In order, pray the following prayer on the corresponding knot/ bead

INTRODUCTION
1. BLESS YOURSELF...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. FATIMA PRAYER...
9. ANNOUNCE DECADE...
10. Glori

THE FIRST DECADE
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. FATIMA PRAYER...

THE SECOND DECADE
23. HAIL MARY...
24. HAIL MARY...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. FATIMA PRAYER...

THE THIRD DECADE
37. HAIL MARY...
38. HAIL MARY...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
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44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. HAIL MARY...
50. HAIL MARY...
51. GLORY BE...
52. FATIMA PRAYER...

THE FOURTH DECADE
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
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76. HAIL MARY...

HOW TO PRAY THE HOLY ROSARY

“The Rosary, precisely because it starts with Mary’s own experience, is an exquisitely contemplative prayer. Without this contemplative dimension, it would lose its meaning... Without contemplation, the Rosary is a body without a soul, and its recitation runs the risk of becoming a mechanical repetition of formulas, in violation of the admonition of Christ: “In praying do not heap up empty phrases as the Gentiles do, for they think they will be heard for their many words.””

–Pope John Paul II

While touching the knots, silently meditate on these “Mysteries,” or events from the lives of Jesus and Mary.

On Monday and Saturday, meditate on the “Joyful Mysteries”

First Decade: The Annunciation of Gabriel to Mary (Luke 1:26-38)
Second Decade: The Visitation of Mary to Elizabeth (Luke 1:39-45)
Fourth Decade: The Presentation of Our Lord (Luke 2:22-38)

On Thursday, meditate on the “Luminous Mysteries”

First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
Second Decade: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
Third Decade: The Transfiguration of Our Lord (Matthew 17:1-8)
Fourth Decade: The Crucifixion of Our Lord (Matthew 27:32-50)
Fifth Decade: The Resurrection of Our Lord (Matthew 28:6-20)

On Tuesday and Friday, meditate on the “Sorrowful Mysteries”

First Decade: The Agony in the Garden (Matthew 26:36-56)
Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)
Third Decade: Our Lord is Crowned with Thorns (Matthew 27:32-31)
Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)
Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the “Glorious Mysteries”

First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)
Fourth Decade: The Assumption of Mary into Heaven (Acts 12:20-42)
Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

The Prayers of the Most Holy Rosary:

BLESS YOURSELF: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (As you say this, touch your forehead with your right hand when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

THE 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.

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: Oh 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. Amen.

THE SALVE REGINA: 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 vale 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. Amen.

O GOD, WHOSE only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

MEMORARE: Remember oh most Blessed Virgin Mary that never was it known, that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence, we fly unto thee, oh virgin of virgins, our Mother. To you do we come, before you we fly, a persuading plea, that you would hear the words we now say, for we know you hear us as we say. Our petition of which we begin, is this: For the redemption of the captives, and for the liberation of prisoners. For sinners and for all who are in need of your mercy. Amen.

O SAVIOR, CHRIST our Lord, the only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

OMEに入った教の救済と永遠の生命を購入された主耶稣基督，我們祈求祢：祢的救恩和應許，透過祢的聖母瑪利亞的玫瑰經內的這些奧迹，模倣他們所包含的一切，實現他們所應許的一切。阿們。