

Stillness from the Psalms

The Cross

O God, you are my God, eagerly I seek you.

Invitatory

Be still, and know that I am God.

The Cruciforms

You alone are my rock and my salvation,
my stronghold, so that I shall not be greatly shaken.

The Weeks

For you alone my soul in silence waits.

Stillness from the Psalms

The Cross

O God, you are my God, eagerly I seek you

Invitatory Bead

You alone are my rock and my salvation

Cross Beads

I still my soul and make it quiet,
like a child upon its mother's breast

Small beads

For You alone my soul in silence waits

Anglican Prayer Beads

A Form of Contemplative Prayer



Anglican Prayer Beads

A Form of Contemplative Prayer

Since the earliest of times, people have used pebbles or a string of knots or beads on a cord to keep track of prayers offered to God. Virtually every major religious tradition in the world uses some form of prayer bead

Anglican Prayer Beads are a relatively new form of prayer, blending the Orthodox Jesus Prayer Rope and the Roman Catholic Rosary. The thirty-three bead design was created by the Rev. Lynn Bauman in the mid-1980s, through the prayerful exploration and discovery of Praxis a contemplative prayer group.

The use of the rosary or prayer beads helps to bring us into contemplative or meditative prayer really thinking about and being mindful of praying, of being in the presence of God by use of mind, body, and spirit. 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.

Symbolism of the Beads

The configuration of the Anglican Prayer Beads relate contemplative prayer using the Rosary to many levels of traditional Christian symbolism. Contemplative prayer is enriched by these symbols whose purpose is always to focus and concentrate attention, allowing the one who prays to move more swiftly into the Presence of God.

The prayer beads are made up of twenty-eight beads divided into four groups of seven called weeks. In the Judeo-Christian tradition 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 and symbolize the four cardinal directions (north, south, east, and west) the four gospels and the four primary elements (earth, water, wind, and fire). The invitational bead between the cross and the wheel of beads brings the total to thirty-three, the number of years in Jesus' earthly life, and also corresponds to the Chokti - the Orthodox prayer rope

A Celtic Prayer

The Cross

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

The Invitatory

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.

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.

Praying with the beads

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, you should end with a period of silence. This silence allows you to centre 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

You may use any of the following models, 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

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.

Trisagion and Jesus Prayer

The Cross

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

The Invitatory

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.

Agnus Dei Prayer

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.

The Cruciforms

Lamb of God you take away the sin of the world
have mercy on us,
Lamb of God you take away the sin of the world
have mercy on us,
Lamb of God you take away the sin of the world
grant us your peace.

The Weeks

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