



How to pray a Discernment Rosary

- Anchoring ourselves in the prayer of the Rosary, we take time in between each decade to ask God a specific question.
- We pause for a minute or two in silence to listen to Him.
- Then, we ask that everyone share what they heard so the group is able to discern what God is saying.
- The leader should listen for
 1. Common themes
 2. Comments, images that bring peace
 3. Consistent “words”
- A few reminders:
 1. We are not asking the Lord to confirm our ideas
 2. We want to enter into the process with humility, asking God to show us what *He* wants
 3. If you don’t know what question to ask the Lord, take time and pray: Ask Him what He wants you to ask Him.
 4. When you listen, don’t try to figure it out. Just listen.

Praying the Discernment Rosary

- Creed, Our Father, three Hail Marys
- Announce the Mystery
- Our Father, ten Hail Marys, Glory Be and Fatima prayer
- At the end of the decade: Gently offer the reminder, repeat the question we are bringing to the Lord: “We will now take a few minutes to ask the Lord our question and take a couple minutes to listen: *Lord, is there anything you want to say to us?*”
- As prayer concludes, ask the group to share anything they may have received in prayer
- Write down yourself that which shared and listen for common themes
- Feel free to pray either 2 or 3 decades, depending on the allowance of time.

