

NATIONAL DAY OF PRAYER - PENTECOST SUNDAY

31May 2020

Our President has urged us to heed the call of the leaders of the various faith communities in South Africa to set aside Sunday, 31 May 2020, to pray for the healing of our land and the protection of our people.

*The faithful of the Archdiocese are therefore encouraged to set aside time on Pentecost Sunday, to pray the **GLORIOUS MYSTERIES** of the Rosary as set out below.*



In the name of the Father, and the Son and the Holy Spirit, Amen.

The 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; and on the third day He rose again from the dead. He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall 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 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.

ACT OF FAITH

O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that He will come again to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because Thou has revealed them, Who canst neither deceive nor be deceived. Amen. **HAIL MARY**

ACT OF HOPE

O my God, relying on Thy Almighty Power and infinite mercy and promises, I hope to obtain the pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen. **HAIL MARY**

ACT OF CHARITY

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen. **HAIL MARY**

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.

THE FIRST GLORIOUS MYSTERY - THE RESURRECTION

Our Father, who art in heaven,but deliver us from evil. Amen.

1. When the Sabbath was over, Mary of Magdala, Mary the mother of James, and Salome, bought spices with which to go and anoint him. And very early in the morning on the first day of the week they went to the tomb, just as the sun was rising. (*Mark 16:1-2*) **Hail Mary.**

2. 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. (*Matthew 28:2-4*) **Hail Mary.**

3. 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." (*Matthew 28:5-7*) **Hail Mary.**

4. Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples. And there, coming to meet them, was Jesus. "Greetings," he said. And the women came up to him and, falling down before him, clasped his feet. (*Matthew 28:8-9*) **Hail Mary.**

5. Then Jesus said to them: "Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there." (*Matthew 28;10*) **Hail Mary.**

6. In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them: "Peace be with you." (*John 20:19*) **Hail Mary.**

7. In a state of alarm and fright, they thought they were seeing a ghost. But he said: "Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have." (*Luke 24:37-39*) **Hail Mary.**

8. And as he said this he showed them his hands and feet. Their joy was so great that they still could not believe it, and they stood there dumbfounded; so he said to them: "Have you anything here to eat?" And they offered him a piece of grilled fish, which he took and ate before their eyes. (*Luke 24:10-43*) **Hail Mary.**

9. Then he told them: "This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled." He then opened their minds to understand the scriptures, (*Luke 24:44-45*) **Hail Mary.**

10. and he said to them: "So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this." (*Luke 24:46-48*) **Hail Mary.**

Glory be to the Father,... ..

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!

THE SECOND GLORIOUS MYSTERY - THE ASCENSION

Our Father, who art in heaven,but deliver us from evil. Amen.

1. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. (*Acts 1:3*)

Hail Mary.

2. ... the eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated.

(*Matthew 28: 16-17*) **Hail Mary**

3. Jesus came up and spoke to them. He said: "All authority in heaven and earth has been given to me. (*Matthew 28:18*) **Hail Mary.**

4. "Go, therefore, make disciples of all the nations; baptize them in the name of the Father and of the Son and of the Holy Spirit, (*Matthew 28:19*) **Hail Mary.**

5. "and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time." (*Matthew 28:20*) **Hail Mary.**

6. As he said this he was lifted up while they looked on, and a cloud took him from their sight. (*Acts 1:9*) **Hail Mary.**

7. And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place. (*Mark 16:19*) **Hail Mary.**

8. They were still staring into the sky when suddenly two men in white were standing near them. (*Acts 1:10*) **Hail Mary.**

9. ... 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." (*Acts 1:11*) **Hail Mary.**

10. So from the Mount of Olives, as it is called, they went back to Jerusalem, a short distance away, no more than a Sabbath walk. (*Acts 1:12*) **Hail Mary.**

Glory be to the Father,... ..

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!

THE THIRD GLORIOUS MYSTERY - THE DESCENT OF THE HOLY SPIRIT

Our Father, who art in heaven,but deliver us from evil. Amen.

1. "And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with power from on high." (*Luke 24:49*) **Hail Mary.**
2. ... and when they reached the city they went to the upper room where they were staying; ... All these (the eleven apostles) joined in continuous prayer, together with several women, including Mary the mother of Jesus, and with his brothers. (*Acts 1:13-14*) **Hail Mary.**
3. When Pentecost day came round, 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. (*Acts 2:1-3*)
Hail Mary.
4. 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. (*Acts 2:4-6*) **Hail Mary.**
5. Everyone was amazed and unable to explain it; they asked one another what it all meant. Some, however, laughed it off. "They have been drinking too much new wine," they said. (*Acts 2: 12-13*) **Hail Mary.**
6. Then Peter stood up with the Eleven and addressed them in a loud voice: "... this is what the prophet spoke of: In the days to come - it is the Lord who speaks - I will pour out my spirit on all mankind. Their sons and daughters shall prophesy, your young men shall see visions, your old men shall dream dreams. Even on my slaves, men and women, in those days, I will pour out my spirit..." (*Acts 2:14,16-18*) **Hail Mary.**
7. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit. (*Acts 2:32-33*)
Hail Mary.
8. ... the whole House of Israel can be certain that God has made this Jesus whom you crucified both Lord and Christ. Hearing this, they were cut to the heart and said to Peter and the apostles: "What must we do, brothers?" "You must repent," Peter answered, "and every one of you must be baptised in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. (*Acts 2:36-38*) **Hail Mary.**
9. "The promise that was made is for you and your children, and for all those who are far away, for all those whom the Lord our God will call to himself." (*Acts 2:39*) **Hail Mary.**
10. He spoke to them for a long time using many arguments, and he urged them: "Save yourselves from this perverse generation." They were convinced by his arguments, and they accepted what he said and were baptised. That very day about three thousand were added to their number. (*Acts 2:40-41*) **Hail Mary.**

Glory be to the Father,... ..

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!

THE FOURTH GLORIOUS MYSTERY - THE ASSUMPTION OF OUR LADY

Our Father, who art in heaven,but deliver us from evil. Amen.

1. But Christ has in fact been raised from the dead, the first-fruits of all who have fallen asleep... .. Just as all men die in Adam, so all men will be brought to life in Christ; but all of them in their proper order: Christ as the first-fruits and then, after the coming of Christ, those who belong to him. (*1 Corinthians 15:20, 22-23*) **Hail Mary.**

2. When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through Our Lord Jesus Christ. (*1 Corinthians 15:54-57*) **Hail Mary.**

3. ... the ones he chose specially long ago and intended to become true images of his Son, so that his Son might be the eldest of many brothers. He called those he intended for this; those he called he justified, and with those he justified he shared his glory. (*Romans 8:29-30*)
Hail Mary.

4. For we know that when the tent that we live in on earth is folded up, there is a house built by God for us, an everlasting home not made by human hands, in the heavens. (*2 Corinthians 5:1*) **Hail Mary.**

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. (*Revelation 12:1*) **Hail Mary.**

6. May you be blessed, my daughter, by God Most High, beyond all women on earth; and may the Lord God be blessed, the Creator of heaven and earth, by whose guidance you cut off the head of the leader of our enemies. (*Judith 13:23-24*) **Hail Mary.**

7. The trust you have shown shall not pass from the memories of men, but shall ever remind them of the power of God. God grant you to be always held in honour, and rewarded with blessings. (*Judith 13:25*) **Hail Mary.**

8. You are the glory of Jerusalem! You are the great pride of Israel! You are the highest honour of our race! May you be blessed by the Lord Almighty in all the days to come! (*Judith 15:10*) **Hail Mary.**

9. Who is this arising like the dawn, fair as the moon, resplendent as the sun, terrible as an army with banners? Who is this coming up from the desert leaning on her Beloved? (*Song of Songs 6:9; 8:5*) **Hail Mary.**

10. For Yahweh has chosen Zion, desiring this to be his home: Here I will stay for ever, this is the home I have chosen. (*Psalms 132: 13-14*) **Hail Mary.**

Glory be to the Father,... ..

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!

THE FIFTH GLORIOUS MYSTERY - THE CROWNING OF OUR LADY

Our Father, who art in heaven,but deliver us from evil. Amen.

1. Your throne, God, shall last for ever and ever, your royal sceptre is a sceptre of integrity: virtue you love as much as you hate wickedness. (*Psalm 45:6-7*) **Hail Mary.**

2. This is why God, your God, has anointed you with the oil of gladness, above all your rivals; myrrh and aloes waft from your robes. (*Psalm 45:7-8*) **Hail Mary.**

3. From palaces of ivory harps entertain you, daughters of kings are among your maids of honour, on your right stands the queen, in gold from Ophir. (*Psalm 45:8-9*) **Hail Mary.**

4. I came forth from the mouth of the Most High, and I covered the earth like a mist. I had my tents in the heights, and my throne in a pillar of cloud. (*Ecclesiasticus 24:5-7*) **Hail Mary.**

5. Alone I encircled the vault of the sky, and I walked on the bottom of the deeps. Over the waves of the sea and over the whole earth, and over every people and nation I have held sway. (*Ecclesiasticus 24:8-9*) **Hail Mary.**

6. From eternity, in the beginning, he created me, and for eternity I shall remain. I ministered before him in the holy tabernacle, and thus was I established on Zion. In the beloved city he has given me rest, and in Jerusalem I wield my authority. (*Ecclesiasticus 24:14-15*) **Hail Mary.**

7. Approach me, you who desire me, and take your fill of my fruits, for memories of me are sweeter than honey, inheriting me is sweeter than the honeycomb. (*Ecclesiasticus 24:26-27*)
Hail Mary.

8. They who eat me will hunger for more, they who drink me will thirst for more. Whoever listens to me will never have to blush, whoever acts as I dictate will never sin. (*Ecclesiasticus 24:28-30*) **Hail Mary.**

9. The King has brought me into his rooms; you will be our joy and our gladness. We shall praise your love above wine; how right it is to love you. (*Song of Songs 1:4*) **Hail Mary.**

10. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help. (*Hebrews 4:16*) **Hail Mary.**

Glory be to the Father,.... ..

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, 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 towards us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us oh 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 thee, that 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, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Prayer to our Patroness, Mary Assumed into Heaven

Mary we believe that you were assumed into Heaven body and soul through the Father's love.

As the mother of Christ you intercede most powerfully with Him for the Church of which you are also mother.

Your children in South Africa honour you as our Patroness under the title "Assumed into Heaven".

Through your prayers, may justice and peace reign in our land.

may the poor receive food and shelter and the other necessities of life.

May our people always cherish a deep respect for human life.

May love of neighbour become our rule of life.

Be a mother to the Church in South Africa;

obtain for us the wisdom, the love and the graces we need on our pilgrim way to the Father.

Amen.

Prayer to Saint Michael the Archangel

Saint Michael the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray; and do Thou,

O Prince of the Heavenly Host - by the Divine Power of God - cast into hell,

Satan and all the evil spirits,

who roam throughout the world seeking the ruin of souls.

Amen.

For the Intentions of Pope Francis

Pray one **Our Father**, one **Hail Mary** and one **Glory Be**.

In the name of the Father, and the Son and the Holy Spirit, Amen.

Adapted from:

How to pray the Rosary

A Simple Bible Rosary

by Sister Mary Francis