



Praying with beads: A Practice for Lent- week 1

Begin by getting still, take several centering breaths, and slowly read **Genesis 2:15-17; 3:1-7 & Psalm 32:1-7**. We will meditate on this Scripture in our practice.

When you are ready to begin, hold the invitational bead and focus on the meditation assigned to it. After a few moments, move on to the Resurrection bead and do the same. Enter the circle of prayer with the first Cruciform bead and slowly work around the circle to the right.

Invitational bead— Focus on God, Our Rock and our Redeemer

Resurrection bead— Focus on Christ, who invites us into relationship

1st Cruciform bead: When the woman saw that the tree was good for food, it was a delight to the eyes, was desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

1st set of Weeks beads: Then the eyes of both were opened

2nd Cruciform bead: When the woman saw that the tree was good for food, it was a delight to the eyes, was desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

2nd set of Weeks beads: and they knew that they were naked

3rd Cruciform bead: When the woman saw that the tree was good for food, it was a delight to the eyes, was desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

3rd set of Weeks beads: and they sewed fig leaves together

4th Cruciform bead: When the woman saw that the tree was good for food, it was a delight to the eyes, was desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

4th set of Weeks beads: and made loincloths for themselves

1st Cruciform bead: Upon returning back to the 1st Cruciform bead, you may choose to continue around the circle again or exit your time of prayer.

Resurrection bead: Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. . .I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. . .You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah **Psalm 32:1-7**

Invitational Bead-Take a deep breath. Ask the Holy Spirit to reveal to you where and how are you being tempted by evil? In what ways do you try to cover your own sins? Take a moment to relinquish your efforts and surrender to God. Feel him cover you with his grace, mercy, and love; He is your hiding place.