

## The Rosary: Grade 7/8

1. Grab a Rosary or download the Rosary and use the Rosary on your phone to pray ( see #3)
2. Watch the Video above on how to pray the Rosary
3. Ask your parents'/ caregivers permission to download the Laudate app on a phone or device. This is the app she refers to in the video. This is not necessary but it makes it very easy to pray the Rosary any place, any time and it gives you all the prayers , mysteries and so much more!
4. 4. Find some quiet time and pray. I rarely have time to say the whole rosary in one sitting. I often pray just one "decade" (group of 10 beads a day) The goal should be to pray the entire rosary over the course of a week every week.
5. Reflect upon how your relationship with Mary grows and deepens