

Sample Prayer for Prayer Beads

The Full Circle Prayer

Cross: In the name of the Father, Son and Holy Spirit, Amen

Invitatory Bead: Create in me a clean heart, O God, and put a new and right spirit within me. (Psalm 51:10)

Resurrection Bead: Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. (1 Peter 1:3)

1st Cruciform Bead: I praise you, Lord, for . . . 1st set of Week Beads: use each bead to praise God for His wondrous acts of grace.

2nd Cruciform Bead: I ask, Lord, for forgiveness for . . . 2nd set of Week Beads: use each bead to confess your sins before God.

3rd Cruciform Bead: I pray, Lord, for . . . 3rd set of Week Beads: use each bead to list prayer concerns for yourself or others.

4th Cruciform Bead: I thank you, Lord, for . . . 4th set of Week Beads: use each bead to recall something for which you are thankful.

Invitatory Bead: recite The Lord's Prayer

Resurrection Bead: Christ has died. Christ is risen. Christ will come again.

Cross: In the name of your Son, Jesus Christ, Amen.

Resources at Upper Room Bookstore

A Bead and a Prayer

A Beginner's Guide to Protestant Prayer Beads

By Kristen E. Vincent

Another Bead, Another Prayer

Devotions to Use with Protestant Prayer Beads

By Kristen E. Vincent, Max O. Vincent

Beads of Healing

Prayer, Trauma, and Spiritual Wholeness

By Kristen E. Vincent

For more information about Spiritual Formation, go to: www.awfumc.org/spiritualformation

For more information on prayer beads or to request a Prayer Bead Introductory Workshop please contact: Patti Bodenhamer at 251/962-2175 pattibodenhamer@gmail.com or LuAnne Houser: lwagessmith@charter.net



Protestant (Anglican) Prayer Beads

Prayer Beads:
A Tool for More
Focused Prayer
*"Pray as you can, not as you can't."
-Dom John Chapman*



Focus * Connect * Pray

Why Prayer Beads

Prayer beads can help you focus while praying. They are something that you can hold onto. In a sense, they help to ground you and give you a path to follow during your prayer. They also provide structure and comfort.

And if you have trouble coming up with your own prayers, there are many types of suggested prayers and devotions to use with prayer beads!

What are prayer beads?

Prayer beads are sets of beads that are designed to help people pray. The earliest known use of prayer beads was in 3200 B.C. by the ancient Egyptians. Since then, all major religions have used beads to count prayers. While Jews don't use beads, they do use knotted fringe on their shawls, called *Tzitzit*, to count their prayers.

Interestingly, the modern English word "bead" is derived from the Anglo-Saxon "bede," meaning "prayer."

There are many types of prayer beads: Anglican prayer beads have 33 beads, while Catholic rosaries have 60 beads and Orthodox rosaries have 100 beads.

What do the beads mean?

The beads start with a cross to remind us of Christ's act of salvation for us. The cross then leads to the "Invitatory Bead," which can be used as a call to worship to begin your prayer or to recite the Lord's Prayer.

The "Resurrection Bead," is to remind us that Christ still lives and has triumphed over death, and can be used to praise God for the promise of eternal life in His kingdom.

Then there are 4 "Cruciform Beads" that form the shape of the cross (the number 4 reminds us of the 4 Gospels and the 4 seasons of the year). Between each of these beads are 7 smaller "Week Beads" (the number 7 represents spiritual perfection, and also reminds us of the 7 days of Creation and the 7 seasons of the liturgical year).

The total number of beads is 33, which is meant to remind us of the number of years that Christ lived on earth, plus 1 to represent his resurrection.

Since the earliest of times, people have used pebbles or a string of knots or beads on a cord to keep track of prayers offered to God. Virtually every major religious tradition in the world uses some form of prayer beads.

How do you use the prayer beads?

There is no wrong or right way to use prayer beads. You may just want to hold them and finger the beads while you pray. Or you may want to follow the pattern of the beads, praying a specific prayer for each bead. Do what works for you!

