

## Ways to Pray ~ What are Prayer Beads?

Prayer beads have been around in many forms for centuries. There is a structure in the beads, yet there is not set prayer to use with them. They are a tool that you can use to pray, meditate and become closer to God.

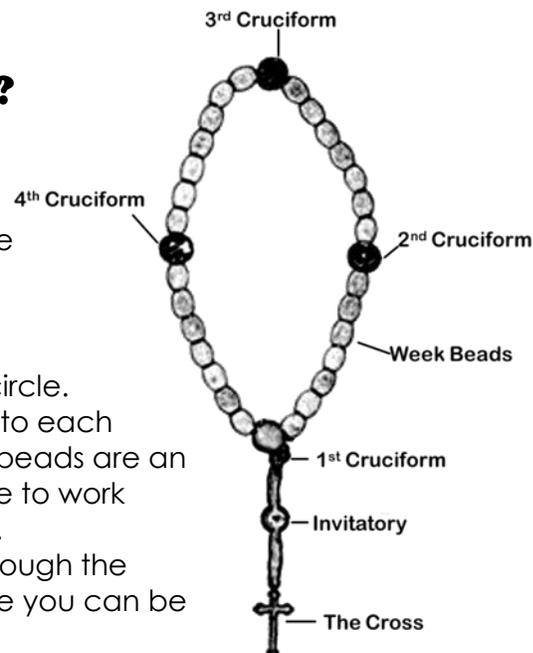
### Guidelines For Using Prayer Beads

Plan and practice. Become familiar with each bead in the circle. Decide which thoughts or prayers to assign to the cross and to each bead. Try to memorize these words and thoughts. Since the beads are an aid for meditation or contemplation, you will want to be able to work through the beads intuitively, focusing on your state of mind. Find the right time and place. Allow enough time to work through the beads in an unhurried pace. Find a place that is quiet, where you can be undisturbed.

Start and end with a moment of silence. Get centered. Leave worldly concerns behind, so to speak. Prepare to focus on your meditation. Then start with the thoughts or prayers you have assigned to the cross. End with silence to allow time for reflection.

### Steps For Using Prayer Beads

1. Hold **the Cross** and say the prayer you have assigned to it.
2. Move to **the Invitatory bead** and say the prayer you have assigned to it.
3. Enter the circle of the prayer with the first **Cruciform Bead**. Moving to the right, go through the first seven **Week Beads** to the next Cruciform bead.
4. Continue around the circle, saying the prayers for each bead .
5. Finish by repeating **the Invitatory Bead and The Cross**.



#### Morning 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 Bead:** O Lord, open thou our lips. And our mouth shall show forth your praise

**The Cruciform Beads:** Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great King above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have molded the dry land.

**The Week Beads:** Glorify the Lord, all you works of the Lord, praise God and highly exalt God for ever.

#### Prayer for the Closing of the Day

**The Cross:** Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

**The Invitatory Bead:** Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord. Amen.

**The Cruciform Beads:** Lord, you now have set your servant free to go in peace as you have promised; For these eyes of mine have seen the Savior, whom you have prepared for all the world to see: A Light to enlighten the nations, and the glory of your people Israel. 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 Week Beads:** Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.