

## **Week Two: Presence**

“Our Abba, who art in heaven”

“Abba” was a special word that meant something like what we say today, “Mom” or “Dad.” Jesus used it because that meant that God is not way out there, but close and personal like family. So this week, we are going to use “Abba” as we pray.

**When** - This week, you are invited to pray right when we wake up. When we pray in the morning, we can remember that God, who is as close to us as our family, will be with us throughout our day, no matter what happens.

**Where** - You could keep your prayer beads next to your bed or by your toothbrush to remind you. We’ll make it part of our routine this way!

**What** - We can pray, “Abba God, thank you for being with me all day long!” Or you can choose your favorite name for God and use that, like “Creator God, thank you for being with me all day long!” or just use “Dear God, thank you for being with me all day long!”

**Why** - So why do we do this? Because when we make connection to God part of our routine, we go about our day with confidence that we are never alone and God is part of our family, and that is a wonderful thing!

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Knowing God through prayer can be a creative act. The Bible uses many names for God. Abba is just one of them. In this prayer, we repeat various names for God (just say the name, not the explanation or reference). As you pause between each one, imagine what knowing God in this way means for your developing relationship with the Divine.

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.

You may use these prompts to settle your thoughts and center yourself in God’s presence. The first four “introductory beads” help us prepare for a time of prayer.

**Cross (or pendant):** Abba, you are always with me  
**Invitatory bead** (first Large): I am your child  
**Resurrection bead** (first Medium): coheir with Christ  
**Cruciform bead** (next Large): for you, all things are possible

### Option 1

Bead 1: Creator (we are also creative) Gen 1:1  
Bead 2: Logos (“the Word” scripted in us) John 1:1  
Bead 3: Mother (“as a hen gathers her chicks”) Matt 23:37  
Bead 4: Alpha & Omega (always with us) Rev 1:8  
Bead 5: Great Light (shining into our darkest places) Isa 9:2  
Bead 6: Refuge (shelter in times of trouble) Ps 9:9  
Bead 7: Gracious & Merciful (always loving) Jonah 4:2  
End Bead: Abba (intimate and fully known) Romans 8:15-17

### Option 2

Pray a different name of God that has meaning for you for each of the seven week beads.

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

**Resurrection bead** (Medium): I am a child of God  
**Invitatory bead** (first Large): coheir with Christ  
**Cross (or pendant):** Abba, you are always with me

