

# Praying with Prayer Beads

My interest in praying with beads came about in searching for ways to feel more grounded during prayer and to explore other types of prayer. I also wanted to introduce my kids to it as a way to make prayer feel less like “talking to the air” and a little more tangible.

## Instructions

You can make your prayer beads with any types of beads that strike your fancy, including other seed beads as spacers between the beads to make your prayer beads longer (for a set of beads that could be worn as a necklace, for example).

We will be making “chaplet” prayer beads that look like those made in [this video](#) and like the picture below (sorry about the MS Paint photo-editing).



## Materials Needed

- 1 long piece of string or nylon cord
- 1 cross pendant bead (like [these](#) from Amazon)
  - It can also be another shape pendant that is meaningful to you
- 1 invitational bead – can also be the same as the cruciform beads
- 4 matching, larger cruciform beads
- 28 smaller, “weeks” beads

[This set of wooden beads from Amazon](#) has multiple sizes, and it appears the beads can be painted if desired.

Whichever beads / string you choose, make sure the hole is large enough that the string can be threaded through twice. We will be threading the string back through the invitational bead and the 1<sup>st</sup> cruciform bead in order to close our loop.

Note: depending on the beads used they could be a choking hazard for littles so parental discretion is advised.

## How to Make Your Prayer Beads

Watch [this video](#) before you begin.

1. Start by stringing the cross pendant bead on the string, leaving a short tail (2-3 inches) at the end. The short tail will point to your right, with the long tail to your left.
2. Using the long tail, string the invitational bead, followed by the 1<sup>st</sup> cruciform bead, then the first 7 weeks beads.
3. String your 2<sup>nd</sup> cruciform bead, then another set of 7 weeks beads.
4. String your 3<sup>rd</sup> cruciform bead, then another set of 7 weeks beads.
5. String your 4<sup>th</sup> (last) cruciform bead, then the last set of 7 weeks beads.
6. Take the end of the string and thread it back through your 1<sup>st</sup> cruciform bead and your invitational bead.
7. Tie a knot to close the string and form a closed loop or circle.
8. Using scissors, cut off any remaining string.

## Ways to Pray with Prayer Beads

We can think of prayer beads as a “tangible liturgy” and an ancient tool which allows us to center our prayers around certain themes, images, words, or phrases. The good news is that there’s no hard and fast rules about using prayer beads. Some people use them to center their hearts on a certain fruit of the Spirit, characteristic of God that they want to meditate on, or to lift up a friend or loved one in prayer. Others use them as a tool during the Daily Office (I have not yet figured this out, so if you know how to do this please let me know. 😊)

Here is a prayer I wrote to go with my prayer beads as I explore this practice.

### A Prayer for Anxiety to God our Good Shepherd

**Cross Pendant Bead:** Jesus, you are my Good Shepherd. With You, I lack nothing. (Psalm 23)

**Invitational Bead:** Jesus, you are the Way to God and the Gate for your sheep. (John 10)

**Cruciform Bead 1:** Jesus, You will keep me in perfect peace, when my mind is stayed on You, because I trust in You. (Isaiah 26:3)

**Week 1:** (*say 7x total, moving from bead to bead*) Jesus, fix my mind on You and fill my mind with Your Spirit.

**Cruciform Bead 2:** Jesus, Your peace, which surpasses all understanding, will guard my heart and mind. (Philippians 4:6-7)

**Week 2:** (*say 7x total, moving from bead to bead*) Jesus, fix my heart on You and fill my heart with Your Spirit.

**Cruciform Bead 3:** Jesus, I will both lie down in peace and sleep, for You alone, O Lord, make me dwell in safety. (Psalm 4:8)

**Week 3:** *(say 7x total, moving from bead to bead)* Jesus, fix my body on You and fill my body with Your Spirit.

**Cruciform Bead 4:** Father, my spirit testifies with Your Spirit that I am Your child, and I am safe with You.

**Week 4:** *(say 7x total, moving from bead to bead)* Jesus, fix my spirit on You and fill my soul with Your Spirit.

**Invitatory Bead:** Jesus, You are the Way to God and the Gate for Your sheep (John 10)

**Cross Bead:** Jesus, you are my Good Shepherd. With You, I lack nothing. (Psalm 23)

+ In the name of the Father, and of the Son, and of the Holy Spirit, Amen