

CREATE PRAYER BEADS



Step 1



Step 2



Step 3

Did you know the English word for bead derives from the Old English noun *bede* which means "a prayer"? Create your own simple bead rope. Prayer ropes are devotional tools that guide our hearts to God.

- Begin by taking the main bead, pendant, or cross in your hand. It's here where prayer begins. It's here where we ask God to be present in our practice. Say something like this:
*In the name of God the Creator, God the Redeemer, and God the Sustainer.
 Open my heart to your grace and truth. or
 O God. Be with me in this place, be in my heart, be in my mouth, be in my hands, be in my thoughts.*

Be creative, be yourself. Call God into your prayer the best way you know how. Perhaps it's the Lord's Prayer, or a childhood bedtime prayer. Choose something authentically you!

- Next move to the beads. Rest a single bead between your thumb and forefinger. Take a deep breath. Pray. There is no right way to pray. There are no set prayers. This is a tool, not a test. Some folks pray a short simple prayer called the "Lord's Prayer" on every bead. Others choose their favorite scripture, or favorite hymn, with each bead a different verse. You could choose to use Psalm 23. Some even pray for something new on each bead: "For my sister and her cancer" "For the end of violence in my city" "Thank you for this bright and sunny day".
Explore different rhythms. Say your prayers aloud, in silence, or even with a group! Take a breath. Ready? Set. Pray.

MAKE YOUR OWN BEADS!

Supplies needed:

- Magazine pages
- Ruler, Scissors, Glue Stick, Pen
- String
- Dowel of a sort (skewer, Q-Tip with one end cut off, pencil, straw - the bigger the dowel the bigger the bead)

Step One:

Rip out a colorful magazine page. Use ruler and pen to mark of the bead size and lines to cut. Draw lines between the markings. See Step 1 for how to draw it out. Cut along the lines.

Step Two:

Put dowel ½ inch up from the bottom of the bead. Add a small amount of glue and fold the page over the dowel down on the glue. Start rolling, adding glue along the rest of the page. Once rolled all the way up, slide the bead off the dowel. Let them dry.

Step Three:

Add the paper beads to a string, adding other beads if available for added effect.