

*Rosary of Abandonment
to the Heavenly Father*



"Father, Into Your Hands I commend My Spirit"
(Lk. 23, 46)



AUTORIZACIÓN
PARA LA IMPRESIÓN Y DIFUSIÓN
DEL
ROSARIO DE ABANDONO AL PADRE CELESTIAL

Habiendo conocido el espíritu que anima la devoción del Rosario de Abandono al Padre Celestial, nos parece un regalo de Dios cultivar esta actitud de abandono en las manos del Padre y por lo tanto no vemos impedimento que se publique el folleto del Rosario de Abandono al Padre Celestial y se difunda esta devoción.

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OF THE
ROSARY OF ABANDONMENT TO THE HEAVENLY FATHER

THE ABANDONMENT

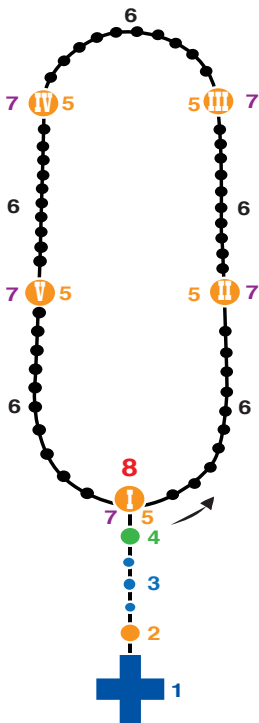
The abandonment is **the substitution of our human will for the Divine Will**, so that God guides our life. In the Our Father, we repeat: “your will be done”, however, we are very attached to our will, to our projects, and as they are many times not fulfilled, we live frustration, suffering, disappointment. In this light, abandonment is renouncing to the desire of being the owners of our life and deciding our life, to accept instead what the Lord gives us: “*Your will be done... I accept everything with love*”.

The foundation of abandonment is the paternity of God that should lead us to live the trust and the familiarity, which are proper of children with their parents. That whoever trusts in God the Father, places in the hands of the goodness of his divine providence their own life, being certain that He loves us, that He wants our good, that everything, including trials and suffering, attend to our true good.

In order to be able to reach the true abandonment, as presented here, it is necessary to practice meditation of the Word and prayer. Meditation, telling us about His love, lightens our mind, and prayer, helping us experience His love, enflames our hearts. Without time devoted to meditating the Word of God and without moments of intimacy with Him, it shall be very difficult to get to live the abandonment and experience its fruits.

The abandonment is the most strengthening, liberating, and pacifying experience. There is no medication that so much alleviates the pain like “I abandon myself to You”.

HOW TO PRAY THE ROSARY



Pray:

- 1 *In the Name of the Father, and of the Son, and of the Holy Spirit. Amen*
- 2 Prayer to the **Holy Spirit** and **Act of Contrition**.
- 3 **3 Hail Marys**.
- 4 **Creed**.
- 5 Announce the mystery of the Rosary for the corresponding day (in Roman numbers) and say the **Our Father**.
- 6 Say 10 times the prayer: *Thank you my Father, I accept with love everything, your Will be done, into your hands I surrender myself in silence and peace.*
(Father Ignacio Larrañaga)
- 7 **Glory be**.
- 8 End with the Prayer of Abandonment.

“YOUR WILL BE DONE”

Jesus, the envoy of the Father, He revealed the merciful Face of God to us and invites us to call Him “Abba”: Father, and to abandon ourselves to his Will keeping his commandments for love of Him. “If you love me, you will keep my commandments, and I will pray the Father, and he will send to you the Protector, the Spirit of Truth that shall remain with you forever.” (*Jn 14:15-16*)

PRAYERS

Prayer to the Holy Spirit

O Holy Spirit! Receive the perfect and absolute consecration of my whole being. Be from now on in each instant of my life, and in each one of my actions: my director, my light, my guide, my strength and the love of my heart. I abandon myself, without any reserves, to your divine operations and I always want to be docile to your inspirations. O Holy Spirit! Transform me into another Christ, for the glory of the Father and the salvation of the world. Amen.

Act of Contrition

My Father, I repent of all my sins. I am sorry with all my heart since with my sins I offended a great, good God like you. I firmly intend, assisted by your Divine Grace, to sin no more, and to avoid any occasions of sin.

Hail Mary

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 death.
Amen.

Creed

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; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from thence He shall 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.

Our Father

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.

Prayer:

Thank you my Father, I accept everything with love, your Will be done, into your hands I surrender myself in silence and peace.

(P. Ignacio Larrañaga)

Glory Be

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.

Prayer of Abandonment

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept it all. Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father. Amen *(Blessed Charles de Foucauld)*



JOYFUL MYSTERIES

(Prayed on Mondays and Saturdays)

I. Mystery: “The Annunciation of the Angel to the Virgin Mary”

“And Mary said to the Angel: How shall I be a mother since I have no relations with a man? And the Angel said: The Holy Spirit will come upon you... Therefore, the child to be born will be called Holy, the Son of God... Mary said: Behold, I am the handmaid of the Lord. May it be done to me according to your word” (Lk 1,34-35. 38)

Reflect: When the Angel Gabriel announces to her that the Holy Spirit will descend on her to be the Mother of the Savior, Mary believes and abandons herself to the Will of the Father, with her “Fiat”.

Meditate: Do you accept with the “Fiat” – as Mary did – the mission that the Father asks you to undertake, or do you look for excuses not to do it?

Pray: Abba, help me meditate your Word so I am able to surrender unconditionally to your Will, like Mary did. Amen

II. Mystery: “The Visitation of the Virgin Mary to Elizabeth”

“When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said: Blessed are you who believed that what was spoken to you by the Lord would be fulfilled!” (Lk 1,41. 45)

Reflect: The Father makes Mary the carrier of Jesus because she believes in the promises of the Lord, thus turning her into the first missionary.

Meditate: What are you doing so that others get to know, to love and to serve God?

Pray: Abba, give me the gift of Faith to believe in your promises, and help me carry Jesus to my brothers and sisters with joy and love, like Mary did with her cousin Elizabeth. Amen.

III. Mystery: “The birth of Jesus in Bethlehem”

“And she gave birth to her firstborn Son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn” (Lk 2,7)

Reflect: The Father allows that Jesus be born in a manger, to teach us that humbleness leads us to salvation.

Meditate: Is your heart humble and simple to let Jesus be born in you?

Pray: Abba, help me have a humble heart like Mary’s, so it can be a worthy dwelling place of your Son. Amen.

IV. Mystery: “The presentation of Baby Jesus in the Temple”

“Simeon took him into his arms and blessed God, saying: ‘Now, Lord, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you have prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel” (Lk 2,28-32)

Reflect: God the Father receives from Mary what she generously offers, her son, which is the most precious thing that she possesses.

Meditate: Do you generously offer God the Father that which you love most in your life?

Pray: Abba, give me your grace to give you my life and my family, just like Mary gave you her only son. Amen.

V. Mystery: “Jesus lost and found in the Temple”

“When his parents saw him, they were astonished, and his mother said to him, ‘Son, why have you done this to us? Your father and I have been looking for you with great anxiety.’ And he said to them, ‘Why were you looking for me? Did you not know that I must be in my Father’s House?’ But they did not understand what he said to them.”

(Lk 2:48-50)

Reflect: The Father did not ignore the sufferings of Mary and Joseph during those painful hours in which they were looking for Jesus. However, He let them traverse through this moment to show us that his Will comes before our human desires.

Meditate: What attitude do you take during painful events in your life?

Pray: Abba, give me the spirit of Strength to humbly accept your divine Will, even if it is contrary to my desires and projects. Amen.



MYSTERIES OF THE LIGHT

(Prayed on Thursdays)

I. Mystery: "The Baptism of Jesus in the Jordan"

"It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, 'You are my beloved Son; with you I am well pleased'" (Mk 1:9-11)

Reflect: The Father, through Baptism, confirms that Jesus is his beloved Son, whom he has sent, so that, through Him, we become his adoptive children.

Meditate: Do you insist in exercising the gift that you received in your Baptism; that is, living like a son of God, maintaining your soul immaculate?

Pray: Abba, help me live my baptismal promises, so that I can truly be your son. Amen.

II. Mystery: "The wedding at Cana"

"When the wine ran short, the mother of Jesus said to Him, 'They have no wine.' And Jesus said to her, 'What do you want from me? My hour has not yet come'" (Jn 2:3-4)

Reflect: The Father, by the intervention of Mary at the wedding at Cana, teaches us that Mary intercedes for us. Jesus and Mary must be always present in a family that intends to be Christian.

Meditate: Do you collaborate, like Mary, with the plan of salvation that God has for all humanity?

Pray: Abba, give me the gift of love so that I care about the needs of my brothers and sisters, and help me accept Mary's invitation; "Do all that He tells you." Amen.

III. Mystery: “The proclamation of the Kingdom of God”

“Jesus came to Galilee and started proclaiming the gospel of God: ‘The time is fulfilled. The kingdom of God is hand close. Convert, and believe the gospel’ (Mc. 1:15)

Reflect: The Father wants that all of his children be saved; therefore, Jesus comes to announce that the Kingdom of God is close, and that conversion is necessary for our salvation.

Meditate: Do you self-criticize with the intention of changing those negative attitudes so that you are able to advance along through the way of conversion?

Pray: Abba, give me the gift of science, so that I can discern between good and evil, false and true, and see the signs that will lead me towards conversion. Amen.

IV. Mystery: “The transfiguration of the Lord on Mount Tabor”

“Jesus took Peter, James, and John... and he was transfigured before them... Then a cloud came, casting a shadow over them; from the cloud there came a voice that said: ‘This is my beloved Son. Listen to him’ (Mk 9:2, 8)

Reflect: The Father, with the Transfiguration, wants to strengthen the disciples’ faith facing the passion of his Son, and our faith facing the difficulties of our lives.

Meditate: Do you search for intimacy with Jesus to strengthen your faith and be a transfigured face?

Pray: Abba, help me be a transfigured face for my brothers and sisters. Amen.

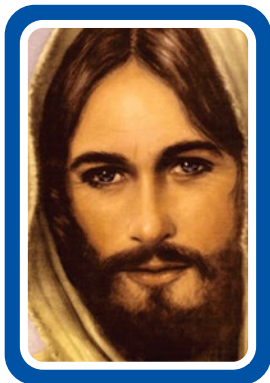
V. Mystery: “The Institution of the Eucharist in the Upper Room”

“Truly I tell you, I am the living bread that came down from heaven, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life and I will resurrect him the last day” (Jn 6:53-54)

Reflect: The Father wants that his beloved Son, under a small form of bread, remains with us, as nourishment and strength along our path.

Meditate: Are you preparing the sanctuary of your heart, which the Father weaved in you with threads of gold from before you were born, so that you receive Eucharistic Jesus with the sanctity and the honors that correspond to Him?

Pray: Abba, help me be humble like Jesus, so that I recognize him and adore him in that piece of bread that gives me salvation. Amen.



SORROWFUL MYSTERIES

(Prayed on Tuesdays and Fridays)

I. Mystery: "The agony of Jesus in in the garden of Olives"

"Jesus fell prostrate in prayer, saying: Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will" (Mt 26:39)

Reflect: The Will of the Father is accepted by Jesus thanks to his intense prayer. He feels on Himself the weight of all the rebellious bad will of men and prays so that, on earth, the human will no longer will be done, but the Divine Will reign.

Meditate: Do you ask the Father for his Will to be done or for yours?

Pray: Abba, help me pray like Jesus so I don't fall into the temptation to ask you for what I want, but for what you want. Amen.

II. Mystery: "The flagellation of Jesus"

"Then Pilate had Jesus taken away and scourged, and he handed him over to be crucified" (Mt 27:26)

Reflect: The Father lets Jesus be flagellated to repair for the concupiscence of us, his beloved children, which turn to pleasure and fall into the idolatry of our bodies.

Meditate: Are you aware that when you use your body in a sinful way you are flagellating Jesus?

Pray: Abba, my body is the temple of your Holy Spirit; help me control my evil inclinations, because of love for You, and thus be able to be faithful to your divine Will. Amen.

III. Mystery: “The crowning with thorns”

“They clothed him in a red robe and, plaiting a crown of thorns, placed it on him” (Mk 15,17)

Reflect: The Father permits that Jesus be crowned with thorns to return to mankind the dignity and the glory that has been lost by sin. Sin not only offends the Father but destroys the peace of the person that commits it.

Meditate: Do you fight against the capital sins: pride, greed, lust, anger, gluttony, envy and laziness?

Pray: Abba, give me a real knowledge of my sins and the courage to confessing in order to attain the peace that only comes from communion with you. Amen.

IV. Mystery: “Jesus carries the cross”

“So they took Jesus, and carrying the cross himself He went out to what is called the Place of the Skull, in Hebrew, Golgotha” (Jn 19,17)

Reflect: The Father permits that his Son carries the cross to teach us that we can become his disciples only if we accept our cross.

Meditate: Do you accept with love and serenity the cross that you have to carry in your life?

Pray: Abba, I want to carry my cross in peace and with love, knowing that it is the only way that takes to the encounter with you. Amen.

V. Mystery: "The death of Jesus on the cross"

"At noon darkness came over the whole land until three in the afternoon. And at three o'clock Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" which is translated, "My God, my God, why have you forsaken me?" (Mk 15:33-34)

Reflect: The Father hears the cry of Jesus that was faithful to him at all times, and gives him strength to face death. Jesus accepts it because of His love for the Father and for our salvation.

Meditate: Do you call the Father, like Jesus, for strength when you feel the weight of your cross is too much and give him all of your pains and worries?

Pray: Abba, make me understand that I cannot overcome suffering by regretting it nor by fighting or resisting it, but only by assuming it, and grant me the grace to experience your presence when I feel that my cross is too heavy. Amen.



GLORIOUS MYSTERIES

(Prayed on Wednesdays and Sundays)

I. Mystery: “The resurrection of Jesus”

“Mary Magdalene and the other Mary came to see the tomb... Then the Angel said to the women: Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised”
(Mt 28:1, 5-6)

Reflect: The Father, with the triumphant and glorious resurrection, confirms that Jesus is the way, the truth and the life.

Meditate: Do you live like someone who has died to sin and already possesses the new life of the Resurrected Christ?

Pray: Abba, help me live the resurrection like someone who belongs to you, someone who lives into you and for you. Amen.

II. Mystery: “The ascension of Jesus to Heaven”

“As he blessed them, he parted from them and was carried up to heaven” (Lk 24:51)

Reflect: Jesus ascends to heaven to join his Father. We can also be in communion with the Father, if we accept with love his Will and follow Jesus.

Meditate: Do you accept with love the will of the Father and follow the way of sanctity that Jesus teaches us through his Word?

Pray: Abba, help me meditate your Word confronting it with my life, so that I can move forward on the path to sanctity. Amen.

III. Mystery: “The coming of the Holy Spirit”

“And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each of them” (Act 2:2-3)

Reflect: The Father and the Son send the Holy Spirit, whom with his gifts enlightens our intelligence and strengthens our will, helping us live like true children of the Father and disciples of Jesus.

Meditate: Do you ask the Father insistently for the gifts of the Holy Spirit and you let yourself be guided by Him?

Pray: Abba, by the powerful intercession of the Immaculate Heart of Mary, send to me your Holy Spirit to purify my thoughts, words and actions, so that they always have their source in You and in You their end. Amen.

IV. Mystery: “The assumption of Mary into Heaven”

“Mary pilgrim of the faith... Lady of Silence and of the Cross, Lady of Love and of Giving, Lady of the Word received and of the Word received, Lady of Peace and of Hope, Lady of all departures, because you are the Lady of the way of the Easter road”, intercede for us! (Father Ignacio Larrañaga)

Reflect: The Father hosts Mary in His Kingdom for her faith, for her faithfulness to the Word, because she took her cross with love, in silence and loneliness, in the shadow of her Son.

Meditate: Do you imitate Mary so that the glory of Jesus shines in you?

Pray: Abba, help me imitate the virtues of Mary, so that I can tell to you; “, I am the handmaid of the Lord. May it be done to me according to your word”? Amen.

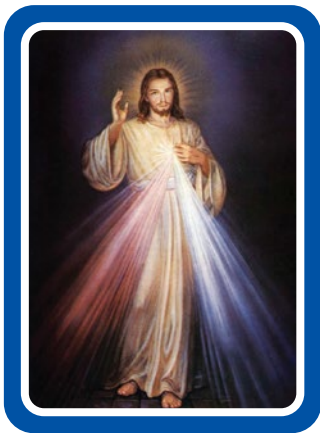
V. Mystery: “The coronation of Mary, Queen of everything created”

“A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars” (Rev 12:1)

Reflect: The Father glorifies and crowns Mary as Queen and Lady of everything created, because she always accepted the Divine Will.

Meditate: When you think of your great reward in heaven, does that help you live a more consistent Christian life?

Pray: Abba, help me have Mary as an example of abandonment to your Will so that I am able to participate one day of the glory of your Kingdom. Amen.



FRUITS OF THE ROSARY

In the life of each one of us, misfortune, disappointment, trials, suffering, failure, etc., are always present since all of these realities are part of our human condition as mortal beings. Prayed with faith, this Rosary can help you accept with serenity everything that God our Father offers you, and consequently live happier. Such is the experience and the testimony of many people who have been praying this Rosary since long time ago. May the Lord help you, too, to experience:

✦ **The paternity and providence of God our Father in your life.**

✦ **The infinite love and mercy of the Father.**

✦ **The grace of feeling you are liberated from everything that worries and burdens you.**

✦ **The deepest peace, the inner peace of the heart.**

✦ **The rest of the soul, befitting those who are in the arms of the Father.**

✦ **The deep joy of one who possesses God.**

✦ **The need to live more intensely for the Lord.**

May through the intercession of our Mother, the Virgin Mary, a model of abandonment herself, all of this become reality for you and for everyone who prays this Rosary! Amen.

**Visit our webpages:
www.rosaryofabandonment.org
www.iglesiacbba.org**

