



Discernment Rosary

WHAT TO DO:

- 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 hear so the group is able to discern what God is saying.
 - Leader should listen for
 1. Common themes
 2. Comments, images that bring peace
 3. Consistent “words”
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PRAYING THE DISCERNMENT ROSARY:

- Creed, Our Father, three Hail Marys
 - Announce the Mystery
 - Ask the Lord a question
 - 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.
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REMINDERS:

- We are not asking the Lord to confirm our ideas
- We want to enter into the process with humility, asking God to show us what He wants
- If you don’t know what question to ask the Lord, take time and pray: Ask Him what He wants you to ask Him.
- When you listen, don’t try to figure it out. Just listen.