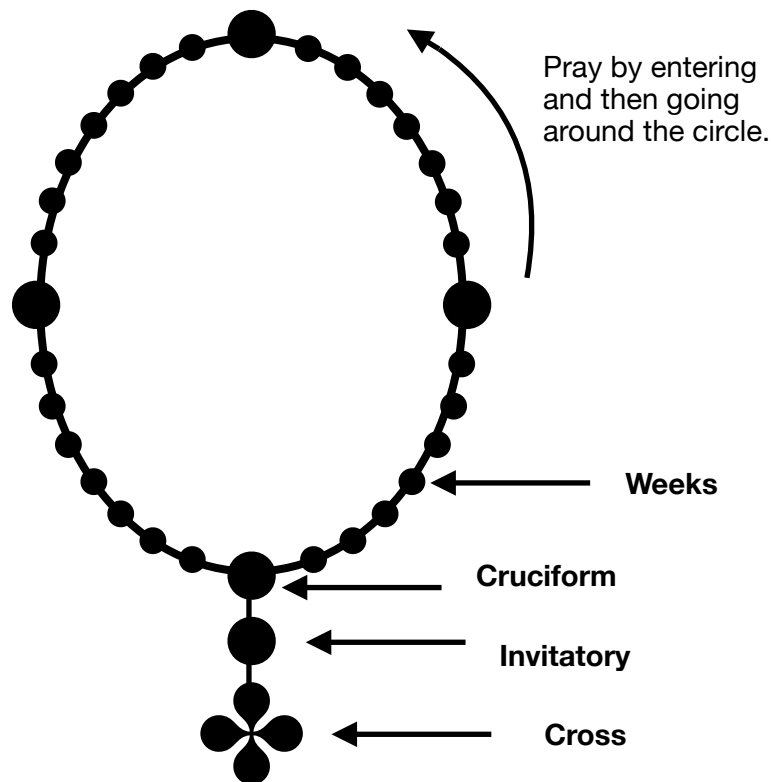




Strength-based Spiritual Practice

THE S.T.R.E.N.G.T.H. PRAYER: PRAYER BEADS

The *following The Way* Spiritual Types Indicator lists several suggested spiritual practices for Strength-based spiritual types. One practice they can enjoy is praying with prayer beads. The S.T.R.E.N.G.T.H. prayer on the following page uses Anglican Prayer Bead with a cross, invitatory bead, four cruciform beads and four sets of seven “weeks” beads. In case you are unfamiliar with what this looks like, here’s a diagram:



You'll begin by praying a prayer while holding the cross between your thumb and finger, then move on to pray a different prayer at the invitatory bead, then a different prayer at each of the cruciform bead, then a different prayer for each of the seven weeks beads, and repeat that pattern around the circle until you come back to the first cruciform bead, then the invitatory, and lastly the cross again. In all you will pray the cross twice, the invitatory twice, the cruciform five times, and the weeks set four times. For more information on how use or make prayer beads visit <http://kingofpeace.org/prayerbeads.htm> or to purchase a set visit <http://www.solitariesofdekoven.org/store.html> or <https://fullcirclebeads.com> or <https://www.unspokenelements.com>

The S.T.R.E.N.G.T.H. prayer is found on the next page.

S.T.R.E.N.G.TH. Prayer using Anglican Prayer Beads

This set of prayers for use with Anglican Prayer Beads allows you to pray the Shema, with specific petitions that our physical self may be used for spiritual purposes. The physical act of thumbing each bead can also help bring increased focus and presence to your prayer experience.

1. Cross Prayer - “Hear, O Israel” (pause for silence to listen)

2. Invitatory Bead Prayer - “The Lord our God, the Lord is One”

3. Cruciform Beads Prayer - “Love the Lord, your God, with all your Heart, with all your Soul, with all your Mind, and with all your Strength”

4. Weeks Beads Prayer - pray S for the first bead, T for the second, R for the third, and so on

S Steady my hands that I may serve you

T Train my feet that I may follow you

R Ready my legs that I may carry you

E Enter my heart that I may love you

N Nourish my mouth that I may receive you

G Gladden my eyes that I may see you

TH Thrill my ears that I may hear you

(Repeat steps 3 and 4 to go around the four sets, finishing with a final Cruciform Bead Prayer)

5. Invitatory Bead Prayer - “The Lord our God, the Lord is One”

6. Cross Prayer - “Hear, O Israel” (pause for silence to listen)