

# A Poor Man's Psalter

150 Reflections on the Most Holy Rosary



Danilo Da Silva Ramos



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Based on the points for meditation as suggested  
by St. Louis de Montfort

*St. Louis de Montfort, pray for us!*

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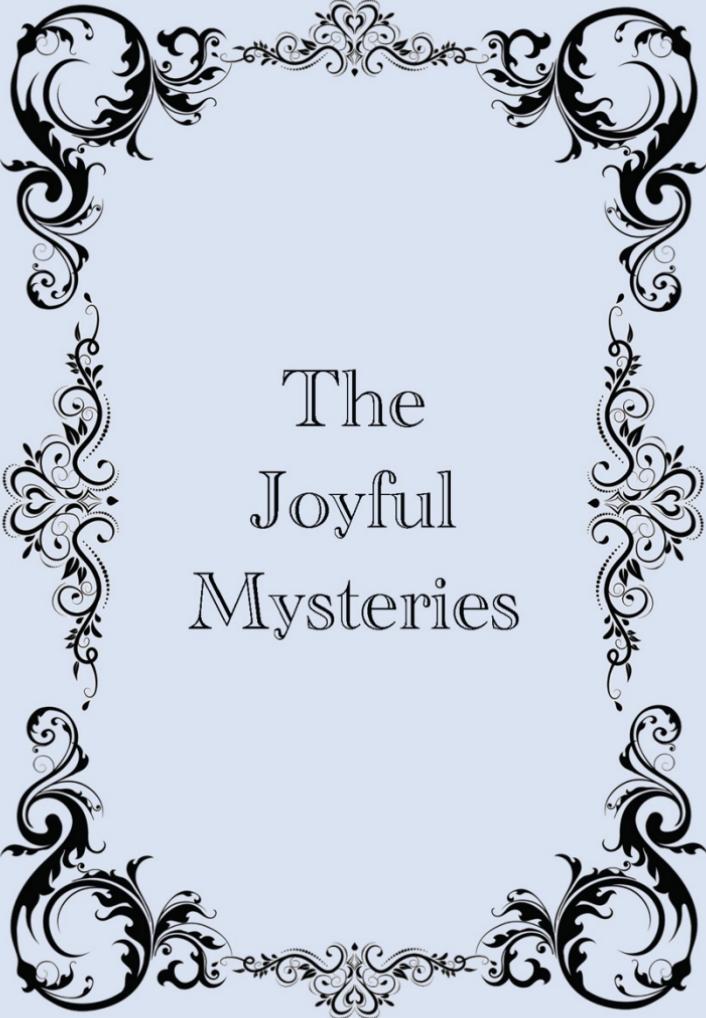
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***Am I not here, I who am your mother?  
What more do you need?***

Our Lady of Guadalupe speaking to St. Juan Diego

A decorative rectangular border made of black and white floral and scrollwork patterns, framing the central text. The border features ornate corner pieces and connecting horizontal and vertical sections with intricate leaf and vine motifs.

The  
Joyful  
Mysteries



# The Annunciation

1. St. Joachim and St. Ann present the child Mary at the Temple to be consecrated as a holy virgin.
2. Joseph the carpenter; the miracle of St. Joseph's blossoming staff.
3. Mary's "espousal" or marriage to Joseph.
4. The angel Gabriel appears to St. Zachary in the Temple to announce that St. Elizabeth, his wife, will conceive of him a child. This despite her being barren and both being well advanced in years. Zachary is told that that he is to name the child "John." Disbelieving, Zachary is struck dumb.
5. The greeting of Gabriel to Mary: "Hail, full of grace, the Lord is with thee: blessed art thou among women."
6. Mary's initial fear upon seeing the angel and, upon hearing his message, her confusion as to how a virgin could conceive in her womb and bring forth a son.
7. Mary's free consent: "Behold the handmaid of the Lord; be it done to me according to thy word."
8. The eternal generation of the Son by the Father.
9. The sacrifice of Himself made to the Father by the Son upon His coming into the world.
10. The creation of the soul and the formation of the body of Jesus in the womb of Mary by the Holy Spirit.



# The Visitation

1. Mary's silence to Joseph: Mary's humility prevents her from revealing the mystery of her divine maternity for the sake of justifying herself.
2. When Mary is found to be with child, Joseph, being a just man, and not willing publicly to expose her, is minded to divorce her privately.
3. Joseph's doubts about Mary are dispelled by an angel who appears to him in a dream.
4. The reconciliation of Joseph and Mary.
5. Accompanied by Joseph, the pregnant Mary hastens to visit her pregnant cousin Elizabeth.
6. St. Elizabeth declares to Mary, "Blessed art thou among women, and blessed is the fruit of thy womb."
7. The unborn St. John the Baptist leaps for joy inside the womb of St. Elizabeth.
8. Mary expresses her thanksgiving to God in the *Magnificat*.
9. Mary remains for three months in service to Elizabeth.
10. The birth of St. John the Baptist; when St. Zachary writes "His name is John" on a tablet, his voice is restored, and he exclaims the *Benedictus*.



# The Nativity

1. Joseph and Mary travel to Bethlehem to be enrolled in the census, but when they arrive there is no room in the inn.
2. The poverty of the stable where God came into the world. Also, the animals that were stabled there, especially the ox and the ass.
3. Mary's deep recollection of God's exceeding love when she was about to give birth to her child.
4. The miraculous birth whereby the baby was delivered out of the womb of Mary without breaking the seal of her virginity.
5. The divine child is cradled in a feeding trough.
6. The angels sing, "*Gloria in Excelsis Deo.*"
7. The coming of the poor shepherds into the stable bearing their humble gifts.
8. The circumcision, Jesus' first shedding of blood; the suffering of it accepted with love.
9. The bestowal of the Holy Name of Jesus.
10. Balthazar, Melchior, and Kaspar are guided by a star to Bethlehem where they present the Christ child with gold, frankincense, and myrrh.



# The Presentation at the Temple

1. The Purification of Mary.
2. As the Mosaic Law prescribes, Joseph and Mary pay the temple ransom of two turtledoves for their first-born son.
3. The Song of St. Simeon, the *Nunc Dimittis*.
4. Jesus will be a sign of contradiction.
5. A sword will pierce Mary's soul also.
6. St. Anna the prophetess.
7. The Holy Family flees to Egypt after Joseph is warned by an angel in a dream.
8. The Slaughter of the Innocents.
9. The Egyptian idols topple down before the child Jesus.
10. Joseph is told by an angel in a dream, "They that sought the life of the child are dead." The return of the Holy Family from Egypt to Nazareth.





# The Finding of the Boy Jesus

## Teaching in the Temple

1. When the missing boy Jesus is found in the temple, He says, "Did you not know that I must be about my Father's business?"
2. Jesus is subject to Joseph and Mary; He advances in age, wisdom, and grace; the mystery of His hidden life. Also, the Happy Death of St. Joseph.
3. Jesus is baptized by St. John the Baptist in the Jordan.
4. He fasts for 40 days in the desert and is three times tempted by the Devil.
5. He calls the twelve apostles: Peter, Andrew, James the Greater, John, Philip, Bartholomew, Thomas, Matthew, James the Lesser, Thaddeus, Simon, and Judas.
6. His public ministry: "Do penance: for the kingdom of heaven is at hand." His preaching, His parables, and His prophecies.
7. As representative of His miracles, the seven "signs" from the Gospel of St. John: Changing water into wine, healing the nobleman's son at Capernaum, healing the paralytic at the Fountain of Bethesda, feeding the 5000, walking on water, healing the man born blind, and raising Lazarus from the dead.
8. The Transfiguration. The Triumphal Entry into Jerusalem.
9. Jesus washes the feet of the apostles and issues the New Commandment of Love.
10. He offers the first Mass and institutes the Eucharist.

***If you are ashamed of the Cross of Jesus Christ,  
He will be ashamed of you before His Father.***

St. Louis de Montfort

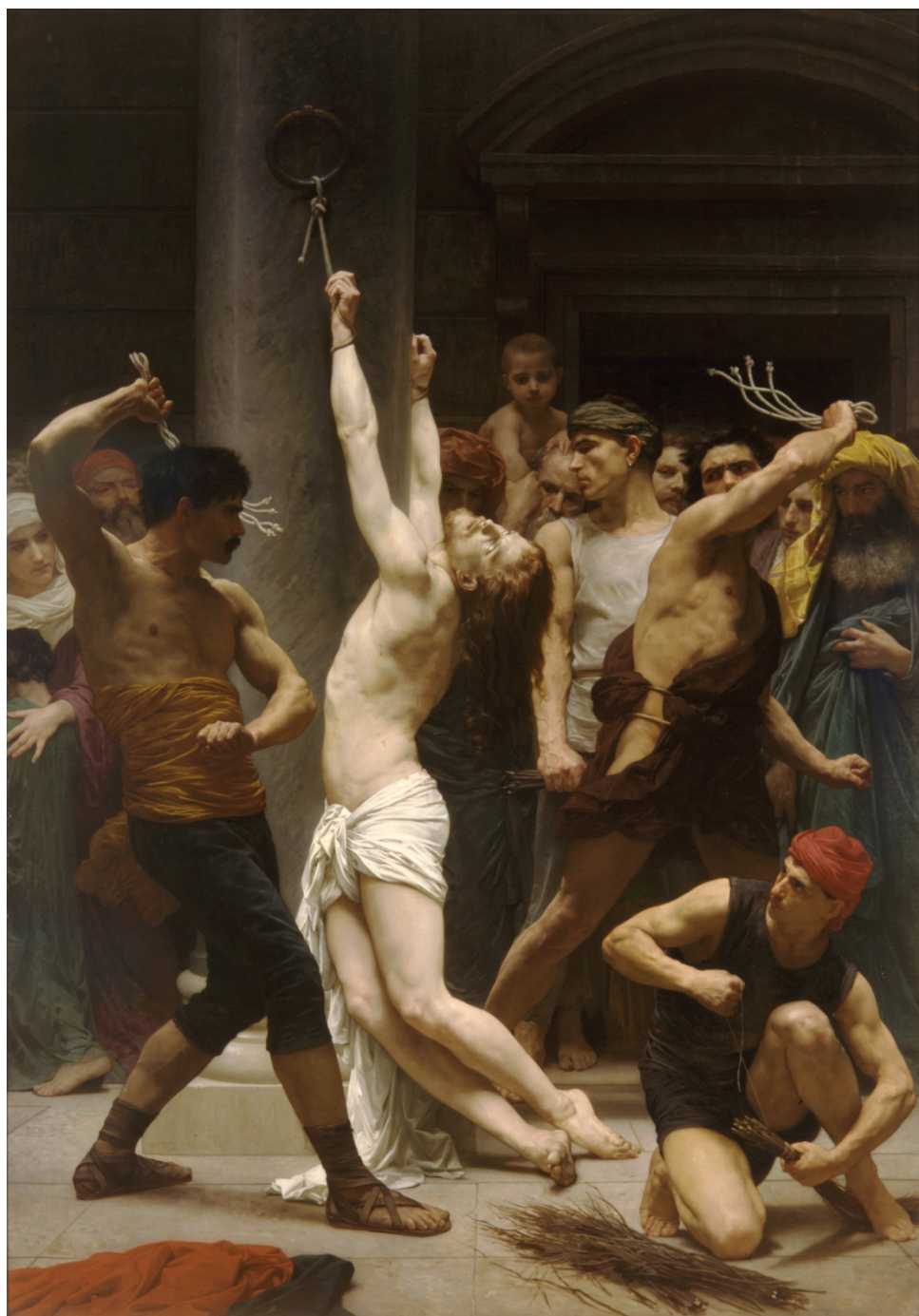
A decorative border made of black and white ornate scrollwork, floral motifs, and vines, framing the central text. The border is composed of four corner pieces and four side pieces, each featuring intricate designs of leaves, flowers, and swirling lines.

The  
Sorrowful  
Mysteries



# The Agony in the Garden

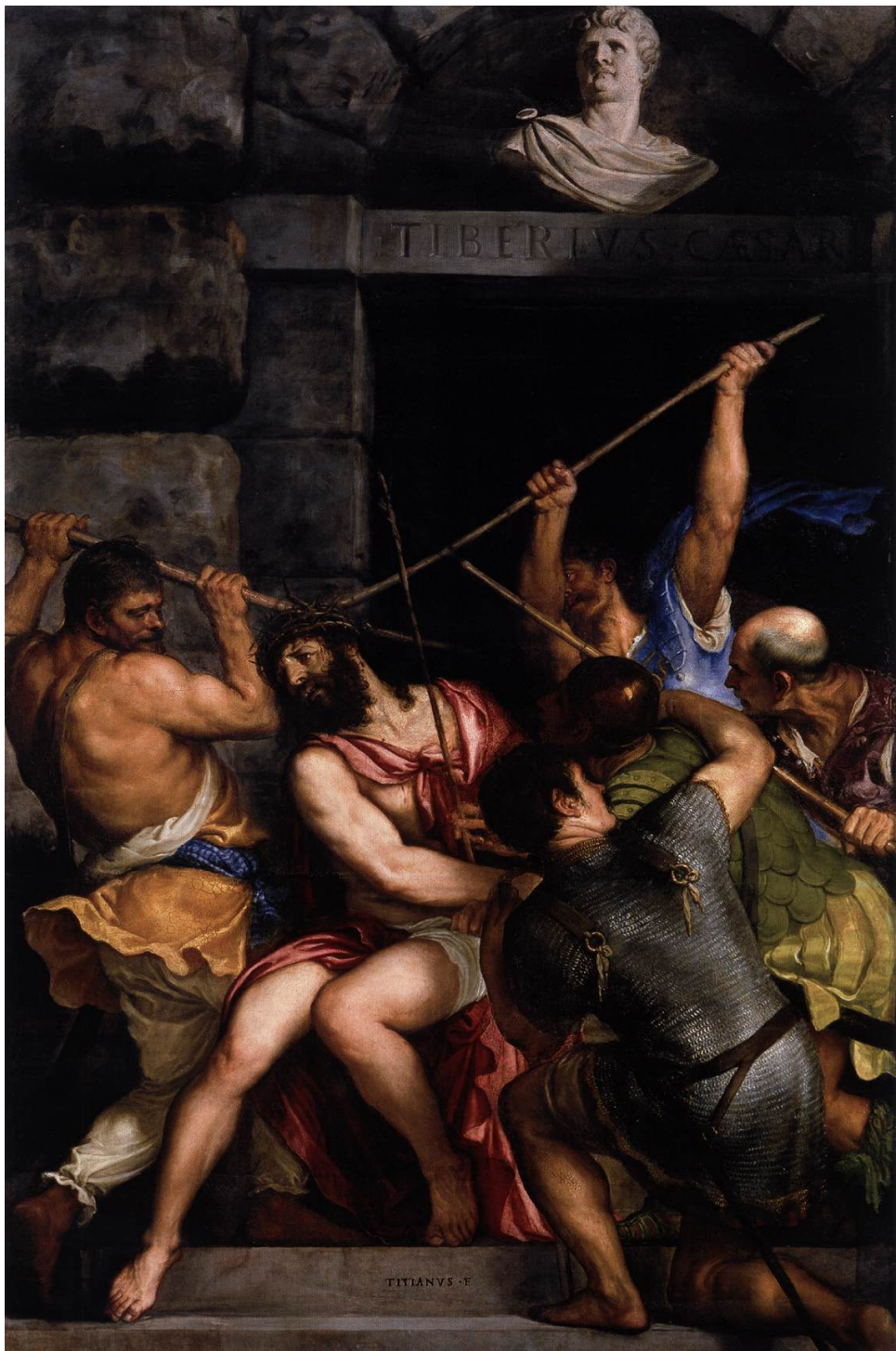
1. Jesus retreats to the Mount of Olives, to the Garden of Gethsemane.
2. His sorrowfulness; the weariness of soul experienced throughout His life, but especially on the eve of His passion.
3. Peter, James, and John sleep when they should be keeping vigil with Him.
4. His humble but fervent prayer, "Let this chalice pass."
5. His consent to the will of the Father: "Not my will but Thy will be done."
6. He is strengthened by an angel that appears from Heaven.
7. He sweats blood.
8. Judas betrays Him with a kiss.
9. The soldiers and servants of the high priests and the Pharisees go backwards and fall to the ground in awe before coming forward to arrest Him with lanterns, torches and weapons.
10. Jesus heals Malchus, the servant of the high priest, after Peter severs his ear with a sword.



# The Scourging at the Pillar

1. Jesus is bound and lead away in ropes and chains; He is dragged through the ravine of the Cedron.
2. The preliminary hearings: The false testimonies against Him. At the house of Caiaphas, He is blindfolded, struck, and mocked, "Prophecy! Who struck you?" Pilot and Herod become friends.
3. Peter denies Him three times.
4. Pilot asks, "What is truth?"
5. The people choose Barabbas over Jesus.
6. Jesus is stripped to be scourged. He receives insults and scorn from His tormentors on account of His nakedness.
7. He is bound by His neck, arms, and legs to the pillar.
8. The whips, the branches of thorns, the canes, the ropes braided with wire, and the other instruments of the scourging.
9. His wounds, and the blood that pours from them.
10. He collapses out of weakness into a pool of His own blood.





# The Crowning with Thorns

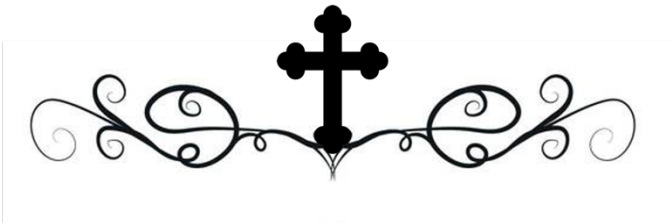
1. The Roman soldiers dress him in an old purple robe, giving Him a reed for a scepter and a rough-hewn rock for a throne.
2. The crown of thorns.
3. The blood that gushes forth from His head when they press the crown of thorns onto Him.
4. The soldiers mock Him: "Hail, King of the Jews!"
5. They beat Him, they spit on Him, and they pluck out His beard.
6. Jesus is made to ascend the stairs to the praetorium (the Holy Stairs) and is presented by Pilot to the people: "Behold the man!"
7. Jesus proclaims, "My kingdom is not of this world."
8. The Jews declare, "We have no king but Caesar!"
9. Pilot washes his hands of responsibility for the death of Jesus.
10. The Jews answer, "His blood be upon us and upon our children!"





# The Carrying of the Cross

1. The Judgment on the Gabbatha: Jesus is condemned to death.
2. He takes up His Cross; He lovingly kisses and embraces it.
3. He falls the first time.
4. He meets His mother on the road to Calvary.
5. St. Simon the Cyrenian is commandeered by the Roman soldiers to help Jesus carry His Cross.
6. St. Veronica wipes His face with her veil.
7. He falls the second time.
8. Jesus speaks to the daughters of Jerusalem, "Weep not over me: but weep for yourselves, and for your children."
9. He falls the third time.
10. He is stripped to be crucified and is given gall to drink.





# The Crucifixion

1. Jesus is nailed to the Cross.
2. The elevation of the Cross.
3. The priests, scribes, and ancients and the passersby mock Him, "If thou be the Son of God, come down from the Cross," and, "He saved others; he cannot save himself."
4. The Seven Last Words: "Father, forgive them for they know not what they do." / "Today shalt thou be with me in paradise." / "Woman, behold, thy son! Behold, thy mother!" / "My God, my God, why hast thou forsaken me?" / "I thirst." / "It is finished." / "Father, into thy hands I commend my spirit."
5. Jesus dies on the Cross.
6. The sun is eclipsed; the earth quakes; the graves open; the Temple veil is rent.
7. Blood and water pour forth from the pierced side of Christ when the centurion, Longinus, opens His Sacred Heart with a spear.
8. His body is taken down from the Cross and lain in the arms of His mother.
9. He is sealed in the tomb of St. Joseph of Arimathea.
10. Holy Saturday; Black Saturday; the Great Sabbath.



***Whatsoever He shall say to you, do ye.***

The Blessed Mother at the Wedding Feast at Cana

A decorative border made of black and white ornate scrollwork and floral motifs, framing the central text. The border is composed of four corner pieces and four side pieces, each featuring intricate designs of leaves, vines, and scrolls.

The  
Glorious  
Mysteries



# The Resurrection

1. The descent into Hell.
- 2.. The release of the Old Testament saints from Limbo.
3. The reunion of Jesus' soul and body inside the tomb.
4. His miraculous passage out of the tomb which remains sealed by a boulder.
5. He appears privately, in secret, to Mary.
6. The earth quakes and behold! An angel rolls away the boulder to reveal the empty tomb.
7. At the sight of the angel, the guards are struck with terror and become as dead men.
8. Upon arriving at the tomb to anoint the corpse, the holy women are asked by the angel: "Why do you seek the living with the dead?"
9. Peter and John come running to the tomb and see for themselves that the body is missing, only the napkin and death shroud remain.
10. Jesus appears to Mary Magdalene and sends her to proclaim His resurrection to the brethren.





# The Ascension

1. His apparitions to the holy women, on the road to Emmaus, to Peter, to all the Apostles excepting St. Thomas, to all the Apostles including St. Thomas, at the Sea of Tiberius, to the five hundred, to St. James the Lesser, to St. Joseph of Arimathea, and to the disciples in procession to Bethania at His Ascension.
2. They ask Him, "Lord, wilt thou at this time restore again the kingdom to Israel?" and He says to them, "It is not for you to know the times or the seasons, which the Father hath put in his own power."
3. "But you shall receive the power of the Holy Ghost coming upon you, and you shall be witnesses unto me in Jerusalem, and in all Judea, and Samaria, and even to the uttermost part of the earth... He that believeth and is baptized shall be saved."
4. "And these signs shall follow them that believe: They shall cast out devils, speak with new tongues, handle serpents, drink poison unharmed, and heal the sick."
5. Blessing His disciples, He is raised up off of the earth.
6. A cloud receives Him out of their sight.
7. Two angels appear as men in white garments and say to the disciples: "Why are you looking up? As you have seen him going into heaven, so shall he come again."
8. By His own power He opens the portal to Heaven: "Be ye lifted up, O eternal gates: and the King of Glory shall enter in."
9. He ascends upwards through the nine orders of angels: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim.
10. He takes His seat at the right hand of God the Father Almighty, from whence He shall come again to judge the living and the dead.



# The Descent of the Holy Spirit

1. The disciples, together with the holy women and Mary the mother of Jesus and his brethren, remain in the Upper Room, persevering with one mind in prayer as they await the descent of the Holy Spirit.
2. The eternal procession of the Holy Spirit from the Father and the Son.
3. On Pentecost, the Spirit descends with the sound of a mighty wind.
4. The Spirit alights on the disciples as tongues of fire.
5. Being filled with the Holy Spirit, the disciples begin to speak with diverse tongues.
6. The prophesy of Joel: "And it shall come to pass, in the last days, I will pour out my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams."
7. The conversion of the three thousand.
8. Saul persecutes the Church; the martyrdom of St. Stephen.
9. The conversion of St. Paul on the road to Damascus.
10. The first Council meets in Jerusalem, and Paul resists Peter to his face in Antioch; the abrogation of the Jewish ceremonial law and the triumph of Christian freedom: "All things are lawful to me, but I will not be brought under the power of anything."



# The Assumption

1. The angel Gabriel appears to Mary to announce that she will soon be taken up and received into Heaven.
2. Due to her Immaculate Conception and her sinless life, death has no dominion over her. Our Lady is able to be translated to Heaven without dying, but, in imitation of her Son, she freely consents to die.
3. The Dormition: In the presence of the Apostles, excepting St. Thomas, after having received their blessings, in an ecstasy of love, she gently and peacefully dies by falling asleep.
4. Her separated soul is escorted by Jesus into eternity where it is received with great acclaim by the entire heavenly court.
5. Her funeral procession is accosted by a mob.
6. At the sight of a heavenly palm branch with which the angels have adorned her bier, the mob is struck blind and then converted.
7. The entombment of the Holy Virgin.
8. On the third day, her resurrection from the dead.
9. She is assumed bodily into Heaven.
10. Upon St. Thomas' being returned from India, the Apostles open Mary's tomb in order to venerate her relics but find that her body is missing, only her mantle and robe remain.



JOSEPH PETER... JACQUES REMOND... GIOVANNI FRANCESCO PERRI...  
LA MADONNA DI MONTELUCE

# The Coronation

1. Mary receives a triple crown from the Holy Trinity. As His queen mother, she is enthroned at the right hand of Jesus Christ, King of Kings and Lord of Lords.
2. Mary presents the rosary to St. Dominic to be a channel of her graces; she secures victories through the rosary in combat against Satan and the enemies of the Church, such as against the Albigenians and at Lepanto.
3. The apparition at Mount Carmel.
4. The apparition at Tepeyac, Mexico (Our Lady of Guadalupe).
5. The apparition at La Rue du Bac. (The Miraculous Medal)
6. The apparition at Lourdes.
7. The apparition at Fatima.
8. "They have no wine." Mary intercedes with Christ to "trample out the vintage in the winepress of the wrath of the Lord," that is, to begin the Armageddon.
9. The apocalyptic battle between "the woman clothed with sun, with the moon at her feet and a crown of twelve stars" and "the red dragon."
10. The Triumph of the Immaculate Heart.





*O Mary, conceived without sin,  
pray for us who have recourse to thee.*

A decorative border of black floral and scrollwork patterns frames the text. The border is composed of four main corner pieces and connecting horizontal and vertical elements, all featuring intricate scrollwork and floral motifs.

## The Memorare

Remember, O most gracious  
Virgin Mary, that never was it  
known that anyone who fled  
to thy protection, implored  
thy help, or sought thine  
intercession was left unaided.

Inspired by this confidence, I  
fly unto thee, O Virgin of  
virgins, my mother; to thee do  
I come, before thee I stand,  
sinful and sorrowful.

O Mother of the Word  
Incarnate, despise not my  
petitions, but in thy mercy  
hear and answer me.

Amen.

## The Secret of the Rosary



*For the Rosary teaches people about the virtues of Jesus and Mary, and leads them to mental prayer, to the imitation of Jesus Christ, to the frequentation of the sacraments, the practice of genuine virtue and of all kinds of good works.*

*If you say the Rosary faithfully until death, I do assure you that, in spite of the gravity of your sins you shall receive a never-fading crown of glory. Even if you are on the brink of damnation, even if you have one foot in hell, even if you have sold your soul to the devil as sorcerers do who practice black magic, and even if you are a heretic as obstinate as a devil, sooner or later you will be converted and will amend your life and will save your soul, if - and mark well what I say - if you say the Holy Rosary devoutly every day until death for the purpose of knowing the truth and obtaining contrition and pardon for your sins...*

*Persevere in it and your fidelity will be rewarded with the wonderful crown which is prepared for you in heaven: "Be faithful until death and I will give you the crown of life."*

- St. Louis Marie Grignon de Montfort

## **Artistic Acknowledgements**

Front Cover: Etienne Parrocel, Virgin and Child giving the Rosary to St. Dominic, 1696-1776

### **Joyful Mysteries**

Annunciation: Orazio Gentileschi, 1623

Visitation: Philippe de Champaigne, 17th century

Nativity: Lorenzo Lotto, c. 1480-1556

Presentation: Master of Liesborn, 1460-1490

Finding in the Temple: Bernard van Orley, c. 1513

### **Sorrowful Mysteries**

Agony in the Garden: Jacob Jordaens, 1608 – 1640

Scourging at the Pillar: William-Adolphe Bouguereau, 1880

Crowning with Thorns: Tiziano Vecelli, 1542-1543

Carrying of the Cross: Spanish School, c. 1650

Crucifixion: Bartolomé Esteban Murillo, 1675-1682

### **Glorious Mysteries**

Resurrection: James Tissot, 1886-1894

Ascension: James Tissot, 1886-1894

Descent of the Holy Spirit: Tiziano Vecelli, 1555

Assumption: Benetto di Biagio, 1505-1510

Coronation: Giulio Romano / Gianfrancesco Penni, 1523-1525

The Secret of the Rosary: Artist Unknown, c. 19<sup>th</sup> Century

Back Cover: Bartolomé Esteban Perez Murillo, c. 1650-1655





*A Poor Man's Psalter* contains meditation points for each bead of the rosary. I developed these points to bring, what was for me at times, a blurry meditation into sharp focus. Of course, each bead of the rosary could be associated with any number of points for meditation. My hope, however, is that these meditation points have something like an "organic" connection to each bead.

Would you consider using the rosary as a mnemonic device to memorize *the greatest story ever told*? Without a doubt, the rosary is a "book on a string," symbolically containing all wisdom and truth.

Danilo Da Silvo Ramos