

Rosary Distractions

It is even difficult to say a Hail Mary without your imagination troubling you a little, for it is never still;

<https://www.americaneedsfatima.org/The-Holy-Rosary/four-ways-to-avoid-distractions-during-the-rosary.html>

I have started saying a Daily Rosary, but I am finding it hard to stay focused. For those of you that say a Daily Rosary, how do you keep yourself from getting distracted and say it with a prayerful heart every day? -

[Kjnw4831](#)

<https://forums.catholic.com/t/how-to-stay-focused-during-the-rosary/416371>

I like to pray the rosary as much as possible. However, I have a short attention span and sometimes my mind inadvertently wanders away from meditating on the mysteries. Am I committing a sin while doing this?

<https://forums.catholic.com/t/if-my-mind-wanders-while-praying-the-rosary-am-i-sinning/335121>

Try as I might, I often find my mind wandering when I pray the Rosary. Am I the only one who has to keep reminding myself to concentrate? - [Sailor Kenshin](#)

Nope. Me too and I'm sure many others. - [Sr Sally](#)

<https://forums.catholic.com/t/distracted-during-rosary/88341>

I want to strengthen my prayer life, but I always have the hardest time with praying the rosary!! My mind wanders a lot, and I find myself repeating an entire decade because of my lack of concentration ... :banghead: It is really frustrating! - [Christmasfetus](#)

I had the same problem and really didn't like saying the rosary for that reason. - [yinekka](#)

<https://forums.catholic.com/t/keeping-concentration-when-praying-the-rosary/2149>

I have a hard time focusing when praying meditative prayers like the Rosary and the Chaplet of the Divine Mercy. - [locket](#)

<https://forums.catholic.com/t/trouble-concentrating-when-praying-the-rosary/51655>

Sometimes when I am praying the rosary I will have unwanted thoughts. These can be upsetting and can distract me from praying. - [Therese11](#)

<https://forums.catholic.com/t/unwanted-thoughts-while-praying-the-rosary/390595>

I seem to get a wandering mind while praying the rosary, I cant concentrate on the mysteries and sometimes start daydreaming or worrying about the days events. - [Stillsosola](#)

I think most people do that. I know I do. - [ClearWater](#)

<https://forums.catholic.com/t/does-anyone-have-any-advice-on-praying-the-rosary/346729>

I too had/have the same problem when I say the Rosary. I find it very difficult to meditate upon the mysteries and my mind tries to wander all over the place. [George Stegmeir](#)

<https://forums.catholic.com/t/does-anyone-have-any-advice-on-praying-the-rosary/346729/3>

Thought I'd ask for any practical tips for praying the rosary. My struggle? Even though I start praying, I'm thinking in a million things! Even when I'm silent while praying, that means I think about a gazillion things at the same time! - [TMO](#)

<https://forums.catholic.com/t/tips-for-praying-the-rosary/349698>

I have a problem with distractions, and the repetitions of the Hail Mary's do not help with my wandering brain. - [EIF5A](#)

<https://forums.catholic.com/t/is-it-wrong-to-pray-the-rosary-like-this/363790>

I try to pray The Rosary every day, but I often find my mind wandering during the prayer.... I'm always disappointed in myself for my failure to remain focused and attentive during protracted prayer.

<https://forums.catholic.com/t/mind-wandering-during-prayer/314761>

I have been praying a daily rosary for many years now, but still struggle. Can anyone through me suggestions for better concentration... methods to keep my mind from wandering?

- [Online Knight](#)

Like the other posters, I get distracted at times when I say the Rosary. What helps me, is sitting somewhere quiet and I have to close my eyes - that being done, my mind still wanders. - [MSParrott](#)

About three years ago for Lent, I learned how to pray the Rosary, and have prayed it every day since. The problem is, I can't stay focussed AT ALL with it. I used to struggle with intrusive thoughts, and although those are mostly under control now, my mind still wanders all over the place. - [sugarmouse](#)

<https://forums.catholic.com/t/cant-pray-the-rosary-but-dont-want-to-give-up/396538/14>

I want to start praying the rosary more often, because I honestly don't do it very often, because I have trouble concentrating...this makes me feel really bad to admit. - [Sneaux](#)

Here's another way I look at distractions: Yes, they happen. They can't be avoided. So my Rosaries are never perfect. - [svid2](#)

<https://forums.catholic.com/t/help-with-the-rosary/367165>

I try and pray the Rosary every Sunday and it is just hard for me. I have yet to make it through 1 decade without having my mind wander...sometimes a great deal. - [tkdnick](#)

I've been praying the every night rosary since February and I still forget half of it. - [Harriet](#)

I have to admit to a lot of wandering thoughts. (My thing is "coming to" on the last decade, & I lost myself in the middle of the second). - [Zooey](#)

Keeping my mind on the rosary is next to impossible. - [Meggie](#)

Well, I was too struggling with the rosary sometimes. Not of mysteries, but my mind kept wandering...

sometimes I would think of what I would do after I pray and stuff. My grandmother tells me it's Satan which gets me harder to try stop wandering but sometimes it's hard. - [thearrowkeys](#)

Wow! I'm glad I'm not the only one with concentration problems. - [khkhk](#)

I've been praying the rosary all my many years. And struggling mightily. - [Callie](#)

I still have times when my mind wanders, despite my best intentions. Some times I struggle just to finish one rotation/ set of mysteries. - [serendipity](#)

Oh my goodness!! I'm having such a difficult time SAYING the Hail Mary while THINKING about the mysteries. - [carol marie](#)

But with the rosary, my problem is that while sitting and focusing on the mysteries and the prayers, it is easier for my mind to wander. - [serendipity](#)

I am TERRIBLE at praying the Rosary. My mind wanders continuously and I forget which decade I am praying and everything. - [Jaypeeto2](#)

<https://forums.catholic.com/t/struggle-with-rosary/20402/38>

It's been hard to focus. - [TemperanceOfGod](#)

<https://forums.catholic.com/t/cant-pray-the-rosary-but-dont-want-to-give-up/396538/17>

Sometimes I'm thinking of the mystery, and I say a few Hail Mary's without thinking - kind of like auto pilot. - [nobody](#)

Meditating through all the Rosary prayers has been a big problem for me. (I allow my mind to wander off after just a few Hail Marys on each decade.) - [gardenswithkids](#)

<https://forums.catholic.com/t/saying-the-rosary-with-meaning/40392/13>

when I try to imagine the scene and so forth, I either will begin to wander my mind or having a hard time figure out the lesson and the theme of the mystery. - [UnityofTrinity](#)

<https://forums.catholic.com/t/difficulties-with-the-rosary/224960/11>

I know this is a common problem for many people, but I've yet to hear a very good method of keeping your mind on prayer. My mind always wanders when I try to pray. - [Dave](#)

<https://forums.catholic.com/t/mind-wandering-during-prayer/76858/6>

During the rosary my mind wanders all over. - [Auntie A](#)

<https://forums.catholic.com/t/questions-about-the-rosary-the-liturgy-of-the-hours-and-praying-in-general/373976/12>

No matter how much I try to keep my mind on meditation, whenever I pray the rosary or the Divine Mercy chaplet, my mind just wanders all over the place. It feels like I'm wasting my time.

- [masondoggy](#)

I can't pray for two minutes without my mind wandering. - [lizaanne](#)

<https://forums.catholic.com/t/i-cant-concentrate-when-i-pray/78030>

Its like my mind would wander off a distant memory for a second then I'll remember that I am praying the rosary. I always get these distractions. - [jeromegee](#)

<https://forums.catholic.com/t/regrets-sins-of-the-past-breaks-prayer-concentration/260001>

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<https://forums.catholic.com/t/cant-pray-the-rosary-but-dont-want-to-give-up/396538/9>

I have been trying to say the rosary, but I'm not feeling anything amazing. I seem to get easily distracted. - [j9house](#)

<https://forums.catholic.com/t/i-cant-pray-the-rosary/7401/3>

Sometimes I have problems with my mind during the rosary. My mind wanders. - [maryjk](#)

<https://forums.catholic.com/t/book-i-found-to-help-me-say-the-rosary/34751/2>

I too have to fight my mind from wandering. - [ATeutonicKnight](#)

<https://forums.catholic.com/t/i-tried-praying-the-rosary-and-fell-promptly-asleep/235143/91>

It's hard for me to concentrate when I pray the rosary. - [BayCityRickL](#)

Since I was having a problem keeping my mind centered on Christ and my mind wondering it kept me from praying it. - [Marysgirl](#)

I'm very easily distracted and impatient. - [Tallow](#)

I try to pray daily. need a lot of work on my meditation—my mind keeps wandering. - [antiaphrodite](#)

When my concentration is poor I feel as if it's as bad as if i didn't say it at all. - [serendipity](#)

<https://forums.catholic.com/t/do-you-recite-the-rosary/17865/20>

I am having trouble with the meditating part and I am always drifting away and end up thinking about other things. - [jesus4ever](#)

<https://forums.catholic.com/t/comitting-to-the-rosary/228575/9>

I can't begin to tell you how many times I find my thoughts wandering while trying to meditate on the Mysteries, especially my morning Rosary. - [Lost and Found 1](#)

<https://forums.catholic.com/t/reciting-the-rosary-mistake/293809/6>

I get distracted a lot when saying the Rosary. - [CajunJoy65](#)

<https://forums.catholic.com/t/when-you-say-a-rosary/443098/20>

I've always had trouble with my mind wandering while praying the Rosary. – [The_Reginator](#)

<https://forums.catholic.com/t/the-holy-rosary/258235/19>

when I say a group of ten Hail Marys, I find my mind wandering to all kinds of things. - [baltobetsy](#)

<https://forums.catholic.com/t/how-do-you-say-a-decade-of-rosary/87692/8>

I find it very difficult to concentrate on the mysteries. I have a very hard time keeping my mind from wandering. - [k8e308](#)

<https://forums.catholic.com/t/sticking-with-the-rosary/227759>

...my mind keeps wandering, I keep forgetting I'm praying it! - [holyrood](#)

<https://forums.catholic.com/t/guilt-for-feeling-more-devoted-to-a-prayer-other-than-our-father-or-the-rosary/335100/6>

I already have way too much trouble trying to keep a hold of my wandering mind for even a portion of a decade without having to zip through it. - [Hipster Doofus](#)

<https://forums.catholic.com/t/fast-rosaries/77292/7>