

OUR PRAYER JOURNAL
THE MONTH OF FEBRUARY



praying
WITH CHAPLETS

CHELMSFORD CATHOLIC COLLABORATIVE FAITH FORMATION PROGRAM

Praying with Chaplets

INTRODUCTION

A chaplet is a sacramental that is similar to the Rosary. Chaplets consist of an arrangement of beads that have designated prayers attached to each bead. Typically, a chaplet will involve repeating prayers in a set sequence several times; the beads help the one praying keep track of where he/she is in the prayer. Much like the Rosary, the repetition of a chaplet can help the one praying settle into a place of prayerful meditation.

There are numerous chaplets that focus on a variety of different devotions, saints, etc., and many come with their own particular set of beads. This month, we will be introducing four different chaplets, all of which can be prayed on rosary beads: the Divine Mercy Chaplet, The Chaplet of the Holy Trinity, the Chaplet of Faith and the Prayer Rope.

The Divine Mercy Chaplet

The Divine Mercy Chaplet is a chaplet—prayed on rosary beads—that focuses on the great mercy of God. The chaplet was given by Jesus to St. Faustina—a Polish religious sister belonging to the Congregation of the Sisters of Our Lady of Mercy—through visions. There is a tradition of saying this chaplet at 3 pm, the hour Jesus died, also known as the Hour of Mercy. There is also a tradition of praying the chaplet every day from Good Friday to the Sunday after Easter—Divine Mercy Sunday—as the Divine Mercy novena.

The Chaplet of the Holy Trinity and the Chaplet of Faith

The Chaplet of the Holy Trinity and the Chaplet of Faith are both chaplets that can be prayed on rosary beads. It is traditional to say the chaplet of the Holy Trinity on the Sunday after Pentecost—Trinity Sunday—but both can be said at any time. The Chaplet of Faith comes from Mama Rosa Quattrini who said that the Blessed Mother visited her in San Damiano, Italy, in July of 1967, and gave her this devotion.

Prayer Rope [also called a chotki or komboskini]

The practice of using prayer ropes is most common among Eastern-Catholics. It is a rope with a series of knots, and most often will be looped together with a cross at the end. Historically prayer ropes had 100 knots, but variations with as few as 10 or as many as 500 knots can be found in use today (and so can be done on rosary beads). The knots are used to keep track of the number of times the “Jesus Prayer” has been prayed. The Jesus Prayer is a simple prayer that is easily repeated, allowing one to strive to, as St. Paul implores, “Pray without ceasing” (cf. 1 Thessalonians 5:17).

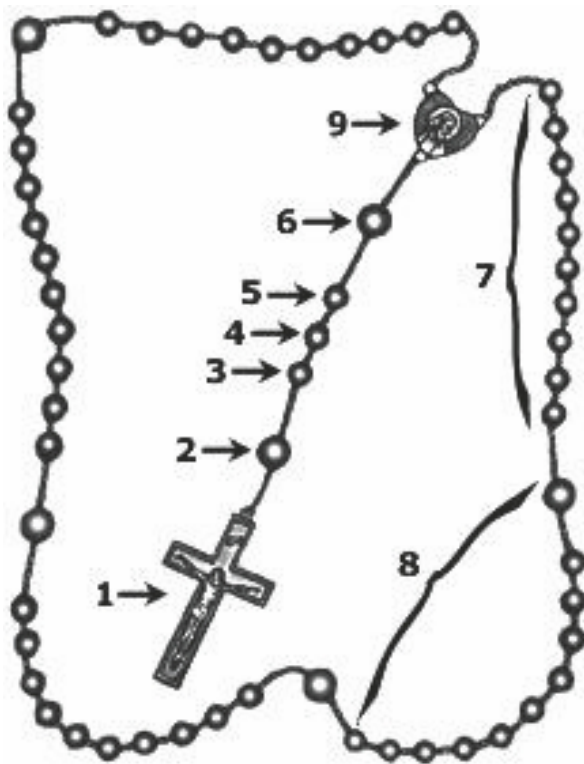
WEEK ONE: THE DIVINE MERCY CHAPLET

This week we will be praying using the Divine Mercy Chaplet.

No modifications are included, but families, if they find it easier, may pray all of the prayers together instead using the leader and followers format.

General Directions

- Gather as a family, in your prayer space if possible.
- Choose who will be the Leader for the prayer.
The Leader parts are noted as **bold**. Everyone else (followers) should say the non-bold parts.
- Pray the prayer using the below guide:



1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

2. Opening Prayer [on 1st large bead]

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!
(repeat O Blood and Water sequence three times)

3. Our Father [on 1st small bead]

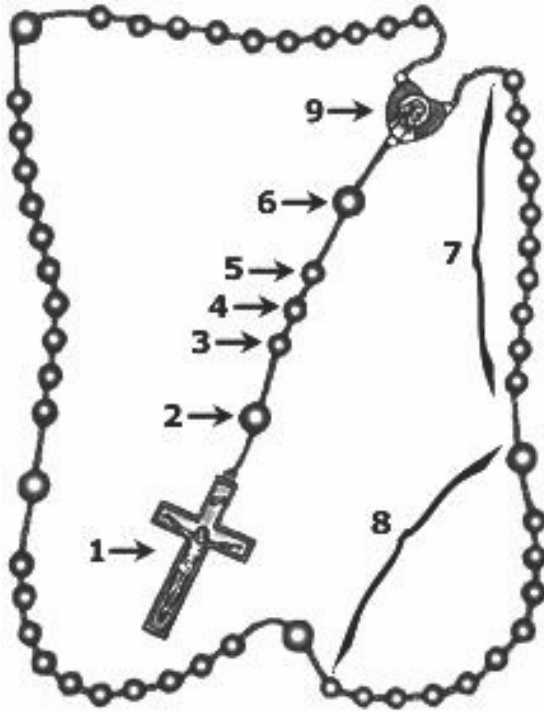
Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.

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.

4. Hail Mary [on 2nd small bead]

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.



5. The Apostles' Creed [on 3rd small bead]

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

6. The Eternal Father [on 2nd large bead]

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. For the Sake... [on each small bead]

For the sake of His sorrowful passion,
have mercy on us and on the whole world.

Repeat steps 6-7 for each decade [refer to 8 in picture]

9. Concluding Prayers [on medal]

Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world. (repeat three times)

Eternal God, in whom mercy is endless and the treasury of compassion—inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

In the Name of the Father, and of the Son, and of the Holy Spirit.

Amen.

WEEK TWO: THE CHAPLET OF THE HOLY TRINITY

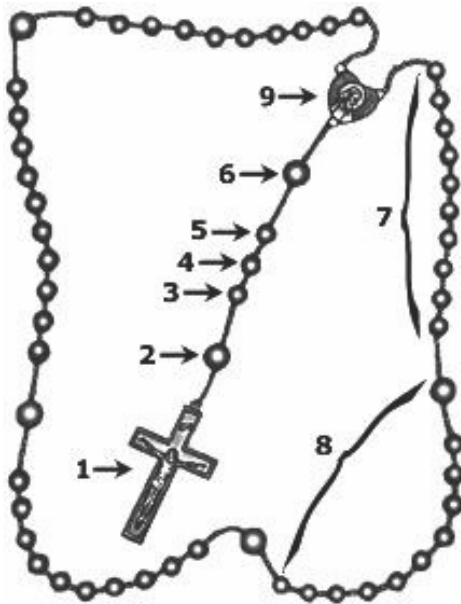
This week we will be praying using the Chaplet of the Holy Trinity.

No modifications are included, but it may be helpful for families to use a call and response format where one person prays the prayers first and everyone else repeats after them.

General Directions

- Gather as a family, in your prayer space if possible.
- Pray the prayer using the below guide:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



1. Opening Prayer [on crucifix]

Incline unto mine aid, O God. O Lord make haste to help me.

2-6. Glory be to Thee [on all beads before the medal]

Glory be to Thee, O most sweet, most noble, resplendent, peaceful, ineffable Trinity. Amen

7. Glory, Honor and Praise [on each small bead]

Glory, honor and praise be to the great Eternal God. Amen.

8. Glory Be [on large bead]

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 with out end. Amen.

Repeat steps 7-8 for each decade

9. Concluding Prayers [on medal]

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.

The Divine Praises: Blessed be God!
Blessed be his Holy Name!
Blessed be Jesus Christ, true God and true man!
Blessed be the Name of Jesus!
Blessed be his Most Sacred Heart!
Blessed be his Most Precious Blood!
Blessed be Jesus in the Most Holy Sacrament of the Altar!
Blessed be the Holy Spirit, the Paraclete!
Blessed be the great Mother of God, Mary most Holy!
Blessed be her holy and Immaculate Conception!
Blessed be her glorious Assumption!
Blessed be the name of Mary, Virgin and Mother!
Blessed be St. Joseph, her most chaste spouse!
Blessed be God in his Angels and his Saints!

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

WEEK THREE: THE CHAPLET OF FAITH

This week we will be praying using the Chaplet of Faith.

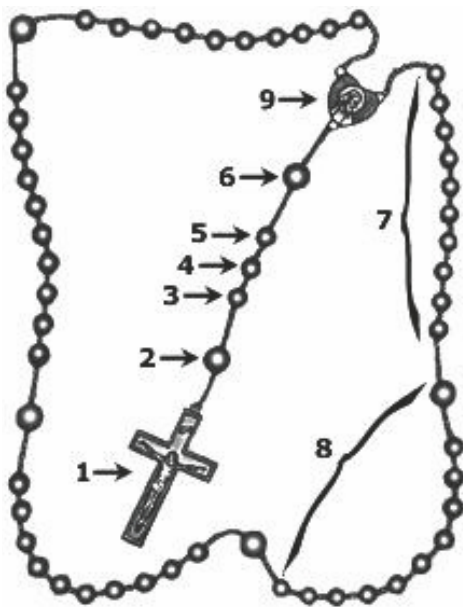
No modifications are included, but families, if they find it easier, may pray all of the prayers together instead using the leader and followers format.

General Directions

- Gather as a family, in your prayer space if possible.
- Choose who will be the Leader for the prayer.

The Leader parts are noted as **bold**. Everyone else (followers) should say the non-bold parts.

- Pray the prayer using the below guide:



1. Sign of the Cross [on crucifix]

In the Name of the Father, and of the Son, and of the Holy Spirit.
Amen.

2-5. Opening Prayer [1st large and 3 small bead]

My God, I believe, I adore, I hope and I love You.

I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You. Amen.

6. The Apostles' Creed [on 2nd large bead]

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the

dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

7. Jesus, Mary, I love you [on each small bead]

Jesus, Mary, I love You,

save souls, save the consecrated.

Repeat steps 6-7 for each decade [refer to 8 in picture]

9. Hail, Holy Queen [on medal] [prayed together]

Hail, holy Queen, Mother of mercy. Hail, our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us. And after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

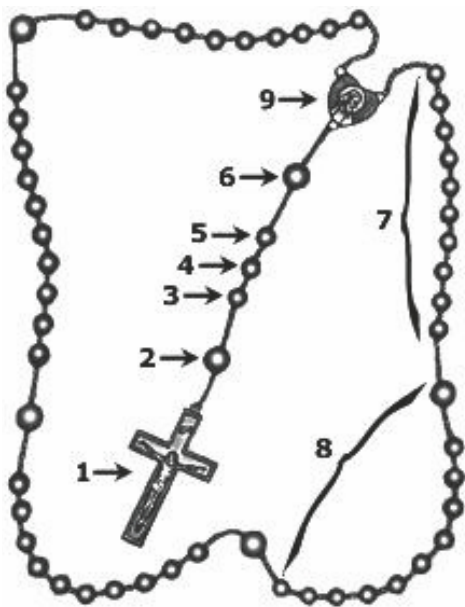
In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

WEEK FOUR: THE PRAYER ROPE

This week we will be praying using the Prayer Rope and the Jesus Prayer. This prayer has been adapted to be prayed on rosary beads. No Modifications are included, but families should adjust the number of times they go around the rosary to fit their needs. A call and response format, where one person prays the prayers first and everyone else repeats after them, may also be used.

General Directions

- Gather as a family, in your prayer space if possible.
- Pray the prayer using the below guide:



1. Sign of the Cross [on crucifix]

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen. (repeat 3 times)

2. Opening Prayer [1st large bead]

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O Gracious One.

3-5. Glory to You... [on 3 small beads]

Glory to You, our God, glory to You.

6. Most Holy Trinity... [on 2nd large bead]

Most Holy Trinity, have mercy on us. Lord, cleanse us of our sins. Master, forgive us our transgressions. Holy One, come to us and heal our infirmities for Your name's sake.

9. Glory Be [on medal]

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. (repeat 3 times)

7-8. Jesus Prayer [on all beads]

Jesus, Son of the Living God, have mercy on me, a sinner.
(repeat for as many loops as feels appropriate)

9. Concluding Prayer [on medal]

May Christ, our true God, for the sake of His most pure Mother, of our holy and God-bearing fathers, and all the saints, have mercy on us and save us, for He is good and He loves mankind.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

ADDITIONAL RESOURCES

apps

- Prayer Rope (apple and android)



Every time you say The Jesus Prayer, you swipe and the app keeps count



[apple only] Your phone will vibrate according to time you set, reminding you when to repeat

-  The Catholic Rosary (apple)

-  Pocket Chaplet (apple)

videos: the Jesus Prayer and the Prayer Rope

- https://www.youtube.com/watch?v=_ymfkdfZ64A
- <https://www.youtube.com/watch?v=4Qvsg-R4WMU>

video: Chaplet of the Holy Trinity

- <https://www.youtube.com/watch?v=0SO4xlwz5O4>