

What are Some Prayers to Use with Prayer Beads?

The Lord's Prayer- on any bead, any time.

The Cross:

Blessed be the one, holy and living God.

Glory be to God for ever and ever.

Blessed be God, Father, Son and Holy Spirit.

The Invitatory Bead:

O God make speed to save me (us).

O God make haste to help me (us).

Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

The Four Cruciforms:

Holy God,

Holy and Mighty,

Holy Immortal One,

Have mercy upon me (us).

OR

O, Lamb of God, that taketh away the sins of the world have mercy upon us.

O, Lamb of God, that taketh away the sins of the world have mercy upon us.

O, Lamb of God, that taketh away the sins of the world give us thy Peace.

The Weeks:

Almighty and merciful Lord, Father, Son and Holy Spirit, bless us and keep us. Amen.

OR

I lift up mine eyes to the hills;

from whence cometh my help?

My help cometh from the Lord,

the maker of heaven and earth.

Are Prayer Beads for Children Too?

Children enjoy saying prayers from their heart as they hold the colorful beads in their hands.

A Prayer for Young Children:

“God Bless Everyone”

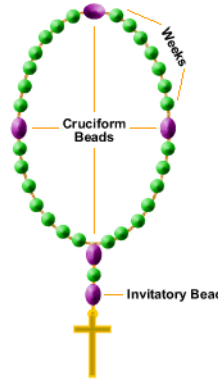
(Hold each cruciform as you say each line.)

God bless the earth . . .

God bless the sea . . .

God bless my family . . .

God bless me!



You may also choose a favorite psalm such as Psalm 19, 23, 25, 42, or 69.

Today people all over the world use prayer beads. *On Beads of Prayer* is a ministry whose mission is to deepen your connection with God. If you would like to make your own prayer beads or start your own prayer bead group, please contact us!

*As Archbishop Desmond Tutu once said,
“When you have a free moment or two, may I suggest prayer.”*

On Beads of Prayer

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On Beads of Prayer

Connecting with God



One of life's greatest mysteries is the power of prayer. Used for intimacy with God, it is said to be life altering. The healing power of prayer reaches across science to a place of calm and peace in the human heart and spirit.

We are Christians of many denominations organized through the Episcopal Diocese of Washington. Our goal is to help you grow in your personal spiritual journey through the time-honored joy and mystery of praying with beautiful, blessed, handmade Anglican or Protestant prayer beads.

“I love to hold each bead in my hand and think of someone I have loved and keep doing this until I fall asleep.”

“I never realized how distracted I was while I prayed until I started using the prayer beads.”

“My seven year-old daughter drags a chair to the bedroom window and raises the shades ‘so God can see me praying’.”

These are a few of the responses we received from people who have found the joy of praying with prayer beads.

Using prayer beads is both compelling and comforting.

*They welcome you into God’s Holy Presence!
They welcome you to a Holy place of healing
and wholeness.*

*They remind you of God’s unconditional love
for you.*

They are tangible instruments of prayer.

How Did Prayer Beads Come About?

The answer to this question is right outside your door. Take a walk and look at what nature has to offer. The earliest prayer beads came straight from mother nature in the form of stones, bones, seeds, and berries. Some prayer beads were created from dried rosebuds and used in a crown for the Virgin, hence the word “rosary,” the Roman Catholic version of prayer beads.

Today, Anglican prayer beads, also known as the Anglican Rosary, are widely used. These prayer beads originated from the Marian rosary and the Orthodox Jesus Prayer Rope. Over time, prayer beads evolved into the sacred familiar circles we know today.

What Does Each Bead Mean?

Using prayer beads is an ancient form of prayer. Each bead has a special meaning:

- The prayer bead circle has four groups of seven beads called weeks beads. Seven represents the number of days it took God to create the world.
- The four larger beads are called cruciforms and they represent the four points of the cross. The number four also symbolizes the fourth day in which material creation was finished.
- Directly above the cross is the invitational bead which invites us to worship God.
- The cross reminds each of us to take up our own “cross” and follow Jesus in his example of helping others. We all have a personal cross to carry; our own need to find our purpose, which can truly be fulfilled by finding a way to help others.

All together there are thirty-three beads representing the number of years Jesus lived.

How Do I Use Prayer Beads?

There is no incorrect way to pray!

You may use prayers from the Bible, The Book of Common Prayer, or the Hymnal or you may create your own personal prayers. Some people pray three times around the circle to symbolize the Trinity. It also is fine to pray once around the circle.

1. Find a quiet time and place to enter into prayer. Take a few slow, deep breaths until you feel centered and calm. As you pray, take as much time as you want to pause and reflect.
2. Hold the cross between your thumb and forefinger and say a simple prayer from your heart.
3. Slide your fingers from the cross to the invitational bead and offer another prayer.
4. Place your fingers on the first cruciform bead above the invitational bead and say another prayer. The same prayer is usually used with all four cruciform beads. This keeps a steady focus.
5. Slowly move around the circle in a counter-clockwise direction, saying a prayer at each bead you hold with your fingers.
6. Finish moving around the circle and back down through the invitational bead to the cross again.
7. Say your final prayer holding the cross. An easy way to conclude is simply to say “Thanks be to God!”.
8. Now take a few deep breaths and a few moments to reflect, feeling love in your heart.

You have just made a deeper connection with God!