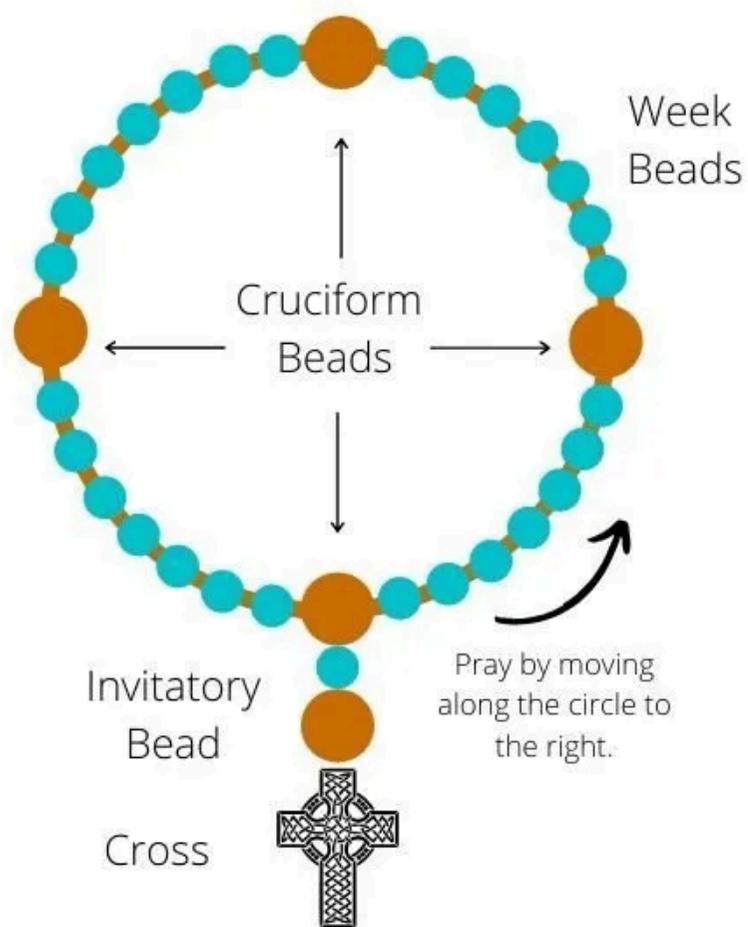


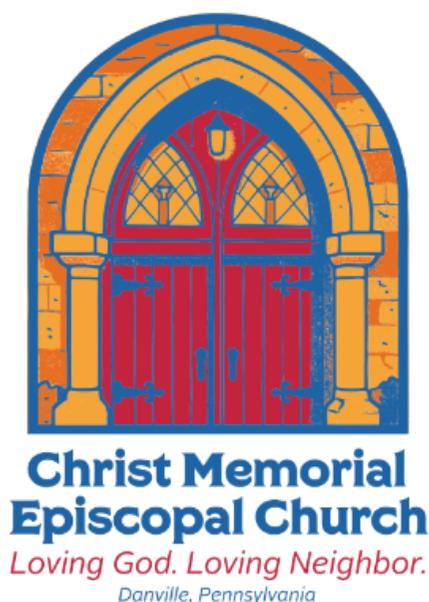
Anglican Prayer Beads



Developed by Episcopalians in the 1980s, these beads are a modern, adaptable tool for contemplative prayer. Unlike the traditional rosary, this version is designed for all Christians to use for scripture reflection, breath work, or simply finding a quiet moment of presence.

How to Use the Beads

- The Cross: Start and end your prayer here.
- Invitatory Bead: The first single bead; opens the circle.
- Cruciform Beads (4): Large beads forming the cross; say the Cruciform Prayer.
- Week Beads (28): Groups of seven; pray "Show me your way" on each.



These Anglican Prayer beads are a gift made by Christ Memorial Episcopal Church

SCAN



Sample Prayer

Cross Prayer:

"In the name of the Father, and of the Son, and of the Holy Spirit, Amen."

Invitatory Bead Prayer:

"Glory to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, it is now, and will be for ever. Amen."

Cruciform Bead Prayer:

"Jesus have mercy on me"

Week Bead Prayer:

"Come Holy Spirit"

Prayer for Overwhelming Times

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

Invitatory Bead: In you, O LORD, I take refuge. You are my rock, my fortress and my deliverer. Fill me with your peace as I put all my trust in you. (Psalm 18:2)

Cruciform Bead: I cast all my anxieties on you, Lord, because I know you care for me. (1 Peter 5:7)

Week Beads:

- When I call to you, God, I know you answer me. (Jeremiah 33:3)
- And your peace, which transcends all understanding, will guard my heart and mind. (Phillippians 4:7)
- I can do all things through Christ who strengthens me. (Phillippians 4:13)
- For with You, all things are possible. (Matthew 19:26)
- I know Your power works best in my weakness. (2 Corinthians 12:9)
- But because of Your great love I am not consumed (Lamentations 3:22)
- My heart is always filled with Your unfailing love and the gift of Your Spirit (Romans 5:5)

Invitatory Bead (last time): Give me patience, wisdom, and understanding as I go through my day and may I honor you in all that I do.

Cross (last time): The Lord's Prayer