

## *A Decade a Day Advent Challenge*

### How to Pray a Decade

1. Announce the Mystery
2. Pray the Our Father
3. Pray 10 Hail Marys
4. Pray the Glory Be
5. Pray O My Jesus



#### **Our Father**

Our Father who are 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**

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**

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

#### **O My Jesus**

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who have most need of your mercy.



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# Mysteries

## The Joyful Mysteries

- + *The Annunciation of the Lord*
- + *The Visitation*
- + *The Nativity of the Lord*
- + *The Presentation of the Lord*
- + *The Finding in the Temple*

## The Luminous Mysteries

- + *The Baptism of Jesus*
- + *The Wedding Feast of Cana*
- + *The Preaching of the Kingdom*
- + *The Transfiguration*
- + *The Institution of the Eucharist*

## The Sorrowful Mysteries

- + *The Agony in the Garden*
- + *The Scourging*
- + *The Crowning with Thorns*
- + *The Carrying of the Cross*
- + *The Crucifixion*

## The Glorious Mysteries

- + *The Resurrection*
- + *The Ascension of the Lord*
- + *The Descent of the Holy Spirit*
- + *The Assumption of Our Blessed Mother*
- + *The Crowning of Mary as Queen of Heaven*



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