

## Protestant Prayer Beads

**From:** <http://cookitcleanitmakeitfun.blogspot.com/2012/08/diy-anglicanprotestant-prayer-beads.html>

### What Are They?

The Protestant "rosary" was created in the 1980s by a group of American Episcopalians seeking a more contemplative, more meditative method of prayer. They are a blend of the Orthodox Jewish Prayer Rope and the Roman Catholic Rosary. The Protestant rosary begins with a cross, followed by an invitational bead, with which we invite the presence of God. The chain then creates a circle consisting of four cruciform beads representing each branch of the cross, 28 weeks beads in four groups of seven literally representing the seven days of the week. In Judeo-Christianity, the number 7 is representative of spiritual perfection. Jesus is honored in the amount of beads and the cross. One bead for each year of his earthly life totaling 33. Each bead is assigned its own prayer. They are connected by uncounted spacer beads allowing hands to flow from bead to bead while praying to keep the mind from wandering.

### How to Make Them

No matter what beads you choose for your Prayer Beads, the most important thing is that you end up with the beads strung into this format.

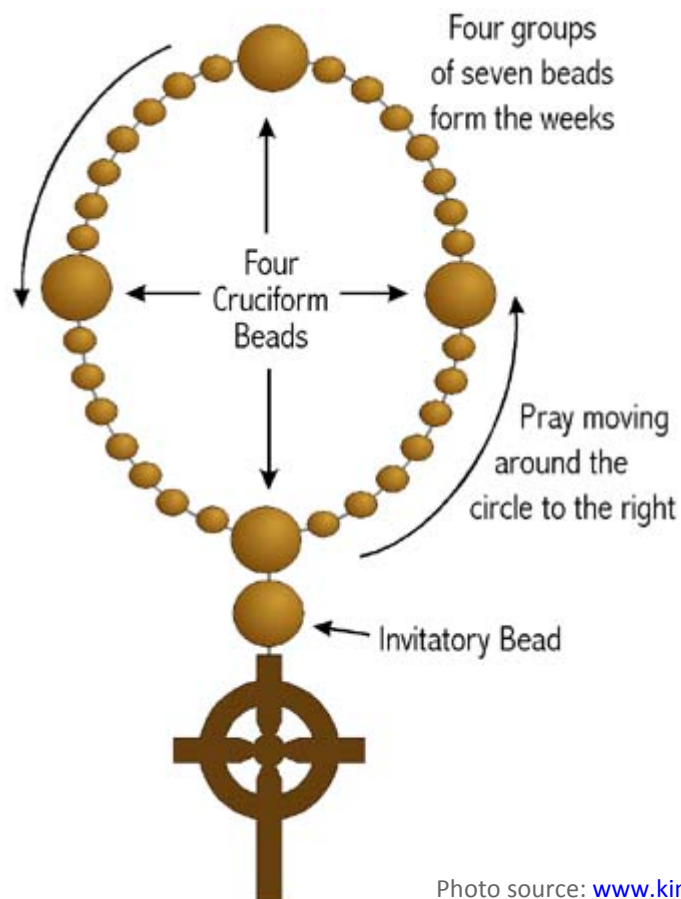


Photo source: [www.kingofpeace.org/prayerbeads](http://www.kingofpeace.org/prayerbeads)

### **How Do I Pray With Protestant Prayer Beads?**

Find a quiet spot and allow your body and mind to become restful and still. After a time of silence, begin praying the prayer beads at an unhurried, intentional pace. When you are ready to begin, hold the Cross and say the prayer you have assigned to it, then move to the Invitatory Bead and the prayer you have assigned to it. Enter the circle with the first Cruciform Bead, then continue to your right, praying with every weeks and cruciform bead along the way. It is suggested that you complete the circle of the beads three times to signify the Trinity. The repetition is said to enable your mind to rest and your heart to become quiet and still. Praying through the entire circle three times with the cross at the beginning or end results in one hundred prayers, which is the same as the Orthodox Rosary. After you have prayed the circle three times through, you can choose to close your prayers with The Lord's Prayer at the Invitatory bead and "I bless the Lord" or "Thanks be to God" at the cross. Once you have finished praying, a quiet time should be allowed.

### **Selecting Prayers**

You will need to select the prayers that you want to assign to each bead and the cross and practice them until you easily remember which prayer belongs to which bead. You can of course create and assign your own prayers or mix and match existing prayers.

Shawn Foles, a United Methodist, offers these words of instruction.

"Prayer beads came to prominent use in the United States in the 1980s. They came into use by the Episcopalians in the United States and have since spread to several groups including Lutheran and United Methodists. For me as a United Methodist, I incorporate them into my prayer life in times when I struggle to focus on prayer along with several other prayer aides like a labyrinth. One of the easiest and most centering prayers involves ACTS prayer. ACTS prayer is a great tool to use to teach children how to pray, and also to focus when you find prayer difficult. Below is an outline of ACTS prayer and using prayer beads to accomplish it.

The pattern for the prayer bead is to start with the large bead behind the cross called the invocation bead. After that you proceed to the first large bead (cruciform). Once finished with the cruciform you proceed through the 7 week beads until you reach the next cruciform bead. Continue this pattern until you have gone in 3 complete circles around the prayer bead. Once you have finished 3 complete circles including the invocation bead each time, you have completed 99 prayers. Praying over the cross makes 100. You then relax and listen for the spirit to speak.

A-Acknowledgement

C-Confession

T-Thanksgiving

S-Supplication (Prayers for need)

### **ACTS Prayer**

1st time praying though beads

**Invocation Bead:**

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. Psalm 19:14

**Cruciform Bead:**

Lord, Hear my prayers and answer them swiftly so that I may be more like you

Each section of the prayer beads represents the same section of your life. They are:

- 1st set of week beads: Family
- 2nd set of week beads: Friends
- 3rd set of week beads: The World
- 4th set of week beads: Yourself

The **first time** around pray prayers of **Confession**. Areas in which you have not served God in the areas listed

The **second time** through pray prayers of **Thanksgiving**. Things within each group you are thankful for. (I.E. Great Children or spouses during the 1st set, supportive friends during the 2nd set, etc)

The **third time** through pray prayers of **Supplication**. This is the time for you to lift up prayers to God for your needs. (I.E. prayers of help for a family member or friend. Prayers of courage for yourself in the 4th section of bead, or prayers for peace in the world during the 3rd section of beads)

**Cross prayer (Final Prayer):**

Oh gracious God. You hear my prayers of confession, thanksgiving, and need. I confess that I haven't followed you with my whole heart, but I seek to be more like you each day. Hear my prayers and accept them as pleasing in your sight as I sit and allow your spirit to wash over me. Amen"