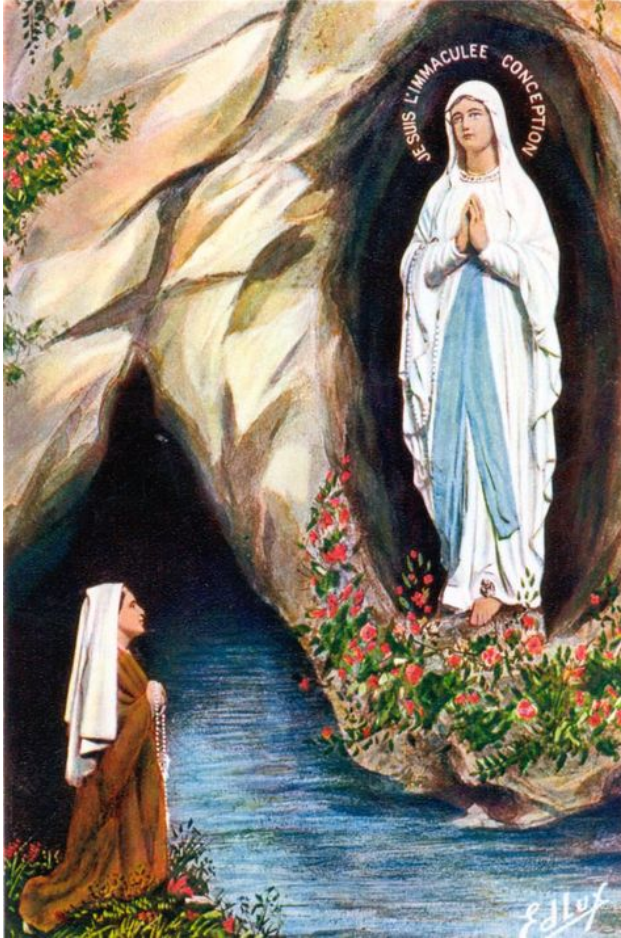


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JMJ

# Our Lady of Lourdes Prayer Booklet



A Rosary Resource and  
Marian Prayers for Families

J.M.J.

*St. Bernadette was asked: "Did the 'Lady' say anything to you?" She replied: "Yes, from time to time, She said: **"Penance, penance, penance. Pray for sinners"***



## Preface

Our Lady appeared to St. Bernadette in 1858 and asked her to pray the Rosary. Mary prayed the Rosary with St. Bernadette. The Our Lady of Lourdes Prayer Booklet provides clear guidance on praying the Holy Rosary. It also includes a selection of prayers, devotions, and hymns. The images of the Rosary mysteries are from the altar mosaics in the Our Lady of the Rosary Basilica Church. From donations of the faithful, it was built in Lourdes by the Immaculate Conception Basilica, above the grotto where Mary appeared.



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## Introduction

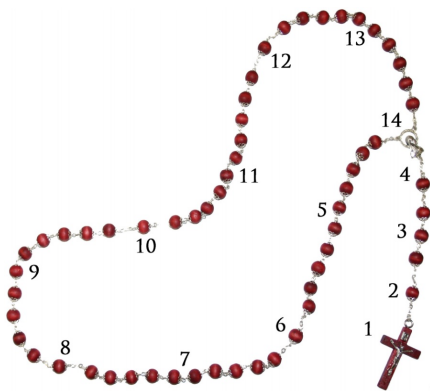
Bernadette was a young girl who lived in a little village near the mountains in southern France. One day in winter, she went down by the river to gather some firewood. Her friends went across the river, but Bernadette met a beautiful Lady in white who was holding a Rosary. She prayed a Rosary with the Lady. Then the Beautiful Lady asked her to come back there everyday for two weeks. Overall, Mary appeared to her eighteen times and spoke to her in secret conversations.

When Bernadette would pray the Rosary with Mary, her face would light up. Mary asked Bernadette to go to the priest and tell him to build a chapel there and do processions. One day when Bernadette was praying with the Beautiful Lady, she was told to dig with her hands for a spring of water and to wash in it. A new spring of water flowed.

Miraculous cures were granted to those who washed in the waters of Lourdes. Ever since people from all over the world have come to Lourdes to pray and seek healing. St. Bernadette asked the Beautiful Lady who she was. Our Lady smiled. One day, Mary responded "I am the Immaculate Conception." Bernadette repeated this to the priest, and so he knew that Our Blessed Mother herself was appearing to St. Bernadette.

## The Holy Rosary

1. One Apostle's Creed
2. One Our Father
3. Three Hail Mary's
4. One Glory Be  
First Mystery  
One Our Father
5. Ten Hail Mary's
6. One Glory Be  
Fatima Prayer  
Second Mystery  
One Our Father
7. Ten Hail Mary's
8. One Glory Be  
Fatima Prayer  
Third Mystery  
One Our Father
9. Ten Hail Mary's
10. One Glory Be  
Fatima Prayer  
Fourth Mystery  
One Our Father
11. Ten Hail Mary's
12. One Glory Be  
Fatima Prayer



Fifth Mystery

One Our Father

13. Ten Hail Mary's

14. One Glory Be

Fatima Prayer

Hail Holy Queen

Concluding

Prayer



## **Mysteries of the Holy Rosary**

### **Joyful Mysteries (Mondays, Saturdays)**

1. The Annunciation  
(Humility)
2. The Visitation  
(Charity)
3. The Nativity  
(Peace)
4. The Presentation  
(Obedience)
5. The Finding of  
Jesus in the Temple (Wisdom)



### **Mysteries of Light (Thursday)**

1. The Baptism of Our Lord in the Jordan  
(Fidelity to our Christian vocation)
2. Jesus' Self-Manifestation at the Wedding  
Feast at Cana (Gift of Discipleship)
3. The Proclamation of the Kingdom of God  
with the Call to Conversion  
(Conversion of heart)
4. The Transfiguration (Contemplation)
5. The Institution of the Holy Eucharist  
(Reverence and Adoration)

**Sorrowful Mysteries (Tuesday and Friday)**

1. The Agony in the Garden (Contrition)
2. The Scourging at the Pillar (Purity)
3. The Crowning with Thorns (Courage)
4. The Carrying of the Cross (Patience)
5. The Crucifixion and Death of Our Lord  
(Love of Jesus Crucified)

**Glorious Mysteries (Wednesday and Sunday)**

1. The Resurrection (Faith)
2. The Ascension (Hope)
3. The Descent of the Holy Spirit on the  
Apostles and  
Mary (Love)
4. The  
Assumption  
(Perseverance)
5. The Coronation  
of the Blessed  
Virgin Mary  
(True Devotion)



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*At Lourdes, St. Bernadette learned from Our Lady to pray the Sign of the Cross with great reverence, care, and attention. We begin prayers with the Sign of the Cross, and it is itself a powerful prayer.*

## Sign of the Cross

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



*[Make the Sign of the Cross five times when you wake up and when you go to bed, thinking of the five Holy Wounds of our Lord Jesus Christ.]*



## The Apostles' Creed

I believe in God, the Father  
almighty, creator  
of heaven and  
earth.

I believe in Jesus  
Christ, His only  
Son, our Lord.  
He was conceived  
by the power of  
the Holy Spirit and  
born of the Virgin Mary.

He suffered under Pontius Pilate,  
was crucified, died, and was  
buried.

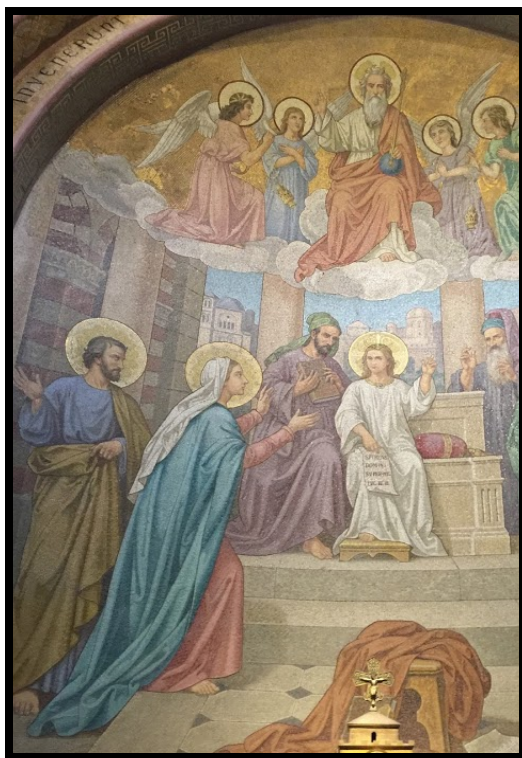
He descended to the dead.



On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of  
the Father. He will come again 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. Amen.



**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**  
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**

O my Jesus, forgive us our sins, save  
us from the fire of hell, lead all souls  
to heaven, especially those who are  
in most need of Thy mercy.



**Hail, Holy Queen,**

Mother of Mercy,

Hail 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 us the blessed fruit of thy  
womb, Jesus.

O clement, O loving, O sweet Virgin  
Mary.

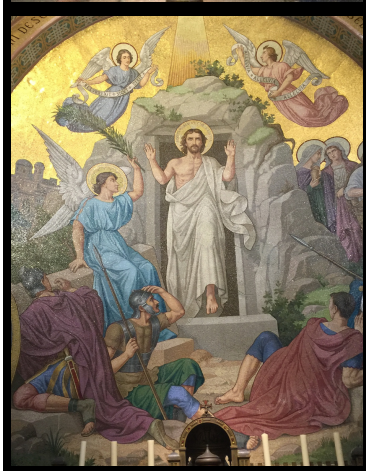
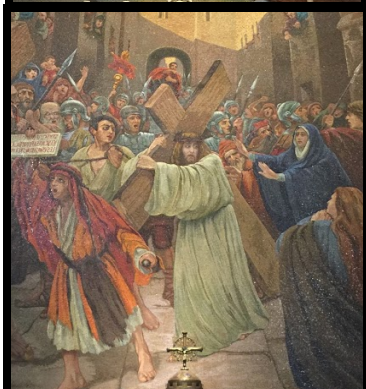
V. Pray for us, O Holy Mother of God,

R. That we may be made worthy of the  
promises of Christ.

## Concluding Prayer

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.



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***PRAYER OF POPE ST JOHN PAUL II***

Hail Mary, poor and humble Woman,  
 Blessed by the Most High!  
 Virgin of hope, dawn of a new era,  
 We join in your song of praise,  
 to celebrate the Lord's mercy,  
 to proclaim the coming of the Kingdom  
 and the full liberation of humanity.

Hail Mary, lowly handmaid of the Lord,  
 Glorious Mother of Christ!  
 Faithful Virgin, holy dwelling-place of the Word,  
 Teach us to persevere in listening to the Word,  
 and to be docile to the voice of the Spirit,  
 attentive to his promptings in the depths  
 of our conscience  
 and to his manifestations in the events of history.

Hail Mary, Woman of sorrows,  
 Mother of the living!  
 Virgin spouse beneath the Cross, the new Eve,  
 Be our guide along the paths of the world.  
 Teach us to experience and to spread the love of Christ,  
 to stand with you before the innumerable crosses  
 on which your Son is still crucified.

Hail Mary, woman of faith, First of the disciples!  
 Virgin Mother of the Church, help us always  
 to account for the hope that is in us,  
 with trust in human goodness and the Father's love.  
 Teach us to build up the world beginning from within:  
 in the depths of silence and prayer,  
 in the joy of fraternal love, in the unique fruitfulness of the Cross.

Holy Mary, Mother of believers,  
 Our Lady of Lourdes,  
 pray for us.  
 Amen.



## Various Prayers

### Short Act of Spiritual Communion

Mary,  
my Mother  
and Queen  
of my  
Heart,  
please  
invite  
Jesus,  
your Son,  
to come  
spiritually into my heart.



### Short Prayer for Souls

Jesus, Mary, I Love You, Save Souls!

## Fatima Sacrifice Prayer

O Jesus, it is  
for love  
of You,  
for the  
conversion  
of sinners,  
and in  
reparation  
for the sins  
committed  
against the  
Immaculate Heart of Mary.



My God,  
I believe, I adore,  
I trust and I love You!  
And I beg pardon  
for all those who do not believe,  
who do not adore, who do not trust  
and who do not love You.



## Miraculous Medal Prayer



O Mary, conceived without sin,  
pray for us who  
have recourse to you.

## The Divine Praises

Blessed be God.

Blessed be His holy name.

Blessed be Jesus Christ, true God  
and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.



Blessed be His Most  
Precious Blood.

Blessed be Jesus in the  
Most Holy Sacrament  
of the Altar.

Blessed be the Holy  
Spirit, the Paraclete.

Blessed be the great Mother of  
God, Mary most holy.

Blessed be her holy and  
Immaculate Conception.

Blessed be her glorious  
Assumption.

Blessed be the name of Mary,  
Virgin and Mother.

Blessed be Saint Joseph, her most  
chaste spouse.

Blessed be God in His angels and  
in His Saints.

May the Heart of Jesus, in the Most  
Blessed Sacrament, be praised,  
adored, and loved with grateful  
affection, at every moment,  
in all the tabernacles of the world,  
even to the end of time. Amen.

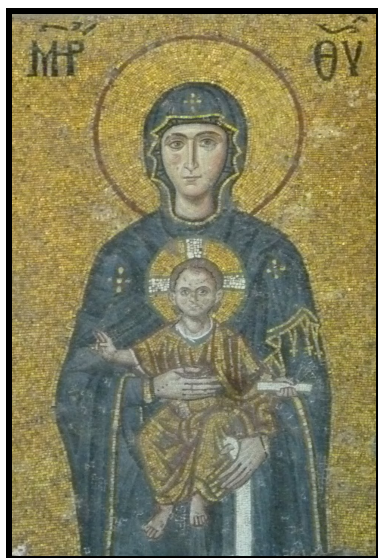


Merciful Jesus, I consecrate  
myself today and always  
to Your Most Sacred Heart.

*O Love,  
O Great Love,  
O Infinite Love of God!*

**Memorare**

Remember, O most  
gracious Virgin  
Mary, that never  
was it known that  
any one who fled  
to thy protection,  
implored thy help  
or sought thy intercession, was left  
unaided.



Inspired by this confidence,  
We fly unto thee, O Virgin of virgins  
our Mother; to thee do we come,  
before thee we stand, sinful and  
sorrowful; O Mother of the Word  
Incarnate, despise not our petitions,  
but in thy mercy hear and answer  
them. Amen.



## Hail, Holy Queen

Hail! holy Queen  
enthroned above,  
O Maria!

Hail! Mother of Mercy  
and of love, O Maria!

(Chorus)

**Triumph, all ye  
cherubim, Sing with us, ye seraphim,  
Heaven and earth resound the hymn:  
Salve, salve, salve Regina!**



Our life, our sweetness here below, O Maria!  
Our hope in sorrow and in woe, O Maria!  
(Chorus)

To thee we cry, poor sons of Eve, O Maria!  
To thee we sigh, we mourn, we grieve, O Maria!  
(Chorus)

This earth is but a vale of tears, O Maria!  
A place of banishment, of fears, O Maria! (Chorus)

Turn then, most gracious advocate, O Maria!  
Toward us thine eyes compassionate, O Maria!  
(Chorus)

When this our exile is complete, O Maria!  
Show us thy, Son, Our Jesus sweet, O Maria!  
(Chorus)

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O clement, gracious, Mother sweet, O Maria!  
 O Virgin Mary, we entreat, O Maria! **(Chorus)**

Angels, all your praises bring,  
 Earth and heaven, with us sing,  
 All creation echoing: Salve, salve, salve Regina!

## Immaculate Mary

*The 'Lourdes Hymn' written by Abbe  
 Gagnet*

Immaculate Mary, thy praises  
 we sing, who reignest in  
 splendor with Jesus our King.  
**(Chorus) Ave, ave, ave, Maria!**  
**Ave, ave, Maria!**



In heaven, the blessed thy glory proclaim;  
 On earth, we thy children invoke thy fair name.  
**(Chorus)**

Thy name is our power, thy virtues our light,  
 Thy love is our comfort, thy pleading our might.  
**(Chorus)**

We pray for our mother, the Church upon earth;  
 And bless, dearest Lady, the land of our birth.  
**(Chorus)**

Immaculate Mary Our Hearts are on fire  
 That title so wondrous, Fills all our desire.  
**(Chorus)**