

Week One: Be Still and Know

When - For this week, our “when” is “daily.” It doesn’t matter at all what time. And it doesn’t have to take a long time and it isn’t hard. All you have to do is hold your prayer beads anytime.

Where - This week we are going to practice praying anywhere that we can find a few moment of quiet. So maybe you keep your prayer beads in your bedroom and go in there to get some quiet. Or you can take them outside to your favorite place in the quiet of nature. Pick up your beads and feel them in your hands.

What - The “what” we pray for this week is super simple. In one way or another, we’ll use the phrase from Psalm 46, “Be still and know that I am God.” This is a simple reminder that tells us that God is with us always. We just have to quiet our hearts and feel the presence of God in the feel of our beads. Like those beads, God is very close.

Why - So why do we do this? Because sometimes life can be noisy and chaotic and not calming. When Jesus felt this, he went to the mountain to pray. When he needed to rest and reconnect to God, he found a quiet place. And we can too. We can feel calm and peace.

As you begin, you may use these prompts to settle your thoughts and center yourself in God’s presence. The purpose of the first four introductory beads is to prepare yourself for your time of prayer.

Cross (or pendant): In the name of the Father, and the Son, and the Holy Spirit. Amen.

Invitatory bead (first Large): *Deep breath in*

Resurrection bead (first Medium): *Deep breath out*

Cruciform bead (next Large): The Lord is our place of safety.

Here are two options for using the seven “week” beads (these are the seven medium beads that are strung together in sequence between the Cruciform/Large beads). Pause with each bead and pray. Move along your prayer beads once or multiple times.

Option 1

Bead 1: Be still

Bead 2: know that I am God

Bead 3: Be still

Bead 4: know that I am God

Bead 5: Be still

Bead 6: know that I am God

Bead 7: Be still and know that I am God

End (large) Bead: Amen.

Option 2

Bead 1: Be, be, be

Bead 2: Be still, be still, be still

Bead 3: Be still and know, be still and know, be still and know

Bead 4: Be still and know that I am God

Bead 5: I am God. I am God. I am God

Bead 6: I am, I am, I am

Bead 7: God, God, God

End (large) Bead: Stillness

Once you are ready to end your time of prayer, you may use these prompts to “exit” your strand of beads:

Resurrection bead (Medium): *Deep breath in*

Invitatory bead (Large): *Deep breath out*

Cross (or pendant): The Lord is our place of safety. Amen.