



My Daily Anglican/Protestant Prayer Bead Meditation -compiled and adapted by Trish Geyling

(A few meaningful details: 33 beads symbolize the 33 years Christ lived on earth, the Invitatory bead represents a call to worship/prayer, the 4 large Cruciform beads create an invisible cross representing Christ at the center of my life, the 4 sets of 7 beads represent the seven days of creation/seven days of the week/seven being a symbolic number of completion)

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 forever.

The Invitatory Bead: Open my lips, O Lord, and my mouth will proclaim Your PRAISE. Open my heart, O Lord, and my life will reflect Your LIGHT and LOVE.

Cruciform Bead: Enlighten the darkness of my heart and give me true faith, certain hope and perfect love. Give me a sense of the Divine and a knowledge of You so that I may do everything in fulfillment of Your will.

The Weeks: Let me live one day at a time and enjoy one moment at a time. Let me accept hardships as the pathway to peace taking the uncontrollable as it is, not as I would have it. Let me trust that You will make all things right as I surrender to Your will.

Cruciform Bead: Enlighten the darkness of my heart and give me true faith, certain hope and perfect love. Give me a sense of the Divine and a knowledge of You so that I may do everything in fulfillment of Your will.

The Weeks: Jesus, Lamb of God, have mercy on me. Jesus, bearer of my sins, have mercy on me. Jesus, redeemer of the world, give me Your peace.

Cruciform Bead: Enlighten the darkness of my heart and give me true faith, certain hope and perfect love. Give me a sense of the Divine and a knowledge of You so that I may do everything in fulfillment of Your will.

The Weeks: All shall be well, All shall be well, All manner of things shall be well (Julian of Norwich) 3x

Cruciform Bead: Enlighten the darkness of my heart and give me true faith, certain hope and perfect love. Give me a sense of the Divine and a knowledge of You so that I may do everything in fulfillment of Your will.

The Weeks: In His love He has done His works. In His love He has made all things beneficial to us. 3x
(Some pray the circle three times representing the Holy Trinity)

(To close)

The Invitatory Bead: Guide me waking, O Lord, that awake I may watch with Christ. Guard me sleeping, O Lord, that asleep I may rest in peace.

The Cross: You are before all things, and in You all things hold together. Col. 1:17