

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.

Closing Prayers

The following ending may be used with any of the prayers. After three circuits around the prayer beads, you may finish as follows:

Invitatory Bead

The Lord's Prayer

The Cross

I bless the Lord.

Or, in a group setting:

Let us bless the Lord

Thanks be to God.

A Guide to Praying with Anglican Prayer Beads

Introduction

By using prayer beads to connect with God, you are continuing in the living tradition of people from many times, places, backgrounds and religious expressions who have used pebbles, beads, and knots to facilitate prayer. Although prayer beads are ancient in form, their purpose and effect are timeless. There is nothing magical about prayer beads – they are one of many tools for people to commune with God who graciously gives us life. The focus of this guide is to offer some instruction and set prayers for Anglican Prayer Beads. Although “Anglican” is in the name, people outside the Anglican or Episcopal expression of faith have embraced the use of prayer beads and there is nothing inherently “Anglican” about this version of prayer beads. As noted in the first paragraph, prayer beads have a universal quality. The Anglican Prayer Beads are a hybrid of the Roman Catholic Rosary and the Orthodox Jesus Prayer Rope. Prayer beads help us meditate. They help us clear our minds and simply be still in God's presence. The touching of the fingers on each successive bead is an aid in keeping our mind from wandering, and the rhythm of the prayers leads us more readily into stillness. Prayer beads can be used alone or in a group setting.

Symbolism of the Beads

The Anglican Prayer Beads are made up of twenty-eight beads divided into four groups of seven called “Weeks.” In both the Jewish and Christian traditions, the number seven represents spiritual perfection and completion. Between each week is a single bead, called a “Cruciform Bead” as the four beads form a cross. The invitatory bead between the cross and the wheel of beads brings the total to thirty-three, the number of years in Jesus' earthly life.

Praying with the Beads

The following approach is suggestive, not prescriptive. There is not a “right” way to use the prayer beads. You can experiment to find an approach fitting for you and/or your season of spirituality.

To begin, hold the Cross and say the prayer you have assigned to it, then move to the Invitatory Bead. Then enter the circle of the prayer with the first Cruciform Bead, moving to the right, go through the first set of seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead.

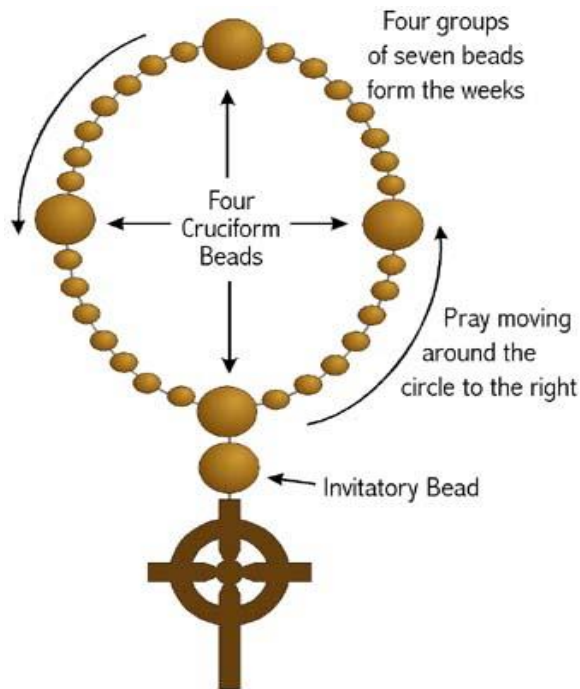
It is suggested that you pray around the circle of the beads three times (which signifies the Trinity) in an unhurried pace, allowing the repetition to become a sort of lullaby of love and praise that enables your mind to rest and your heart to become quiet and still.

Praying through the beads three times and adding the crucifix at the beginning or the end, brings the total to one hundred, which is the total of the Orthodox Rosary. A period of silence should follow the prayer, for a time of reflection and listening. Listening is an important part of all prayer.

Begin praying the Anglican Prayer Beads by selecting the prayers you wish to use for the cross and each bead. Practice them until it is clear which prayer goes with which bead, and as far as possible commit the prayers to memory.

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. Complete the circle of the beads three times.

When you have completed the round of the prayer beads, end with a period of silence. This silence allows you to center your being in an extended period of silence. It also invites reflection and listening after you have invoked the Name and Presence of God.



PRAYERS

Mix and match or put together your own.

BLESS THE LORD

The Cross

Blessed be the one, holy, and living God.
Glory to God for ever and ever. 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

Behold now, bless the Lord, all you servants of the Lord. You that stand in the house of the Lord, lift up your hands in the holy place and bless the Lord.

The Weeks

I lift up my eyes to the hills;
From where is my help to come?
My help comes from the Lord,
The maker of heaven and earth.

JULIAN OF NORWICH PRAYER

The Cross

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

The Invitatory

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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.