

Praying with prayer beads

1. There are so many ways to pray with prayer beads. You're not going to do it "wrong" if you start with a prayerful intention!
2. Often, prayer beads can be simply a counting tool, so that your mind can be fully focused on meditation and prayer while your hands/the beads keep track of repetitions and time. With an "Anglican rosary", start at the cross, then invitatory bead, then cruciform bead, then around the circle. If you loop around all 33 beads three times, and either start or end with the cross, that is a count of 100 (the number of beads in an Orthodox rosary)
3. Below are some simple, short prayers that do well with repetition. As you pray, don't worry if your mind wanders. Just bring your attention back to the words of the prayers, or lean prayerfully into where your mind goes: what do you feel the need to pray about right now? Bring that to God.

The Lord's Prayer

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.
For thine is the kingdom, and the power, and
the glory,
for ever and ever. Amen.

The Trisagion

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

Agnus Dei (Lamb of God)

Oh, Lamb of God that taketh away the sins of
the world
have mercy upon us,
Oh, Lamb of God that taketh away the sins of
the world
have mercy upon us,
Oh, Lamb of God that taketh away the sins of
the world
give us Thy Peace.

The Jesus Prayer

Lord Jesus Christ, Son of God,
Have mercy on me, a sinner.

Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to
the Holy Spirit: As it was in the beginning, is
now, and will be forever. Amen.

At night

Guide us waking, O Lord,
and guard us sleeping;
that awake we may watch
with Christ, and asleep
we may rest in peace.

From Julian of Norwich

Pray each phrase on a separate bead of a "week"
I bow before the Father who made me,
I bow before the Son who saved me,
I bow before the Spirit who guides me,
In love and adoration.
I praise the Name of the one on high.
I bow before thee Sacred Three,
The ever One, the Trinity.

An example form

Cross: Agnus Dei
Invitatory bead: Invitatory
Cruciform beads: Lord's Prayer
Weeks beads: Jesus Prayer
For more prayers/ideas:

www.kingofpeace.org/prayerbeads.htm

Praying the Angelus

The Angelus is a traditional devotion of the Incarnation, and it can be particularly meaningful this week as we contemplate the Sunday gospel lesson that became the Angelus text. Traditionally, the Angelus was said three times a day, with bells rung in the church to remind people to pray: three rings for the “hail Mary” lines, and nine rings for the closing collect (prayer). The version below is labeled for communal prayer, but you can also make this a part of your personal devotions. One idea: there are four versicles and responses (V/R) and four cruciform beads in the Anglican rosary...

V: The Angel of the Lord announced unto Mary:

R: And she conceived by the Holy Ghost.

Officiant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

V: Behold the handmaid of the Lord:

R: Be it unto me according to thy word.

Officiant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

V: And the Word was made flesh:

R: And dwelt among us.

Officiant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

V: Pray for us, O holy Mother of God:

R: That we may be made worthy of the promises of Christ.

Officiant: Let us pray.

We beseech thee, O Lord, pour thy grace into our hearts, that as we have known the incarnation of thy Son Jesus Christ by the message of an angel, so by his Cross and Passion we may be brought unto the glory of his Resurrection, through the same Jesus Christ our Lord. *Amen.*