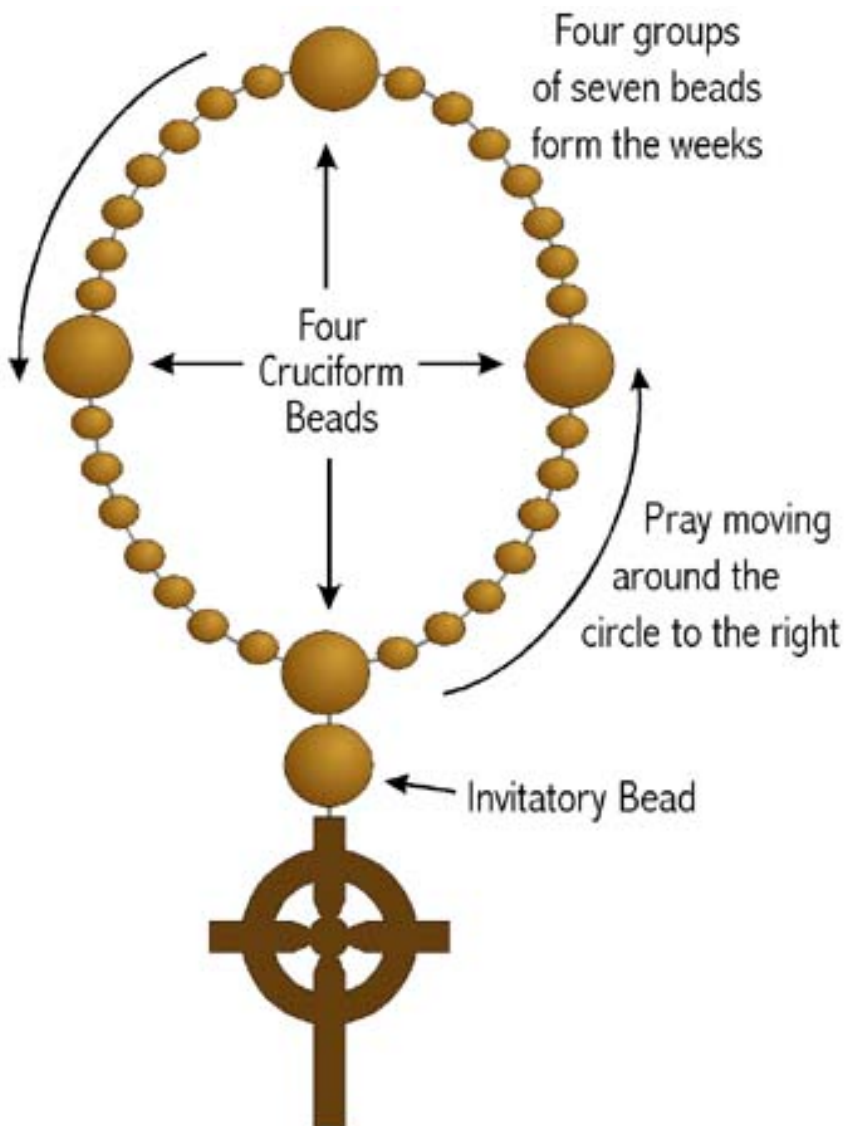


Anglican Prayer Beads

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.

Anglican prayer beads have **33 beads** divided into **four weeks of seven**, **four cruciform beads** representing the cross, **an invitatory bead & a cross**



Symbolism

Cross & Invitatory Bead are the “doorway” to the circle of your prayer beads.

4 sets of 7 smaller Beads (called “weeks”) The number 4 reminds us of the 4 seasons, 4 winds, 4 directions. The number 7 reminds us of the 7 days of creation, 7 days of the week, 7 seasons of the church year.

4 “Cruciform” Beads divide the weeks, and make the shape of a cross.

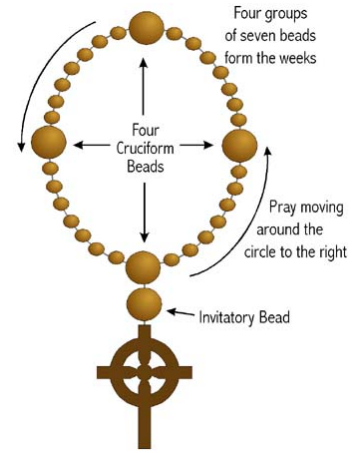
33 Beads remind us of the 33 years Jesus lived on the earth.

3 times We pray through the circle of beads 3 times to signify the Trinity.

Circle The circle of beads puts us in touch with the mystery of eternity and God’s love which, like a circle, has no beginning and no end.

Steps For Using Prayer Beads

Step 1: Enter through the Doorway (Cross & Invitatory Bead). The cross and invitatory bead are the “doorway” that you go through to enter and exit your prayer beads. To begin your prayer time, hold the Cross and say the prayer you have assigned to it, then move to the Invitatory bead and say the prayer you have assigned to it.



Step 2: Pray around the Circle (Journey through the Weeks) Enter the circle of the prayer with the first Cruciform Bead. Moving to the right, go through the first seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead. Go around the entire circle 3x.

Step 3: Exit through Doorway (Invitatory Bead & Cross). To finish your prayer time, hold the Invitatory bead and say the prayer you have assigned to it, then hold to the Cross and say the prayer you have assigned to it.

Steps for Choosing or Creating your Prayers

There is no single “right” set of prayers to say with your prayer beads. It is up to you to choose or create your own set of prayers! Your prayers can be as long or as short as you want. Your prayer might be as simple as a deep breath, or a single word! In addition to traditional prayers and bible verses, you might be inspired to pray using phrases from poetry, sacred writings, songs, and various other sources.

For the Cross choose/create a prayer that feels “grounding” to begin and end your prayer time.

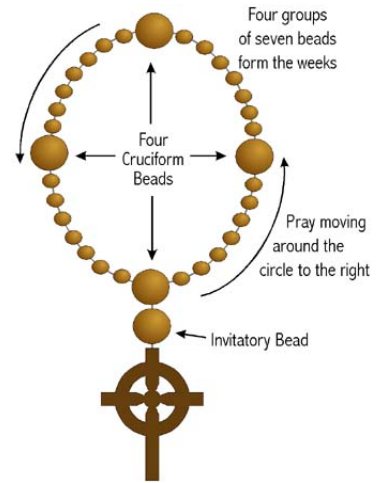
For the Invitatory Bead choose/ create a prayer that feels “inviting” or “opening” to help you transition into your prayer time and then back into your everyday life.

For the Cruciform Beads choose a prayer that feels “anchoring” that you will return to between each “week” as you travel around your circle of prayer.

For the Weeks choose a single word, a simple phrase, or a “breath prayer” that you can easily repeat many times in a row as you travel around your circle of prayer.

Create your own Prayers

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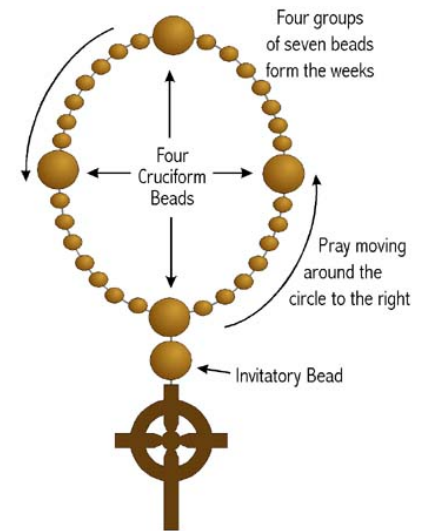
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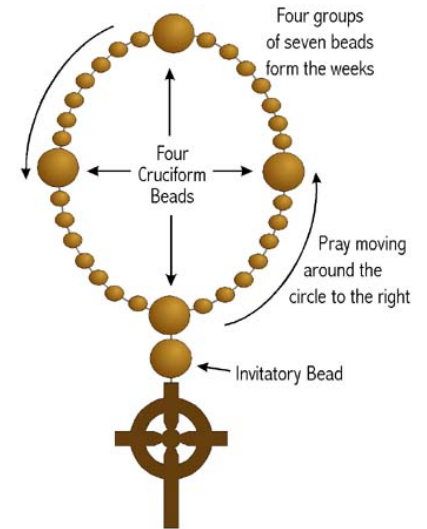
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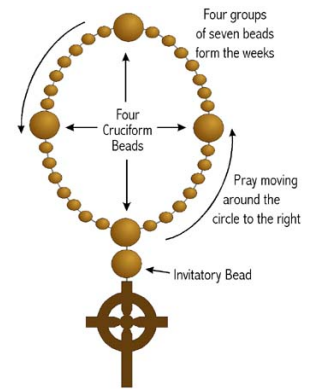


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Sample Prayers
Reprinted from www.kingofpeace.org



Bless the Lord

The Cross

Blessed be the one, holy, and living God. Glory to God for ever and ever. Amen.

The Invitatory

O God make speed to save me (us), O Lord make haste to help me (us)

The Cruciforms

Behold now, bless the Lord, all you servants of the Lord. You that stand in the house of the Lord, lift up your hands in the holy place and bless the Lord.

The Weeks

I lift up my eyes to the hills; From where is my help to come? My help comes from the Lord, The maker of heaven and earth.

Trisagion and Jesus Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us), O Lord make haste to help me (us),

The Cruciforms

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon me (us).

The Weeks

Lord Jesus Christ, Son of God, Have mercy on me, a sinner.

Agnus Dei Prayer

The Cross

The Lord's Prayer

The Invitatory

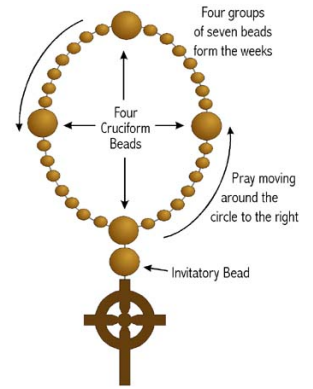
"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer."—Psalm 19:14

The Cruciforms

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



Julian of Norwich Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us), O Lord make haste to help me (us),

The Cruciforms

God of your goodness, give me yourself, For you are enough to me. And I can ask for nothing less that is to your glory. And if I ask for anything less, I shall still be in want, for only in you have I all.

The Weeks

All shall be well, and all shall be well, And all manner of things shall be well.

This prayer was created by Sister Brigit-Carol, S.D. www.solitariesofdekoven.org

Come Lord Jesus Prayer

The Cross

"Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."—Revelation 7:12

The Invitatory

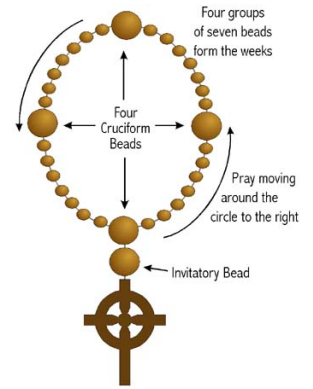
"God is our refuge and strength, a very present help in time of trouble."—Psalm 46:1

The Cruciforms

"Bless the Lord, O my soul, and all that is within me, bless God's Holy Name."—Psalm 103:1

The Weeks

"Come Lord Jesus, draw us to yourself."—John 12:32



An Evening Prayer

The Cross

Glory to the Father, and to the Son, and to the Holy Spirit. as it was in the beginning, is now, and will be for ever. Amen.

The Invitatory

Open my lips, O Lord, and my mouth shall proclaim Your praise.

The Cruciforms

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

The Weeks

Jesus, lamb of God, have mercy on us. Jesus, bearer of our sins, have mercy on us. Jesus, redeemer of the world, give us your peace.