*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

**Message for January 2020**

Dear Friends in Christ:

The “Ideal-Catholic-Life” is within reach. Cooperating with His grace, being intentional about our thoughts, words and actions, will surely lead to greater union with God as one of His children. Let’s be more specific this month in our Upper Rooms and begin to consider, certain very practical aspects of our faith. This time: **The Ideal Catholic prays the rosary**

 In Christ;

Fr. David

*Open with Sign of Cross and pray:*

**Prayer to the Holy Spirit**

L: **Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

L: **Let us pray – God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

L: **You, O lord, will open my lips.**

R: And my tongue shall announce Your praise.

L: **Incline unto my aid, O God.**

R: O Lord, make haste to help me.

L: **Glory be to the Father and to the Son and to the Holy Spirit**.

R: As it was in the beginning is now and ever shall be world without end. Amen

**Discuss your understanding of the Rosary**

I On the first three “Hail Mary” beads what do we pray for? Why is this important>

II Name the mysteries that are said on which particular day of the week. What day only has one mystery prayed during the week?

III What is the prayer that is said after the “Glory Be”? Where did this prayer come from (thus the name)?

IV Find the origin of the “Hail Mary” in the Gospel of Luke. Read and then discuss Elizabeth and Mary’s and John the Baptist’s (in utero) emotions (what did they feel?) during the Visitation?

V Some mysteries are harder to meditate on than others. Which are difficult for you and explain why? Which are easier for you and explain why?

VI Would using a scriptural rosary make meditation easier for you or more complicated?

VII There’s nothing more powerful than praying the Rosary together. The Devil hates this particularly. Can you think of ways to get together with family or friends to pray the rosary from time to time? Even a decade?

VIII Someone take their smartphone and look up the “15 Promises of the Rosary”

IX Read the 15 Promises to the group

X How can we get “lukewarm” Catholics to pray the Rosary? How can the whole world get the message to PRAY THE ROSARY!!!

**Please pray the rosary together meditating on the mystery of the day…**

**Next month’s Upper Room is a continuation on the Ideal Catholic theme…**