

# Anglican Prayer Beads

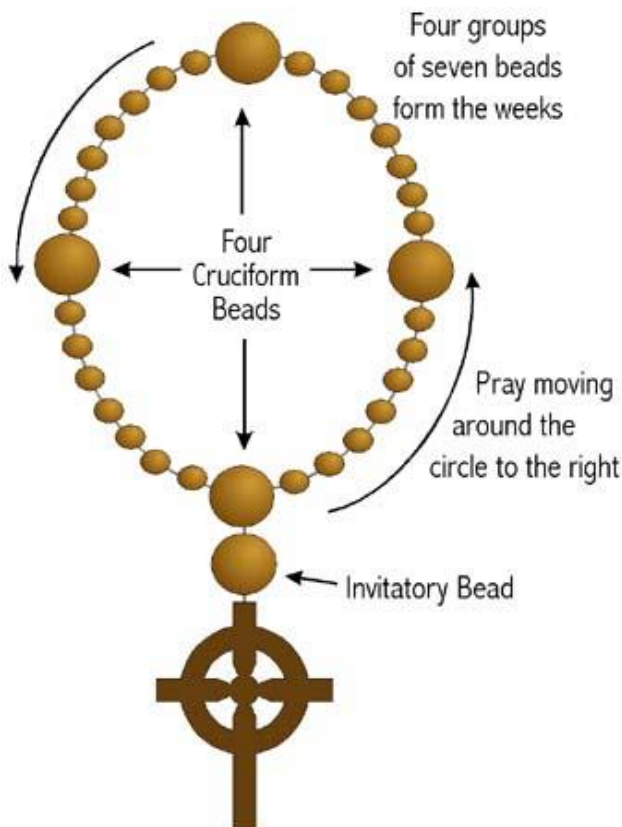
## *Using the Prayer Beads*

To begin, hold the Cross and say the prayer you have assigned to it then move to the Invitatory Bead and recite the prayer associated with it. Then enter the circle of the beads with the first Cruciform Bead, moving through the Weeks and the other Cruciforms, saying the prayers for each bead, and then exiting by way of the Invitatory Bead and the Cross.

It is suggested that you pray around the circle of the beads three times (which signifies the Trinity) in an unhurried pace, allowing the repetition to become a sort of lullaby of love and praise that enables your mind to rest and your heart to become quiet and still.

A period of silence should follow the prayer, for reflection and listening. Listening is an important part of all prayer after you have invoked the Name and Presence of God.

A selection of forms that may be used follows. These are only suggestions; feel to construct your own.



## Prayer Form 1

**Cross:** In the name of God, the Father, the Son and the Holy Spirit. AMEN.

**Invitation to Prayer:** Father, I adore you, lay my life before you. How I love you. Jesus, I adore you, lay my life before you. How I love you. Spirit, I adore you, lay my life before you. How I love you.

**Cruciform:** Create in me a clean heart O Lord, and renew a right spirit within me.

**Weeks:** Open my eyes, Lord, I want to see Jesus, to reach out and touch him and say that I love him.

**Invitation (last time):** Lord's Prayer.

**Cross (last time):** Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be. AMEN.

## Prayer Form 2 (Trisagion)

**Cross:** In the name of the Father and of the Son and of the Holy Spirit. AMEN.

**Invitation to Prayer:** Open my (our) lips and my (our) mouth(es) shall show forth thy praise

**Cruciform:** Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be. AMEN.

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

**Invitation (last time):** Lord's Prayer.

**Cross (last time):** In the name of the Father and of the Son and of the Holy Spirit. AMEN.

## Prayer Form 3 (Serenity Prayer)

**Cross:** In the name of the God of Truth, of healing and of peace. AMEN.

**Invitation to Prayer:** In you, O Lord, have I taken refuge; let me never be ashamed. In your righteousness, deliver me and set me free; include your ear to me and save me.

**Cruciform:** O God be not far from me. Come quickly to help me, O my God.

**Weeks:** God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.

**Invitation (last time):** You strengthen me more and more; you enfold me and comfort me.

**Cross (last time):** Lord's Prayer.

#### **Prayer Form 4 (Come Lord Jesus)**

**Cross:** Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God forever and ever! AMEN.

**Invitation to Prayer:** God is our refuge and strength, a very present help in time of trouble.

**Cruciform** Bless the Lord, O my soul, and all that is within me, bless God's Holy Name.

**Weeks:** Come Lord Jesus, draw me to yourself

**Invitation (last time):** Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer

#### **Prayer Form 5**

**Cross:** Honour and glory to the holy and undivided Trinity. God who creates, redeems and inspires; One in Three and Three in One, for ever and ever. AMEN.

**Invitation to Prayer:** All shall be well, and all shall be well and all manner of things shall be well.

**Cruciform:** Lord, you are my helper and under the shadow of your wings I will rejoice. My soul clings to you; your right hand holds me fast.

**Weeks:** Draw me O God to your heart, at the heart of the world.

**Invitation (last time):** All shall be well, and all shall be well and all manner of things shall be well.

**Cross (last time):** Honour and glory to the holy and undivided Trinity. God who creates, redeems and inspires; One in Three and Three in One, for ever and ever. AMEN.

#### **Prayer Form 6 (Jesus Prayer)**

**Cross:** Blessed be God; Creator, Redeemer, Sustainer.

**Invitation to Prayer:** The Lord's Prayer.

**Cruciform:** Shepherd me, O Christ through fears and hopes, through doubts and faith, through death into life.

**Weeks:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Invitation (last time):** Glory to God, whose power working in us can do infinitely more than we can ask or imagine.

**Cross (last time):** Blessing and honour and glory and power be Yours, now and forever. AMEN.

