



There is significant symbolism in prayer beads. Episcopal prayer beads have 33 main beads divided into four weeks of seven, four cruciform beads, and an invitatory bead.

-Jesus' life on Earth was 33 years.

-There are seven seasons of the Christian year: Advent, Christmas, Epiphany, Lent, Holy Week, Easter, and Pentecost. The seven beads, the weeks, are also associated with the number of days in creation and completion or spiritual perfection in the Bible.

-The four Cruciform beads form a cross and also symbolize the four cardinal directions (north, south, east, and west) the four gospels and the four primary elements (earth, water, wind, and fire).

In true Episcopal tradition, there is no right or wrong way to use prayer beads. There are, however, steps and resources to help you get started.

Steps for using prayer beads

Step 1. Hold the Cross and say the prayer you have assigned to it.

Step 2. Move to the Invitatory bead and say the prayer you have assigned to it.

Step 3. Enter the circle of the prayer with the first Cruciform Bead. Moving to the right, go through the first seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead. Many sources suggest you pray around the circle of the beads three times to signify the Holy Trinity. Add the cross at the beginning or end.

Agnus Dei Prayer ("Lamb of God")

The Cross

The Lord's Prayer

The Invitatory

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer."—
Psalm 19:14

The Cruciforms

Oh, Lamb of God that taketh away the sins of the world have mercy upon us,

Oh, Lamb of God that taketh away the sins of the world have mercy upon us,

Oh, Lamb of God that taketh away the sins of the world give us Thy Peace.

The Weeks

Almighty and merciful Lord,
Father, Son, and Holy Spirit,
bless us and

keep us.

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