

Prayer Bead Prayers for Use with Anglican Prayer Beads

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I wrote all of these prayers for use on Anglican prayer beads in 2020, when I had just started my 12-step recovery and when the COVID-19 pandemic started causing major disruptions to life as we knew it. The prayers for addicts are, I believe, the first set that I wrote, because they are what I was in need of. I needed to admit that I was an addict, that I was powerless to change this, and that I needed God's help.

I moved on to other things that I also needed to learn, writing prayers for those as well so that I could pray them. The more I prayed the prayers I had written by my own hands, the more they changed me. I hope that they are a blessing to all who use them. Feel free to circulate the document around, just leave all the details intact, please.

Something that I like to say is that prayer changes people, not things. You can check out my website www.formedbyprayer.com for further resources.

Each set of prayers is on it's own page. In this document you will find prayers for:

Addicts
LGBTQ+ Children of God
Recognizing I am Beloved
Authenticity
Celebration the Incarnation
Recognizing the Presence of Christ
Dealing with Big Feelings
Dealing with Shame
Healing of Trauma

The prayers have been provided in this format in order to be able to offer them free of charge.

Prayer Bead Prayers for Addicts

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix In the name of the Creator, and the Redeemer, and the Sustainer, Amen.

Invitatory (beginning) I am your beloved child, whom you created for Love, for you are Love.

Cruciform In my confession of powerlessness, my surrender to your care, and in repentance, I come.

Weeks (1st) Jesus, Son of God, have mercy on me, an addict.

Weeks (2nd) Jesus, Son of God, have mercy on me, grant me your healing.

Weeks (3rd) Jesus, Son of God, have mercy on me, your beloved.

Invitatory (closing) Thank-you for the gifts of sobriety and wholeness. Deliver me from my trauma and the ways I harm myself and others as a result, I offer them up for your redemption.

(This time between the closing invitatory and the closing crucifix, some of the things that are being offered for redemption could be named).

Crucifix (closing) Your mercies are new every morning, great is your faithfulness. In baptism, you have given rebirth into your kingdom, in the Eucharist you keep me fed and sustained, in reconciliation, you cleanse me anew, wholeness and sobriety are gifts that come from you alone.

In the name of the Father, and the Son, and the Holy Spirit, Amen.

Prayer Bead Prayers for LGBTQ+ Children of God

Note: these prayers were written as a gift for my oldest daughter, Emily, when she came out as transgender. They were published first by Earth & Altar on 23 September 2020.

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

These prayers are also designed to be able to be prayed in a group, exchanging the singular for the plural, for example, trading the word "me" for "us."

Crucifix

God, who is love.
The Name of Love
The Glory of Love
The Power of Love
Amen.

Invitatory (beginning)

God, the very essence of you is Love.
You have created me in your own image.
When you created me, you declared me to be very good.
You designed me to be unique.

Cruciform

God, help me to live authentically as the person you created me to be,
Even when doing so may be difficult or unpopular.

Weeks (1st)

You have accepted me as your beloved,
help me to accept others as your beloved,
and help others accept me as your beloved.

Weeks (2nd)

You blessed me with my own unique identity,
help me to affirm and accept the identity of others,
and help others to affirm and accept my identity.

Weeks (3rd)

You lovingly created me with purpose,
help me to accept and fulfill that purpose,
and to use that purpose for the blessing of others.

Invitatory (closing)

Your creativity is beautiful and holy.
I affirm and accept your creation of me.
I affirm and accept your creation of others.
You created me and all of humanity in your holy image.
The image of the divine, residing in all.
To bear witness of your love and beauty.

Crucifix (closing)

God, you are love.
You are the source of life.
Amen.

Prayer Bead Prayers for Recognizing I am Beloved

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix In the name of the Lover,
the Beloved,
and Love itself
Amen.

Invitatory (beginning) I acknowledge that you are love.
I acknowledge that you love me.

Cruciform I believe I am beloved, help my unbelief.
I repent of any refusal to walk in my belovedness.

Weeks (1st) I was created in your image with love, you love me.

Weeks (2nd) I was created in your image with love, your presence in my life is constant.

Weeks (3rd) I was created in your image with love, I am your beloved.

Invitatory (closing) Help me to walk as your beloved.
Nothing can separate me from your love:
my past sins, which you have forgiven
my suffering, for which you have been present
or anything else, either in this life or the life to come.
You love me and you are there.

Crucifix (closing) God, you created me.
Jesus, you redeem me.
Spirit, you sustain me.
I am loved.
Amen.

Rosary Prayers for Authenticity

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix In the name of the Divine: Father, Son and Holy Spirit, who together created me in the image and likeness of God. Amen.

Invitatory (beginning) God, you created me with purpose and love. You created me as a unique individual, bearing your image in my body and soul. I am a precious creation whom you have proclaimed to be very good.

Cruciform With God's help, I shall become myself (Soren Kierkegaard).

Weeks (1st) With God's help, I shall love God.

Weeks (2nd) With God's help, I shall love myself.

Weeks (3rd) With God's help, I shall love the rest of humanity.

Invitatory (closing) God, I recognize the fact that you created me with love, with special characteristics that make me myself, that I contain aspects of you, the Divine Being. Forgive me for the times where I have not lived in authenticity as the person you created me to be.

(This time between the closing invitatory and the closing crucifix, pause and reflect in quiet meditation those things which are stopping you from being who you were created to be, and name them).

Crucifix (closing) You created me in your image because it pleased you to do so, you knit me together in my mother's womb with a divine purpose in mind. I am beloved and accepted by you, my creator.

In the name of the Holy Divine Being, in whose image I was created, Amen.

Prayer Bead Prayers for Celebrating the Incarnation

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

- Crucifix** In the name of Jesus, my Redeemer and Healer, Amen.
- Invitatory (beginning)** Lord Jesus Christ, Son of God, you came to earth, to live the full human experience. You are the Son of God, and the Son of the Blessed Virgin Mary, your human mother, who accepted the Father's call upon her life to birth and raise you, the Redeemer and Healer of the world.
- Cruciform** In this divine mystery, you were fully human.
And yet you were then, are now, and ever will be, Divine.
- Weeks (1st)** Jesus, Son of God, you came to earth in human form and experienced human emotions.
- Weeks (2nd)** Jesus, Son of God, you understand and relate to my trauma and suffering.
- Weeks (3rd)** Jesus, Son of God, your presence is with me always.
- Invitatory (closing)** When I cry out to you for help, you heal me.
When I experience hell on earth, you experience it with me.
When I have done wrong, you forgive and love me.
When I fall, you pick me up.
When I am tired and carrying many burdens, you give me rest.
- Crucifix (closing)** Jesus, in your humanity you share in my human experience, you understand and have experienced the things I go through, blessed Redeemer and Healer, for which I thank you. Amen.

Prayer Bead Prayers About the Presence of Christ

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix

In the name of God: Parent, Son, and Spirit, Amen.

I am here today because of God my creator, who formed me in the very image of God, Jesus my redeemer, whose presence has always been in my life, and the Holy Spirit who sealed me in Baptism and marked me as Christ's own forever, Amen.

Invitatory (beginning)

When I pass through the water, you are with me, and therefore the water does not overwhelm me. When I walk through the fire, you are with me and the fire does not burn me. You are with me in the water, and in the fire.

You show your presence in my life in many ways: the communion of saints who have gone before me, the help I've been given in bad situations, the comfort of random happenings, and more.

Cruciform

When I walk in the light, you are there. When I walk in darkness, you are there. Darkness and light to you are both alike.

Weeks (1st)

God, you show your presence in my life through your creation of me.

Weeks (2nd)

Jesus, you show your presence in my life through your incarnation.

Weeks (3rd)

Holy Spirit, you show your presence in my life through sealing me in baptism as Christ's own forever.

Invitatory (closing)

Thank-you for the many ways you have been present in my life.

(This time between the closing invitatory and the closing crucifix, some of the things that are being offered for redemption could be named).

Crucifix (closing)

It is you who created me, it is you who redeemed me, it is you who has sustained me.

In the name of the Father, and the Son, and the Holy Spirit, Amen.

Prayer Bead Prayers for Dealing with Big Feelings

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix Our Father, who art in heaven,
 hallowed be thy name,
 thy kingdom come,
 thy will be done,
 on earth as it is in heaven.
 Give us this day our daily bread.
 And forgive us our trespasses,
 as we forgive those who trespass against us.
 And lead us not into temptation,
 but deliver us from evil.
 For thine is the kingdom, and the power, and the glory, for ever and ever.
 Amen.

Invitatory (beginning) My feelings are a gift from you,
 and right now, I am (name the feeling/s).

Cruciform I will be still and know that you are God.

Weeks (1st) Lord Jesus Christ, Son of God, have mercy on me, for I am (name the feeling/s).

Weeks (2nd) Lord Jesus Christ, Son of God, have mercy on me, help me process my (name the feeling/s) appropriately.

Weeks (3rd) Lord Jesus Christ, Son of God, have mercy on me, grant me peace.

Invitatory (closing) I offer up my (name the feeling/s) to you,
 releasing it to your care

(This time between the closing invitatory and the closing crucifix, the specific circumstances can be disclosed).

Crucifix (closing) Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be. Amen.

Prayer Bead Prayers for Dealing with Shame

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix In the name of God, the Creator of All, Jesus, the Redeemer and Healer, and the Holy Spirit, the Source of Wisdom, Amen.

Invitatory (beginning) In baptism I have been washed clean, having experienced rebirth of my soul. In the Holy Eucharist I am fed and nourished.

Cruciform Lord Jesus Christ, Son of God, have mercy on me, for I am beloved.

Weeks (1st) Father, my creator, you created me in your image, and you love me, because you are love.

Weeks (2nd) Jesus, my redeemer and healer, you sustain me with your precious body and blood, because you are love.

Weeks (3rd) Spirit, my source of wisdom, you remind me of my baptism and belovedness, because you are love.

Invitatory (closing) When shame comes, you are love, and you love me.
When I have sinned, you are love, and you forgive me.
When I feel unlovable, you are love, and your presence is with me.

Crucifix (closing) Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Prayer Bead Prayers for Healing of Trauma

The first time around, on all of the weeks beads, you would pray the first set of weeks prayers. The second time around, on all the weeks beads, you would pray the second, etc. The same cruciform prayer is used without the entire three rounds.

Crucifix In the name of God the parent, Christ the healer, and the Holy Spirit the source of wisdom, Amen.

Invitatory (beginning) Jesus, in the Bible you healed people of their trauma: Mary Magdalene, a woman with a messy past, a man who lived in the tombs amongst the dead because he was dead inside,. an unnamed woman who was healed from a chronic illness merely by touching the hem of your garment, and so many others.

Cruciform Lord, have mercy
Christ, have mercy
Lord, have mercy

Weeks (1st) Jesus, healer of the world, you took on my trauma as your own, grant me your peace.

Weeks (2nd) Jesus, healer of the world, you know and identify with my suffering, grant me your presence.

Weeks (3rd) Jesus, healer of the world, you see the ways in which I have harmed myself, grant me forgiveness.

Invitatory (closing) Help me to remember that you understand and sympathize with my hurt and suffering, help me to remember the communion of saints who have gone on before, their lives a witness to your healing power. Jesus, healer of the world, I offer up my trauma for your redemption.

(This time between the closing invitatory and the closing crucifix, speak the things for which you want redemption, the things which you are wanting healing for, the things that are causing hurt and suffering in your life currently).

Crucifix (closing) 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.
Amen.