

How To Use Your Rosary In The Battle Of Prayer

October is the Month of the Holy Rosary. Yearly it serves as a challenge and reminder for us to pray the Rosary, to use it as a weapon and to foster it within our own family culture. Hopefully, this article will inspire you to start or rekindle the Rosary into your daily habits.

Our Childlike Attempts

In the beginning, we may be handed a blue plastic Rosary and a how-to pray card. When alone in our room, we may sit down to pray and honestly have no idea how the prayers and beads go together.

There are four sets of mysteries with five groupings of smaller beads. There are five mysteries per set and ten beads per set. We learn that we use the different sets of mysteries on different days along with the mysteries themselves with their five sets of 10 Hail Mary's on different days of the week. This may be confusing to understand.

Even if our attempt may not be the traditional way to pray the Rosary, and just like when kids we try something and totally fail, we find joy in our effort knowing that our heavenly Father smiles upon our attempt to try something new and foreign. This is the first step towards growth and developing a prayer life. This simple failure is an attempt to unite oneself to Christ, to meet him and change our lives. If we don't try, nothing can change.

This desire leads to an almost daily commitment to praying the Rosary throughout one's adolescent lives. For example, in school we may be invited to join a Rosary group. The Rosary helps us to learn about Saints, people who have gone before us in this race towards salvation, about Mary, but most importantly about Christ and his life. It becomes an accessible and habitual form of prayer as we continue to meet and foster our own relationship with God.

Our Intentions

It is critical to remember that it is our intention that is more important rather than our correctness. We need to remember why we are praying the Rosary and not be there to check the box. And we need to continually remember that, "Every time we try, we get a little bit better." This applies to the Rosary but also our prayer life in general.

First, we learn the how-to of the prayers, what the words are and mean and how they fit together. Then we build and train our ability to enter into contemplative prayer, to understand better the life of Christ and where he is calling us in our vocations.

We want to know where God is calling us, that is, what our worth is in His eyes, and just who He is. Oftentimes, we are not willing to give ourselves the opportunity, time and concentration to prayer. We don't trust that we really can hear God or that he is speaking to us.

The Battle of Prayer

The Rosary is a spiritual weapon. The Catechism of the Catholic Church teaches us in paragraph 2725 that, “Prayer is both a gift of grace and a determined response on our part. It always presupposes effort. The great figures of prayer of the Old Covenant before Christ, as well as the Mother of God, the saints, and He himself, all teach us this: prayer is a battle.” That paragraph highlights the difficulties of prayer and challenges us to join in the battle to fight against our own temptations and those of the Devil. We need spiritual weapons to help us fight a spiritual battle.

It goes on to state that we need to foster habitual actions because we pray as we live. If our life is not focused on Christ and listening to the Spirit, our prayer life will also fall short in these ways (CCC 2725). We are called to build a habitual prayer life, and a great tool is to pray the Rosary regularly.

Praying the Rosary regularly helps in the constant difficulty of prayer distractions (CCC 2729). It allows us to use both vocal prayers of the Hail Mary’s, Our Fathers, and Glory Be, combined with meditation and contemplative prayer over the Mysteries. So even when our mind wanders in contemplating Christ’s life through the Scriptures captured in the Mysteries, we are using scripture-based prayers and words to bring us vocally back to the purpose of praying without ceasing in the love of Christ (CCC 2742).

