KIMBERLI SCULLY

Do You Love Me?

A ROSARY COMPANION



"Do you love me?"

JOHN 21:17

PRAYING THE ROSARY AS A CONVERSATION WITH JESUS

A WORD FROM KIMBERLI

A word before you begin

I said the words. I said them faithfully. But the Rosary was something I gave to God rather than something I did with Him; an offering, a duty, a thing done on my side of a wall. I would finish it and go about my day unchanged. There was no sense that anything had been heard, because it had never once occurred to me that anything could answer.

One Tuesday afternoon, driving the I-5 from Los Angeles to San Diego, I picked up my rosary and began the Sorrowful mysteries. Before I had even begun the first Hail Mary, He spoke. “Do you love me?” He asked. I did not know that the prayers I had been laying down, week after week, like petitions left at the foot of the tabernacle, had been received all along. He had taken hold of that offering and turned it into a conversation.

The mysteries of the Rosary are not a schedule. They are doorways, five at a time, four sets of them, and each one opens onto a moment in the life of Jesus that is not past. The Garden is not a memory. The crucifixion is not a history lesson. They are present, and when you enter them with Him, they are present to you. Saint John Paul II called the Rosary the school of Mary, where we sit beside her and learn to look at her Son through her eyes.

These pages are a simple way to begin that conversation. You will not do this perfectly, and you do not need to. The goal is intimacy with Christ.

PREPARING YOUR HEART

Before the first bead

Find a quiet place where you can be alone with Him, free from distractions. A chair in a quiet corner is enough. If you have a crucifix, or a statue of Jesus, Mary, or one of the saints, keep it nearby, and ask Our Lady or your patron saint to pray with you. Put your phone out of reach.

Then ask Jesus to make Himself present to you. Distractions and worries will try to crowd in, so renounce them in His name:

> *"Lord Jesus, become present to me. In Your Holy Name, I renounce every distraction and barrier that keeps me from meeting You here as I pray, and I ask You to silence every voice that is not Yours. Draw near to me, and let me feel Your peace and love."*

Then wait. Waiting is not doing nothing. It is an act of faith that He is already with you, even before you can sense Him. His presence may come as a deep peace, a warmth that calms your heart, a quiet reassurance in your spirit, or an unexpected burst of joy or gratitude. However He comes, you will know you are not alone.

WHEN FEAR RISES

If anxiety or fear rises, speak to Him out loud. Our words carry real power, and Jesus hears every one of them.

> *"In Jesus' Holy Name, I renounce fear, anxiety, and every distraction, and I ask You, Lord, to silence every voice that is not Yours. I call upon the Holy Spirit to fill me with Your peace."*

THE HEART OF IT

Praying a decade as a conversation

Name the mystery. Then, before you begin the Our Father, give Him room to speak. Every decade in *A Pilgrimage to Your Soul* follows these three steps.

1. **Enter the scene.** Place yourself inside the mystery. Where are you standing? What can you see, smell, and hear? Who is nearest to you? Watch what happens. Do not direct it and do not improve it. Notice where you want to look away. That is usually where He is working.
2. **Sit with the Word.** Read a passage of Scripture for the mystery slowly, twice. Stay with the word or phrase that stops you. Say it to Jesus, and ask Him what He wants to say to you through it.
3. **Ask Him.** Sit with your journal and ask Jesus one question: what He wants you to learn, or what He wants you to change. Write down whatever comes, even if it seems obvious or small.

PRAY THE DECADE

Say the Our Father, ten Hail Marys, and the Glory Be. As you pray, do not leave the scene. Stay there with Him, and let Him speak to you. There is no need to hurry. After the Glory Be, you may add the Fatima Prayer.

AFTER THE DECADE

Do not stand up straight away. Tell Him what you saw, and seal what He gave you:

> *"In Jesus' Holy Name, I seal everything that was given to me from God, and I rebuke anything that is not from God to be silenced and removed."*

Date your entry. What you write now becomes the record of where you stood, and one day it will show you how far you have walked with Him.

THE ROAD HE LAID OUT

His order, not mine

What I found, over the years that followed, was that He was leading me through the mysteries in His order. The Sorrowful mysteries first. Then the Luminous. Then the Glorious. Then the Joyful.

I know the order looks backwards. The Joyful mysteries are the beginning of His life on earth, and every instinct says they should come first. But before I could embrace the gifts and graces He had prepared for me, the wounds that stood between me and Jesus had to be brought into the light and healed. Only then could the graces of the Joyful mysteries find room in me.

THE FIVE LIES OF THE SORROWFUL MYSTERIES

In each Sorrowful decade, He brought one lie into the light.

The Agony in the Garden *False Trust*	Believing He was there for the world but not for me, and leaving Him in heaven while I ran my life on earth.
The Scourging at the Pillar *That Our Bodies Are Our Own*	Believing that what I wore or whom I kissed was too small to matter to Him, and forgetting that my body is His temple.
The Crowning with Thorns *Self-Reliance*	Leaving Him out of my thoughts, doing things for Him instead of with Him, and inviting Him only to the finish.
The Carrying of the Cross *Self-Sufficiency*	Carrying my grudges and burdens alone, and never once asking Him to help me.
The Crucifixion *Unworthiness*	Believing that because of my failures, He could never truly love me.

YOUR FIRST STEP

Where to begin

You do not have to choose your starting place on your own. Ask Him. What He gives you on this road will be unique and personal, because He knows each of us by name and meets each of us where we are.

Even my beginning was not mine. Tuesday is the day the Church appoints for the Sorrowful mysteries, and Tuesday is the day He spoke. I did not choose them. I simply prayed what the day called for, and He met me there, in the obedience of the ordinary, inside the rhythm the Church had already given me. Pray what today calls for, and ask Him to meet you there.

WHICH MYSTERIES TODAY?
Joyful: Monday and Saturday · Sorrowful: Tuesday and Friday
Glorious: Wednesday and Sunday · Luminous: Thursday

IF SHAME RISES

If you ever start to feel shame, self-hatred, anger, or doubt that God could ever forgive you, stop right there. That is not Jesus speaking to you. Jesus may show you a sin, but He always shows you His mercy with it. Do not argue with the lie, and do not stay with it. Turn away from it and look at Jesus, and say:

> *"In the name of Jesus, I rebuke these feelings, and I ask You, Holy Spirit, to give me comfort and wisdom."*

Then ask Him to show you where He is in that moment. If you cannot feel or hear Him, remember a time when you felt His presence, and rest there in His peace.

THE ROAD AHEAD

Keep walking

He did not show me the road ahead. He has never once shown me the road ahead. He showed me the next step, and then the next one, and He has done the same thing every day since.

A *Pilgrimage to Your Soul* is the whole road: all four sets of mysteries, twenty decades, each with what He showed me and the Reflections that carried me through it.

TWO FREE COMPANIONS

The Garden: the first decade of the road, with space to write what He shows you.
How to Pray the Rosary: the prayers, the beads, and the mysteries for each day.
Both are waiting for you at www.KimberliScully.com.

A Pilgrimage to Your Soul

FOUR WAYPOINTS · TWENTY DECADES · ONE PILGRIMAGE

Coming in 2027 · Foreword by Rev. Malachi Van Tassell, T.O.R., Ph.D., President, Saint Francis University

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