



The “W’s of Prayer”

We will be focusing on prayer with the use of prayer beads from now until the end of August. This guide will offer you ways to use your prayer beads during the week, based on what we will be talking about in the worship service. These are just suggestions to help guide you, but know that whatever you do and however you adapt any of this is just fine! **There is no wrong way to pray and there is no wrong way to use your prayer beads.**

We begin by centering ourselves in God’s presence; the practice to “Be still.” Starting week 2, we will focus on a line from the Lord’s Prayer each week.

These “W’s of Prayer” consists of the “when, where, what, and why” of the prayer practice for the week and then some optional prayers to help you pray. Sometimes they go with the beads, sometimes they don’t match the number of beads exactly, it doesn’t matter. **It is important that you use the beads however you want, or whatever way is meaningful to you. There is not a “right” way.**

Prayer beads are part of a larger tradition, not just a “Catholic” one. Beads have been used by humans for significant purposes as long as we’ve been humans and the practices extend all over the world and in many traditions. We are using “Protestant Prayer Beads” and the biggest different between these and Catholic rosaries is that there is no right way, no one way, or certain words that must be prayed. **They are simply a visual and tangible way to help us all pray more frequently**, calming our hearts and minds and remembering that we are not alone.

However you choose to use your beads, know that you are loved, by God, and by us! May this experience be meaningful to you as you seek a closer walk with God and a deeper relationship with God that empowers you to love and serve God and neighbor!

