



Praying with beads: A Practice for Lent- Week 5

Begin by getting still, take several centering breaths, and slowly read **Ezekiel 37:1-14 & Romans 8:9-11**. 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 into us into relationship

1st Cruciform bead He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know."

1st set of Weeks beads: Prophecy to these bones, and say to them: O dry bones, hear the word of the LORD.

2nd Cruciform bead: He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know."

2nd set of Weeks beads: Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live.

3rd Cruciform bead: He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know."

3rd set of Weeks beads: I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the LORD."

4th Cruciform bead: He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know."

4th set of Weeks beads: I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act," says the LORD.

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— But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you. **Romans 8:9-11**

Invitational bead- Take a deep breath. Ask the God to breathe life into areas of your heart that are dead and dry. Ask the Holy Spirit to make his home in you, to renew your spirit, and to tune your ears to his voice.