

# Prayer Beads



- A prayer session based on praying not just for ourselves, but for the people around us; family, friends, the wider world. Aimed at any age group, particularly great for young people.

- **Preparation**

For this session you will need:

- Lengths of string/wool/scooby laces –approx 15cm(suitable to fit around a wrist)
- Coloured beads: pink, green, white, blue, grey & orange. IKEA sell big pots of beads that are ideal for this session.
- Reflective music e.g. Sigur Ros or ‘Picture of Jesus’ by Ben Harper.
- Display in centre of room, using a candle and cloth, maybe mood lighting.

***The group need to sit in a circle around the focus. In the centre of the focus should be the lengths of string (enough for the group) and the beads should be separated into piles of each colour in the centre also.***

***Instruct the group to take a piece of string each and the reflection can begin...***

*(you don't have to use all six coloured beads, you may only wish to focus on 3 or 4 of them, or you may wish to add some new colours which represent different things.)*

*Begin with Sign Of The Cross.*

*(pause between explaining each bead.)*

This prayer session is going to help us pray for ourselves, the people we love and also the wider world around us. To help us pray we're going to make some prayer bracelets. For each bead we add to the bracelet you will be invited to say your own prayer for a person or situation.

First of all we will start with the **green bead**. *(let them hold it, close their eyes)...think about nature...how things grow and blossom...who has helped you grow and blossom and become*

the person you are...picture them in your mind...say a prayer for them.  
Place the bead on your string.

Next is the **orange bead**. *(let them hold it, close their eyes)*...think about the sun, the joy and the warmth it brings...who has brought joy, warmth and love to your life...picture them in your mind...say a prayer for them.  
Place the bead on your string.

Next is the **blue bead**. *(let them hold it, close their eyes)*...think about people overseas...people who need our prayers...people suffering, people who are victims of injustice & going through difficult times...say a prayer for them.  
Place the bead on your string.

Now we have the **grey bead**. *(let them hold it, close their eyes)*...think about those you have hurt of those who have hurt you...how you have overshadowed them or you have been put in the dark by someone...picture the scene in your head...say a prayer for it/them.  
Place the bead on the string.

Next is the **pink bead**. *(let them hold it, close their eyes)*...think about your friends...picture them in your mind...all the good memories you have together...what do you love about them?...say a prayer for them.  
Place the bead on the string.

Finally we have the **white bead**. *(let them hold it, close their eyes)*...take the opportunity now to talk to God and pray for yourself...  
Place the bead on your string.

*(Let them tie the string around their wrist.)*

*(Read scripture) **Philippians 4:6***

*'Do not worry about anything, but pray and ask God for everything you need, always giving thanks.'*

What we have just done is really powerful, not only have we prayed for ourselves, we have prayed for lots of other people and situations too. Just like the scripture says; pray to God, asking him for things, but also giving thanks for everything he provides you with.

Wear your prayer beads to remind you of all those things you have just taken some time out to pray for!

End with the Sign Of The Cross.