Praying with beads

 by Ray W Mendenhall, copyright, 2020

Praying with beads may seem strange to some, especially Presbyterians. From our view, that is what the Catholics and some Episcopalians do. But I have found that praying with beads can be a rich experience. It slows me down, focuses my prayer, enhances my prayerful meditation and fills me with calm and peace. It also adds a tactile dimension to my prayers that grounds them in the sensory world.

Any set of beads will do, but I have found that bead bracelets containing between 16-20 beads work best. These can be bought off of ebay fairly inexpensively. 10mm to 12mm beads are a good size. I have also found nice inexpensive bead bracelets at discount stores.

(Hamericks, Walmart, dollar tree etc.)

And of course you can make your own.

What follows are bead prayers that I have developed but you can easily create your own. Scripture and hymns are a great source. Just arrange them in a meditative form, a word, phrase or thought per bead.

Bead prayers (one bead for each line)

Gracious Father

Holy Son

Blessed Spirit Three in one

 Guard my nights

Guide my days

Teach me

 all Your holy ways

Be still,

And know

That I

am God

Be still

Be still

Be still

And know

That I

am God

Be still

Be still

Be

Still

I

Am

God

Mercy falling like a shower

Mercy flowing like the sea

Mercy pouring like a fountain

Mercy rolling over me.

Thankyou Father for the shower

Thank you Christ for flowing grace

Thank you Spirit like a fountain

Filling me In every place.

Glory be to You, O Lord

Glory in the highest

Glory be to You, O Lord

Glory to Your name

Glory

Glory

Glory to Your name

Glory in the highest

Glory

Glory

Glory to Your name

Through my life

by my prayers

May Your Kingdom Come.

(repeat several times)

Grace abounding ln my heart now

Grace abounding ln my soul

Grace abounding ln my living

Grace abounding as I go.

Grace abounding ln my thoughts now

Grace abounding ln my words

Grace abounding ln my actions

Grace abounding here through me.

Peace in me

River peace

Peace in me

Flowing free

Peace in me

Blessed peace

Peace

Peace in my soul

Bless me Lord

With Your Presence

Bless me, Lord

With You grace

Bless me Lord

By Your Mercy

Bless me here

And every place

New is the love

That You give to me

New every morning

 ls the love that I see

New is the love

That I know can only be

Your love, O Lord That you give unto me. (repeat substituting the Following words for "love": Grace, Hope, Peace. light.)

The Lord is my shepherd

I shall not want

God makes me to lie down

ln green pastures

God leads me

Beside still waters

God restores my soul

leading me in the paths of righteousness

For God’s own name's sake.

Yea though l walk

ln the shadow

of the valley of death

l will fear no evil

Your rod and Your staff

They comfort me

You anoint my head with oil

My cup runs over

Surely Goodness,

And Mercy

Shall follow me

All my days

And l will dwell

ln the house of the Lord

Forever

Bead Prayers- Songs to pray (one bead for each line)

Joyful,

Joyful

I adore You

God of Glory

Lord of Love

Hearts unfold

Like flowers before You

Opening to the sun above

Melt the clouds

Of sin and sadness

Drive the Dark of doubt away

Giver of immortal gladness

Fill me with the light of day

Christ of the upward way

My Guide divine

Where You have placed your feet

May I place mine

And move and march

Wherever You have trod

Keeping face forward

Up the hill of God.

Lead me, Lord,

Lead me

ln Your righteousness

Make Your way plain

Before my face

For it is You, Lord

You, Lord, only

Who makes me dwell

ln safety.

Come, O fount,

Of every blessing

Tune my heart

To sing your grace

Streams of mercy

Never ceasing

Call for songs

Of loudest praise.

Teach me some melodious sonnet

Sung by flaming tongues above

Praise the mount

I fixed upon it

Mount if God’s unchanging love.

O to grace

How great a debtor

Daily l'm constrained to be

Let that grace now

Like a fetter

Bind my wandering

Heart to You

Prone to wander

Lord, l feel it

Prone to leave

The God l love

Here's my heart

O take and seal it

Seal it

For You courts above.

Day by day, dear Lord

Of You three things I pray:

To see You rnore clearly,

Love You more dearly,

Follow You more nearly,

Day by day.

The lone wild bird

In lofty flight

Is still with You

Nor leaves Your sight

And I am Yours

I rest in You

Great Spirit, come,

And rest in me.

The ends of the earth

Are in Your hands

The sea’s dark deep

And far off lands

And I am Yours

I rest in You

Great Spirit, come,

And rest

In me.

Take my life

And let it be

Consecrated

Lord, to You

Take my moments

And my days

Let them flow

In ceaseless praise

Let them

flow

In

Ceaseless

Praise

I love You, Lord

Your strength

Is mine

You are

My God

I trust

Your grace

My fortress sure

My shield divine

Savior

You are

My dwelling place.

O Lord

In all Your might so great

In all Your love so near

Beyond the farthest sun and star

Yet constant

With me here

I cannot comprehend

You, Lord,

Or searching

Find you out

You are within

A quickening flame

A Presence

Round about

Come,

O Father

Come

Blest Son

Come

Great Spirit

Three is one

Tune my heart

Clear my eyes

Fill me now

And send me.