(Fruit: Openness to the Holy Spirit)

I pray

- That I heed God's command and listen to Jesus' teachings
- That I strive to be as sinless and innocent as I was at my baptism
- For those who have forgotten their baptismal promises, the the Holy Spirit guides them back to their faith
- For godparents, that they continue to pray for their godchildren
- For parents, that they continue to lead their children in practicing their faith by setting a good example
- For forgiveness for the times I have not listened to Jesus as I vowed in my baptism
- That I may be a living reminder to others about the joy of the Catholic faith
- For those who have not been baptized, that they live morally according to God's natural law
- For the conversion of those living contrary to God's plan for them
- That we listen to the Holy Spirit who is always guiding us towards the grace promised to us through our baptism

The Second Luminous Mystery

The Miracle at Cana

(Fruit: Find Jesus through Mary)

I pray

- For those who need God's miracles the most receive them
- That I see how I can serve others and be a miracle to them
- That I not ask for miracles for my selfish desires but to increase my faith
- For a spiritual awakening of those who do not believe in God's awesome power
- For those who question their faith because they don't understand why they do not receive the miracles they request
- That I may see and give glory to God for all the small miracles that surround me
- That like the servers at the wedding, may we listen to Mary's guidance to do as Jesus tells us
- For those who live in sin, for their conversion and that they strive to live the remainder of their life giving their very best to God
- For those who live in misery, that they know that God has saved the "best for last" which is eternal joy in Heaven
- That we place our faith in Jesus for the seemingly small events in our lives, not just the large ones

The Third Luminous Mystery

The Proclamation of the Kingdom of Heaven and the Call for Conversion

(Fruit: Repentance)

I pray

- That we lead a life of conversion towards God's truth
- That we always put the goal of the Kingdom of Heaven in front of our earthly desires
- For mercy on those who put their worldly desires above all else
- That I may help proclaim the joys of the Kingdom of Heaven to others
- That I may help others to convert their ways to God's ways
- That we do not reject Jesus' teachings no matter how difficult or far fetched they may seem
- That we have the strength to live our faith even when others may persecute us for it.
- That we make the time to read the Bible and learn about God's Kingdom as Jesus taught about it
- That we let go of whatever holds us back from following Jesus
- That we try every day to live a life of conversion, even if it's in small steps

The Fourth Luminous Mystery

The Transfiguration

(Fruit: Desire for Holiness)

I pray

- That we rejoice that God so loved us that he humbled himself to be like one of us
- That we take Jesus' words as God's Truth and not just "good advice" of a scholar
- That we make an effort to have a personal relationship with God since God tries to have a personal relationship with us through His son, Jesus Christ
- Mercy on those who do not listen to Jesus' teachings
- That we make time for Jesus to show himself to us in his glory through prayer and adoration
- That we make an effort to eliminate distractions in our life that prevent us from truly experiencing God's grace
- Oh Lord, transfigure us through the Sacrament of Reconciliation into shining beings of your grace
- That we take the time to examine our consciences and see what areas of our lives need to be transfigured from sin to grace
- That we honor Jesus with every word, thought, and action
- That we not fear God's awesome power, but take comfort in His awesome capacity to love

The Fifth Luminous Mystery

Institution of the Eucharist

(Fruit: Eucharistic Adoration)

I pray

- That we can look beyond what we can see and feel and have faith in the true presence of Christ in the Eucharist
- That we find comfort that Jesus is physically present with us today in the Eucharist
- That we are properly prepared to receive the Eucharist by avoiding mortal sin and receiving Confession regularly
- Forgiveness for those who receive the Eucharist with mortal sins on their souls
- That we look to the Eucharist for spiritual strength to endure life's challenges
- That we place all our faith that living by Jesus' teachings will lead us to his heavenly kingdom
- Forgiveness for those who do not attend Mass without good reason on Sundays or holy days of obligation
- That we take the time to pray earnestly all through Mass, especially after receiving the Lord during Communion
- For priests, that they internalize the faith that they profess and teach the truth of Jesus Christ
- That we make time to be with Jesus through Eucharistic Adoration

About the Author

Brent Villalobos is the creator of www.rosarymeds.com, a website dedicated to sharing the joy of the rosary and helping people better understand it and how to integrate rosary meditation into their lives. The site makes connections between the rosary and scripture as well as what the rosary can teach us about current events. The articles on that website formed the basis for his book, "The Rosary for the Rest of Us" which offers commentary and ideas on how to get the most out of your rosary prayer time. Brent is a software engineer who took an interest in web technologies, particularly blogging, in 2008. RosaryMeds and "The Rosary for the Rest of Us" became a great merger of his technical interests, software skills, and spirituality.