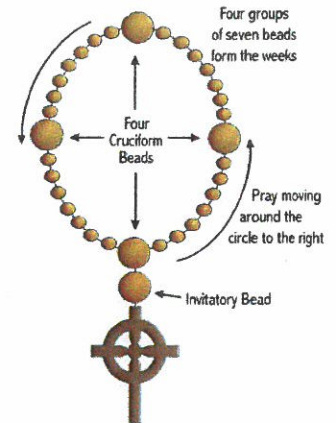


Steps For Using Prayer Beads

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.