

Praying with Anglican Prayer Beads

Prayers and Instructions Compiled in the Diocese of Western Michigan

Guidelines For Using Prayer Beads

Plan and practice. Become familiar with each bead in the circle. Decide which thoughts or prayers to assign to the cross and to each bead. Try to memorize these words and thoughts. Since the beads are an aid for meditation or contemplation, you will want to be able to work through the beads intuitively, focusing on your state of mind.

Find the right time and place. Allow enough time to work through the beads in an unhurried pace. Find a place that is quiet, where you can be undisturbed.

Start and end with a moment of silence. Get centered. Leave worldly concerns behind, so to speak. Prepare to focus on your meditation. Then start with the thoughts or prayers you have assigned to the cross. End with silence to allow time for reflection.



Steps For Using Prayer Beads

1. Hold the Cross and say the prayer you have assigned to it.
2. Move to the Invitatory bead and say the prayer you have assigned to it.
3. Enter the circle of the prayer with the first Cruciform Bead. Moving to the right, go through the first seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead

Closing Your Prayers

After three circuits (which signifies the Holy Trinity) around the prayer beads, you may finish as follows:

Invitatory Bead - The Lord's Prayer

The Cross - I bless the Lord.

Examples of Prayers

The Angelus

The Cross

Glory be to the Father, the Son and the Holy Spirit. As it was in the beginning, is now and shall be forever. Amen.

The Invitatory Bead

We beseech you O Lord to pour your grace into our hearts, that as we have known the incarnation of your Son Jesus Christ by the message of an angel, so by His cross and passion we may be brought to the glory of His resurrection. Through Jesus Christ our Lord. Amen.

The Cruciform Beads

The angel of the Lord brought tidings to Mary; and she conceived by the Holy Spirit.

Behold the handmaid of the Lord; let it be to me according to your word.

The word was made flesh and dwelt among us.

Pray for us O Holy mother of God that we may be made worthy of the promises of Christ.

The Week Beads

Hail Mary full of grace the Lord is with you, blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us now and at the hour of our death.

An Evening Prayer

The Cross

O God make speed to save us. O Lord make haste to help us.

The Invitatory Bead

As our evening prayer rises before you, O God, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise, now and forever. Amen.

The Cruciform Beads

Let my prayer rise before you as incense, the lifting up of my hands as the evening sacrifice.

The Week Beads

Lord have mercy, Christ have mercy, Lord have mercy.

The Invitatory Bead

The Grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

The Cross

Let us bless the Lord, thanks be to God.

Come Lord Jesus Prayer

The Cross

"Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."—Revelation 7:12

The invitatory

"God is our refuge and strength, a very present help in time of trouble."—Psalm 46:1

The Cruciforms

"Bless the Lord, O my soul, and all that is within me, bless God's Holy Name."—Psalm 103:1

The Weeks

"Come Lord Jesus, draw us to yourself."—John 12:32

A Franciscan Prayer

The Cross

In the name of the creator, redeemer and sanctifier of life. Amen.

The Invitatory Bead

We adore you most holy Lord Jesus Christ, here and in all your Churches throughout the whole world, and we bless you because by your holy cross you have redeemed the world.

The Cruciform Beads

Most high and glorious God, enlighten the darkness of our hearts and give us true faith, a certain hope and a perfect love. Give us a sense of the Divine and a knowledge of yourself, so that we may do everything in fulfillment of your holy will.

The Week Beads

My God, my all.

The Invitatory Bead

May our blessed Lady pray for us. May St Francis, St Clare and St Elizabeth pray for us. May all the saints of God pray for us. May the angels of God befriend us and watch around us to protect us. May the Lord Jesus give us his blessing of peace. Amen.

The Cross

In the name of the creator, redeemer and sanctifier of life. Amen

Trisagion and Jesus Prayer

**Trisagion means "thrice Holy"*

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The 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.

The Cruciforms

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

The Weeks

Lord Jesus Christ, Son of God,
Have mercy on me, a sinner.
Or, in a group setting:
Lord Jesus Christ, Son of God, Have mercy upon us.

Agnus Dei Prayer

**Agnus Dei means "Lamb of God"*

The Cross

The Lord's Prayer

The Invitatory

"Let the words of my mouth and the meditation of my heart be
acceptable in your sight, O Lord, my strength and my redeemer." –
Psalm 19:14

The Cruciforms

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 Weeks

Almighty and merciful Lord,
Father, Son, and Holy Spirit,
bless us and keep us. Amen.

Julian of Norwich Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The 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.

The Cruciforms

God of your goodness, give me yourself,
For you are enough to me.
And I can ask for nothing less that is to your glory.
And if I ask for anything less, I shall still be in want, for only in you
have I all.

The Weeks

All shall be well, and all shall be well,
And all manner of things shall be well.
Or
In His love He has done His works, and in His love He has made all
things beneficial to us.

This prayer was created by Sister Brigit-Carol, S.D.

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A Celtic Prayer

The Cross

In the Name of God, Father, Son, and Holy Spirit. Amen.

The 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.

The Cruciforms

Be the eye of God dwelling with me,
The foot of Christ in guidance with me,
The shower of the Spirit pouring on me,
Richly and generously

The Weeks

Pray each phrase on a separate bead.
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.

This prayer was created by Sister Brigit-Carol, S.D.

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Saint Patrick's Breastplate

The Cross

I bind unto myself today the strong Name of the Trinity,
by invocation of the same, the Three in One, and One in Three.
Of whom all nature hath creation, eternal Father, Spirit, Word:
praise to the Lord of my salvation, salvation is of Christ the Lord.

The Invitatory

Christ be with me, Christ within me, Christ behind me, Christ before
me,
Christ beside me, Christ to win me, Christ to comfort and restore me.
Christ beneath me, Christ above me, Christ in quiet, Christ in danger,
Christ in hearts of all that love me, Christ in mouth of friend and
stranger.

The Cruciforms

I bind unto myself today
the strong Name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.

The Weeks

1. I bind this day to me for ever, by power of faith, Christ's
Incarnation;
2. his baptism in Jordan river;
3. his death on cross for my salvation;
4. his bursting from the spiced tomb;
5. his riding up the heavenly way;
6. his coming at the day of doom:
7. I bind unto myself today.

1. I bind unto myself the power of the great love of cherubim;
2. the sweet "Well done" in judgment hour;
3. the service of the seraphim;
4. confessors' faith, apostles' word,
5. the patriarchs' prayers, the prophets' scrolls;
6. all good deeds done unto the Lord,
7. and purity of virgin souls.

1. I bind unto myself today the virtues of the starlit heaven,
2. the glorious sun's life-giving ray,
3. the whiteness of the moon at even,
4. the flashing of the lightning free,
5. the whirling of the wind's tempestuous shocks,
6. the stable earth, the deep salt sea,
7. around the old eternal rocks.

1. I bind unto myself today the power of God to hold and lead,
2. his eye to watch, his might to stay,
3. his ear to hearken, to my need;
4. the wisdom of my God to teach,
5. his hand to guide, his shield to ward;
6. the word of God to give me speech,
7. his heavenly host to be my guard.

Words: attributed to St. Patrick (372-466)

translated by Cecil Frances Alexander, 1889

Adapted for use with Anglican Prayer Beads by Laura Kelly Campbell

An Evening Prayer

The Cross

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

The Invitatory

Open my lips, O Lord,
and my mouth shall proclaim
Your praise.

The Cruciforms

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

The Weeks

Jesus, lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, give us your peace.