

How to use your Anglican Prayer Beads

History lesson

Anglican prayer beads came into use in the 1980's and differ from the Catholic Rosary. No Hail Mary prayers are recited using the Anglican set. They were developed by Episcopalians who wanted a simplified way to use the ancient practice of prayer using beads. They are smaller in size than the Dominican Catholic Rosary. Anglican prayer beads are adaptable to the seasons of the Church calendar and can be creatively used for your own personal spiritual journey.

Beads around the world

Prayer beads have been in use by cultures around the world for hundreds of years. The earliest historical use of prayer beads can be traced back to Hindu prayers around 500 BC in India. It is believed the prayer bead concept was probably invented by Buddhist followers and later borrowed by Hinduism before it made its way across the world. There is even a statue of a Hindu man holding beads that date back to the 3rd century BC. From India, the prayer beads concept spread to the Middle East, Japan and China.¹

Rich in symbolism, I make Catholic Rosaries using traditional handmade chain links, the Lutheran Pearl of Life sets, Mala beads, and Anglican Rosaries. I call my prayer ministry Gems of Malini. Malini is a Sanskrit word meaning “a woman who makes garlands” and rosaries are like garlands-circles of beads. In my prayer sets I employ any number of glass beads from the Czech Republic, Swarovski crystal from Austria, semi-precious gemstones, forged copper, and other metals, handmade polymer clay beads, vintage beads and talisman. Sets are strung on the highest quality beading wire for outstanding draping and comfort in the hands or on the lap. If requested, I attune the beads with Reiki, Universal Life Energy.

Why pray with Beads

The simple act of holding and praying with your beads deepens and transforms your devotions into a richer spiritual experience. The method of moving from one bead to the next provides a rhythmic and tactile way to slow down our mind and better focus on the present moment while meditating upon our prayers. This consistent practice yields many benefits-inner peace, comfort and joy and beyond.

A rosary is simply a tool that assists us in the art of noticing what we are doing, feeling, and thinking right now. When we clutch it in our hands, the distraction from “out there” is activated. Our thoughts begin to settle as we move from bead to bead, prayer to prayer. God is omniscient and omnipresent; we must notice, acknowledge, and focus on Him to deepen our understanding and relationship.

1. <https://viennaimports.com/blog/articles/history-use-prayer-beads-throughout-world/>
Accessed 2/20/20

The diagram below designates that the traditional Anglican bead set is composed of a cross and 33 beads, 5 large and 28 small. I make customized variations, and no two sets are ever alike with some sets having more than 33 beads. Thirty-two of the beads form a circle, with one bead and the cross outside the circle. The thirty-two beads remind us of the number of years that Jesus lived on earth before his ascension into heaven.

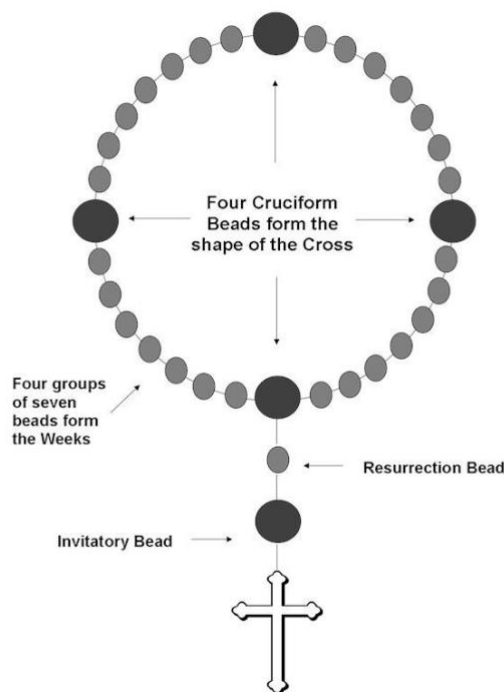
We start at the bottom, at the Cross or talisman (depending on your set). Hold the cross in your hands and welcome God's presence into your prayer time.

An invitation: The large bead directly above the cross is referred to as the invitational bead and acts as a call to worship or initiation into our sacred prayer time.

Resurrection bead: My sets include an extra bead just above the invitational bead which is called the resurrection bead, and it reminds us that Holy Trinity lives on in perpetuity.

The invisible Cross: Inside the circle are four large beads that are evenly spaced between twenty-eight smaller beads. These four are termed "cruciform" beads because they form an invisible cross within the loop.

Seven days: The small beads are divided into groups of seven by the cruciform beads are called 'weeks' because they represent seven days of the week and also recall the seven days of creation.



Choosing Prayers for Anglican Rosary

Keep in mind that you can create your own method, and these suggestions are merely a jumping off point. These are YOUR beads and no rules apply. You will find that the more you use your beads, the more you long to use your beads. They provide respite from the challenges of the day, are a means of privately asking God to help you and others and are one of the best free sleep aids ever!

Prayers and prayer guides can be found online, in books, in scripture, and in Holy places around the world. Pray the prayers that speak to you and comfort you. Write your own. Pray in your own voice, your own manner just like you are speaking gently to a child or a loved one. God is listening and he knows all languages, all sorrows, all needs and desires.

Prayers can be said for yourself, your spouse, your children, parents, grandchildren, your friends, your city, the earth, the animals. The act of praying for others is called intercessions and in doing so we unselfishly reach beyond our own needs. We can ask for forgiveness, which is a valuable gift that is neither easily obtained, nor easily given. Forgiveness is essential for life; it frees us from past wrongs and gives us hope for the future.

We can pray for the sick, the needy, and the poor. We can pray for peace, good health, and prosperity. We can pray for a minute; we can pray for an hour.

My prayer beads are kept under my pillow, in cloth pouches, or hung on a wall near my bed. I have many sets and change them periodically. May your set bring you comfort, peace and joy.

- First, make the sign of the cross to initiate your prayer session.
- Start by holding the **Cross** and say a simple opening prayer
- Next, move to the **Invitatory Bead** and say a prayer to invite God into your presence.
- **Resurrection Bead**- Glory Be to the Father and to the Son and the Holy Spirit as it was in the beginning is now and ever shall be, world without end. Amen
- As you enter the circle of Weeks Beads, say one prayer or scripture at each **Cruciform Bead**. The Our Father is a fine choice or choose another that suits you. If you like Hail Mary, use it.
- Next, repeat a small prayer or verse for each of the seven **Weeks Beads**. Allow the repetition of these prayers to help you pray more deeply and focus more fully. You can recite mantras or affirmations. You can use one set of Weeks to recite that for which you are grateful; another set to pray for others; another set to ask for forgiveness; another set to ask for requests.
- Go slowly through the beads, allowing some silence between beads. This is a meditative prayer, intended to help slow down and pray deeper.
- You may choose to go around the circle three times, or you can simply go around once. If you are repeating the circle, ancient methods recommend turning around rather than crossing over, but this is up to you. I always turn around.
Return to the **Invitatory Bead** to close your prayers. You can close with the Lord's

prayer and then a prayer of your own at the **Cross** to conclude your prayer time. You can also use a simple benediction (blessing) at the Cross to close your prayers.

Some prayers that may inspire you

The Beatitudes-from the Sermon on the Mount spoken by Jesus(book of Matthew)

Blessed are the poor in spirit.

for theirs is the kingdom of heaven

Blessed are those who mourn

for they will be comforted.

Blessed are the meek

for they will inherit the earth.

Blessed are the merciful

for they will be shown mercy.

Blessed are the pure at heart

for they will see God.

Blessed are the peacemakers

for they will be called sons of God.

Blessed are those who are persecuted because of righteousness

for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you, and falsely say all kinds of evil against

you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Metta (loving-kindness)- Buddhist meditation

My heart fills with loving-kindness. I love myself. May I be happy.

May I be peaceful. May I be liberated.

May all beings in the vicinity be happy. May they be peaceful. May they be liberated.

May all beings (your city) be happy. May they be peaceful. May they be liberated.

May all beings (your state) be happy. May they be peaceful. May they be liberated.

May all beings in the United States be happy. May they be peaceful. May they be liberated.

May all beings on the planet be happy. May they be peaceful. May they be liberated.

May my parents be happy. May they be well. May they be peaceful. May they be liberated.

May my friends be happy. May they be well. May they be peaceful. May they be liberated.

If I have hurt anyone, knowingly or unknowingly, in thought or word or deed, I ask for their forgiveness.

If anyone has hurt me knowingly or unknowingly, in thought or word or deed, I extend my forgiveness.

May all beings everywhere, whether near or far, whether known to me or unknown to me, be happy. May they be peaceful. May they be liberated.

Desiderata

Go peacefully amid the noise and hate and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter.

For always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your career, however humble; it is a real possession in the changing fortunes of time.

Exercise cautions in your business affairs; for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself.

Especially do not feign affections.

Neither be critical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings.

Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

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Japa is the repetition, or sound, of the name of God. This is a universal sound regardless of the language or culture.

Chant, Recite, Listen:

Adonai

Allah

Baba

Brama

Buddha

Father

God

Jumala

Kali Durga

Krishna

Mohammed

Ra

Yaweh

OM



NAMASKAR

Resources:

<https://www.unspokenelements.com/pages/how-to-use-anglican-prayer-beads>

<https://www.prayerandpossibilities.com/how-to-pray-with-anglican-prayer-beads/>

Accessed 2/27/20/Revised 2025
