

## **Discipline in Praying and Meditating on the Rosary:**

The Catholic Catechism states that "Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking. The required attentiveness is difficult to attain [but] we are usually helped by books ...especially Sacred Scripture." (CCC Section 2705)

Meditation on the mysteries of the Rosary differs from the New Age notion of meditation or "centering prayer". The mysteries of the Rosary direct our focus to Christ while New Age meditation focuses on self.

<http://www.catholicculture.org/library/view.cfm?id=6892&repos=1&subrepo s=&searchid=264532>

St. Louis de Montfort makes this clear by stating the results of prayerful Rosary meditation in The Secret of the Rosary:

- It gradually gives us a perfect knowledge of Jesus Christ
- It purifies our souls, washing away sin
- It gives us victory over our enemies
- It makes it easy for us to practice virtue
- It sets us on fire with love of Jesus
- It enriches us with graces and merits

Meditation, like any skill, requires practice and study. It's not a linear progression, but a journey. At first, you will probably experience difficulty focusing on the Rosary mysteries. You may not understand what meditation is and why the mysteries have any impact on your life in the modern world.

The spiritual exercises in the Rosary Workout™ are designed to help you on your journey in meditative prayer. The Beginner Series focuses on the basics: learning the Rosary prayers, reading the Bible references for each mystery, and studying artwork that depicts the mysteries. This provides a starting point for meditation and helps form a mental picture of each mystery. By imagining yourself as an observer of the event, you can watch the scene unfold like a movie. It may be a very short movie, but it's definitely a beginning. I occasionally incorporate my exercise into the scene. For example, I'll imagine myself hiking behind Mary as she journeys to the hill country to visit Elizabeth in The Visitation. I try to focus on Mary's humility and charity in hurrying to help her cousin cope with a pregnancy in old age.

The next step on your journey to meaningful Rosary meditation is to expand the mental picture by placing the events of the mysteries in the context of