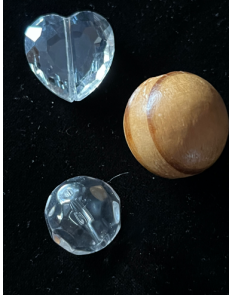


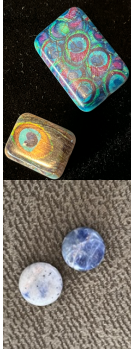





All My Days – Prayer Beads

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. — Philippians 4:6

The tradition of using a string of beads or rope knots is an ancient tradition as well as being a ritual action shared by many faith traditions around the globe. The common connection is the ability to give structure to personal prayer devotion. It offers a way to remind and revisit various areas of focus and concern. Repeated rituals can be powerful as they help shape our habits. For the month of May, we are invited to make a habit of prayer wherever you are. Each Sunday in worship we will focus on one or two of the steps of the prayer beads but you are encouraged to pray these categories going forward.

	<p>The God Beads A faceted heart or ball to let the light shine through, or a wooden bead to remind us of the carpenter – creating and solid.</p> <p>Offer prayers of thanksgiving and praise to God.</p> <p>We begin with the God bead and we are reminded that prayers of gratitude and praise begin our every connection with the Holy One. What does it mean to live with a grateful heart?</p>
	<p>Bumpy Bead – Letting Go (<i>colour of bead will vary</i>) Tell your worries to God and leave them there.</p> <p>As we move into times of prayer and devotion, we are often faced with the distraction of those things that are worrying us, that are demanding our attention and focus. Letting go of these worries, even if for a while, is a practice of trust in God.</p>
	<p>Bead with hole: Silence (<i>colour of bead will vary</i>) Open to the empty space within.</p> <p>Listening for God is perhaps one of the hardest forms of prayer for us. We often think that prayer is always our talking to God. Silence is a rare commodity in our society but it is one of the greatest gifts for our spiritual lives that the Divine One gives us...time to just “be.”</p>

	<p>Stepping Stone Bead: Journey of Faith <i>(one of three beads)</i> What are you working on in your spiritual journey?</p> <p>Our corporate worship affirms the journey that we take together as a spiritual community, but will also invite us to deepen our personal spiritual journeys by identifying the work we must each individually do through prayer, study, and reflection. We find that paying attention to our souls makes a great deal of difference to our relationships as well.</p>
	<p>Red Bead: People to Love Pray for those you love, and for those you have trouble loving.</p> <p>This bead is about neighbors, friends, and enemies. We are invited to pray for those we love (usually pretty easy) AND to pray for those we have trouble loving! What does it mean to “love your enemies?” We are called to practice the language of the mercy and grace of God in our praying (and to ask forgiveness for our own unlovable moments!).</p>
	<p>Red Firey Bead: Holy Spirit Ask the Holy Spirit to move in and through the gifts God has given you.</p> <p>It is the fiery Holy Spirit to whom we appeal — “Come, Holy Spirit!” Move in us, move through us, enliven the gifts you have given us so that we can give freely in our everyday lives. We celebrate the Spirit’s movements in our lives together as community.</p>
	<p>Empty Cross: The Risen Jesus <i>(colour of bead will vary)</i> Offer the Lord’s Prayer as your recommitment to being the Body of Christ in the world.</p> <p>An empty cross at the end of the strand is the final word...the Risen Christ lives in us as we move through the world as his Body. We sing and pray the Lord’s Prayer together as we have prayed it separately throughout the series in our personal prayer devotions.</p>