

THE ROSARY AND THE THEOTOKOS RULE: COMPLETE TEXT AND PRAYERS

The Rule of the Theotokos (ancient Orthodox tradition) and the Catholic Rosary are major contemplative Christian prayer devotions. They originated in monasteries as a simplified substitute for praying the 150 Psalms of David, allowing every believer to pray with the heart and meditate on the lives of Jesus Christ and His Mother.

1. The Orthodox Rule of the Theotokos (150 Prayers)

Consists of reciting 'O Virgin Theotokos, Rejoice' 150 times, divided into 15 decades. Each decade is followed by 'Our Father', 'Open the doors of mercy', and meditation on a mystery of Christ's life:

"O Virgin Theotokos, rejoice, Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls. Amen."

2. The Catholic Rosary

Consists of 5 decades. Each decade contains 1 'Our Father', 10 'Hail Marys', and 1 'Glory Be':

"Hail Mary, full of grace, the Lord is with thee. Blessed art thou among 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."

"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."

3. Spiritual Benefit of Contemplative Prayer

The rhythmic passing of beads and quiet repetition of holy words calms the mind, focuses it in the heart (hesychasm), and fills the soul with deep, divine peace.