



Engaged Catholic Prayer

Put on the Life Savior

Below you'll find our new form of prayer on which to build up to 20 minutes of prayer as a household for February. This month we're focusing on the "mantra" method of prayer in *The Rosary and The Divine Chaplet of Mercy*.

The Rosary and the Divine Chaplet of Mercy are both mantras, which are based on repetition. The mantra becomes a constant companion, reminding you of your steadfast relationship with God and helping you navigate all the distractions your mind and heart may be prone to. By using a mantra, you can tap into and even expand your inner resources of peace, patience, strength, and faithfulness. A mantra can be repeated silently as you go about your regular activities. There are an amazing number of opportunities for this prayer practice during a day: while standing in the elevator, in your car, on a walk, while waiting, etc. To pray either the Rosary or the Divine Chalet of Mercy is about 20 minutes.

The Rosary and The Divine Chaplet of Mercy are prayed with the aid of rosary beads, but both can be prayed without. One difference in method between the two is that the Rosary has a focus for each decade, called "the mysteries", which are significant events in the life of Jesus. Each decade of 10 beads is focused on one of the mysteries, a source of meditation during the mantra. Both the Rosary and the Divine Chaplet of Mercy can be offered for particular intentions.

Praying the Chaplet of the Divine Mercy takes only a few short minutes in which we acknowledge God as our Merciful Savior, acknowledge God as our source of life, acknowledge our own sinfulness, intercede for the world, pray for God's saving help, and reflect on JESUS' passion and resurrection which opened up a whole avenue of Mercy for us.

Praying with Mantras in the Rosary & Divine Chaplet of Mercy

1. Make the **Sign of the Cross**
2. Say the **Apostles Creed**
3. Pray the **Our Father**
4. Say 3 **Hail Mary's**
5. Pray the **Glory Be to the Father**
6. **Both the Rosary and the Divine Chaplet of Mercy, a prayer is prayed 10 times = 1 decade.**
 - **Rosary** – pray the Hail Mary 10 times
 - **Divine Chaplet of Mercy** – pray “For the sake of His sorrowful Passion, have mercy on us and on the whole world.” 10 times

7. At the end of each decade, in the Rosary,

- pray on the large bead, the **Glory Be** and the **Our Father**

At the end of the decade in the Divine Chaplet of Mercy,

- pray on the large bead, **the Eternal Father prayer.**

8. When at the end of the 5th decade, conclude with

- In the Rosary, pray the **Hail Holy Queen** prayer
- For Divine Chaplet, pray the **Holy God, Holy Mighty One, Holy Immortal One** prayer, 3 times

For more information on---

The Divine Chaplet of Mercy

thedivinemercy.org/message/devotions/chaplet.php

praydivinemercy.com

youtube.com/watch?v=lnNKOos8BdY

youtube.com/watch?v=p5TGfisOKMM

The Rosary

saltandlighttv.org/pray

youtube.com/watch?v=bo2Bt5iJA8

newadvent.org/images/rosary.pdf

The app, “Laudate”, contains both of these prayers

May you continue to grow in love with our Lord!

Betty Schwandt, Pastoral Associate

