



Praying with beads: A Practice for Lent- Week 4

Begin by getting still, take several centering breaths, and slowly read **Psalm 121 & 130**. 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 I lift up my eyes to the hills-- from where will my help come?

1st set of Weeks beads: My help comes from the LORD, who made heaven and earth

2nd Cruciform bead: I lift up my eyes to the hills-- from where will my help come?

2nd set of Weeks beads: The LORD is your keeper; the LORD is your shade at your right hand.

3rd Cruciform bead: I lift up my eyes to the hills-- from where will my help come?

3rd set of Weeks beads: The LORD will keep you from all evil; he will keep your life.

4th Cruciform bead: I lift up my eyes to the hills-- from where will my help come?

4th set of Weeks beads: The LORD will keep your going out and your coming in from this time on and forevermore.

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—Out of the depths I cry to you, O LORD. Lord, hear my voice! Let your ears be attentive to the voice of my supplications! If you, O LORD, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered. I wait for the LORD, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is great power to redeem. It is he who will redeem Israel from all its iniquities. **Psalm 130**

Invitational bead- Take a deep breath. Where do you look for help when you are in a time of need? Pray for the Holy Spirit to lift your eyes and direct your soul to wait for the help of God. He is your hope. He is your help.