

Activity 64

Prayer Bracelets

Spiritual Development: Prayer Exploration

To explore prayer by making and using prayer bracelets.

You will need - A selection of wooden or plastic beads, bracelet elastic or cord, scissors, small wooden crosses.

Activity - Prayer beads can act as a focus and a structure for our prayers. Firstly, make your bracelet. Thread colours of beads onto a length of beading elastic or cord. Each colour of bead can represent anything that will help you with your prayers. Once you have made your bracelet, sit quietly and reflect on the meaning of the colours.

We have some suggestions for the meanings of each colour - see opposite. Another suggestion is ;

White bead - praise and thank God for your many blessings

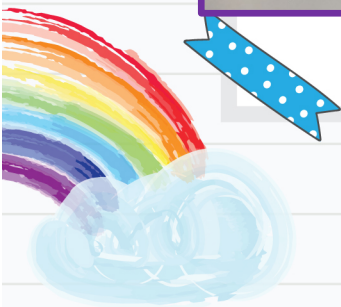
Orange bead - pray for others (friends, family, the world)

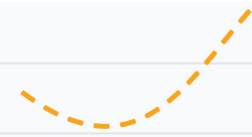
Red bead - prayers for forgiveness


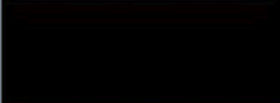




Green bead - prayers for personal concerns and guidance

Blue bead - ask God to help you with your life

Purple bead - stay silent and listen to God





	Purple reminds us that God is King Deuteronomy 10:17
	Black is for our sins Romans 3:9
	Red is for the blood that Jesus shed for us Romans 3:25
	White is for our forgiveness Psalm 51:7
	Blue is for our baptism Mark 16:16
	Green is for how we grow in knowing God 2 Peter 3:18
	Yellow is for our eternal life in Heaven Revelation 21:18

