

## SYMBOLISM BEHIND THE PRAYING CORD

The configuration of the *A.C.T.S. Prayer Band* relates contemplative prayer to many levels of traditional Christian symbolism.

The *A.C.T.S. Prayer Band* is a condensed form of traditional Anglican prayer beads. Made up of 7 small beads (the weeks beads), two large beads (the invitatory and cruciform beads), and the cross bead, it is similar in function to the Anglican model.

## PRAYING WITH THE BEADS

In the Anglican tradition, one would pray through the band 12 times adding the large bead at the beginning or the end, bringing the total prayers to one hundred—the total of the Orthodox Rosary. A period of silence would follow the prayer for a time of reflection and listening—the most important element in contemplative prayer.

**DISCIPLINE:** Begin praying with the *A.C.T.S. Prayer Band* by selecting the prayers you wish to use for each bead. Practice them until it is clear which prayer goes with which bead, and as far as possible commit the prayers to memory.

**PRACTICE:** Find a quiet spot. Touch the silver bead (the cross bead) and say the prayer you have assigned to it. Next, touch the second large bead (the Invitatory bead) and pray the invitatory prayer. Next, touch the Cruciform bead, pray the assigned prayer,

*SINCE EARLY TIMES, people have used a string of knots, pebbles, or beads on a cord to keep track of prayers they offered to God.*

*The use of prayer beads helps us to really think about our prayers and being in God's presence by using our spirit, mind, and body. Touching our fingers on each successive bead acts as an aid to keep our mind from wandering, and the rhythm of the prayers leads us more readily into stillness of soul and communion with our heavenly Father.*

*The Praying Cord can be worn as a daily invitation into fellowship with Abba God.*

then enter the bracelet with the first of the seven small beads, continuing around the circle, saying the prayers for each bead, until you have done 4 rotations.

Allow the repetition to become a lullaby of love and praise to God that enables your mind to rest and your heart to become quiet before Him.

When you have completed the rotations of the *A.C.T.S. Prayer Band*, you should end with a period of silence. This silence allows you to center your being for an extended period. It also invites reflection and listening after you have called upon the Name and Presence of God.

## CLOSING YOUR PRAYERS

The following ending may be used with any of the prayers in this pamphlet. After 12 circuits around the Praying Cord, you may finish as follows:

### LAST TIME THROUGH:

Cross Bead  
*The Lord's Prayer*

Invitatory Bead  
*I bless the Lord.*

Or, in a group setting:

*Let us bless the Lord  
Thanks be to God.*

## SUGGESTED PRAYERS

*Mix and match or put together your own. Keep in mind the objective is communion with our Heavenly Father.*

### A.C.T.S. PRAYER

#### THE CROSS

The Lord's Prayer

#### THE INVITATORY

O God make speed to save me,  
O Lord make haste to help me,  
Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

#### THE CRUCIFORM (ADORATION)

Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.

#### THE WEEKS (PRAYER REQUESTS)

*Use the beads to consider attributes of Abba Father that call your heart to adoration and praise.*

#### THE CRUCIFORM (CONFESSION)

Lord Jesus Christ, Son of God, have mercy on me a sinner.

#### THE WEEKS (PRAYER REQUESTS)

*Use the beads to confess those sins that God brings to mind.*

#### THE CRUCIFORM (THANKSGIVING)

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. (Ps 100:4)

#### THE WEEKS (PRAYER REQUESTS)

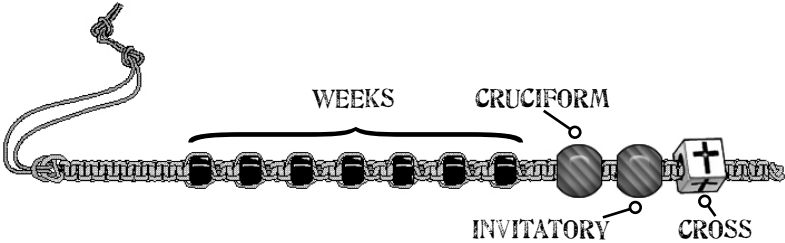
*Use the beads to consider those things God has given or done that bring forth thanks in your heart.*

#### THE CRUCIFORM (SUPPLICATION)

May my supplication come before you; deliver me according to your promise. (Ps. 119:170)

#### THE WEEKS (PRAYER REQUESTS)

*Use the beads to request of God those things he places in your heart to ask.*



## BLESS THE LORD

### THE CROSS

Blessed be the one, holy, and living God.  
Glory to God forever and ever. Amen.

### THE INVITATORY

O God make speed to save me (us),  
O Lord make haste to help me (us),  
Glory to the Father, and to the Son, and to the  
Holy Spirit: As it was in the beginning, is now,  
and will be forever. Amen.

### THE CRUCIFORM (ADORATION)

Behold now; bless the Lord, all you servants  
of the Lord. You that stand in the house of the  
Lord, lift up your hands in the holy place and  
bless the Lord.

### THE WEEKS

I lift up my eyes to the hills;  
From where is my help to come?  
My help comes from the Lord,  
The maker of heaven and earth.

## TRISAGION AND JESUS PRAYER

Trisagion means “thrice Holy”

### THE CROSS

In the Name of God, Father, Son, and Holy  
Spirit. Amen.

### THE INVITATORY

O God make speed to save me (us),  
O Lord make haste to help me (us),  
Glory to the Father, and to the Son, and to the  
Holy Spirit: As it was in the beginning, is now,  
and will be forever. Amen.

### THE CRUCIFORM

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy upon me (us).

### THE WEEKS

Lord Jesus Christ, Son of God,  
Have mercy on me, a sinner.

## SAINT PATRICK'S BREASTPLATE

### THE CROSS

I bind unto myself today the strong Name of the  
Trinity, by invocation of the same, the Three in  
One, and One in Three.  
Of whom all nature hath creation, eternal  
Father, Spirit, Word: praise to the Lord of my  
salvation, salvation is of Christ the Lord.

### THE INVITATORY

Christ be with me, Christ within me, Christ  
behind me, Christ before me,  
Christ beside me, Christ to win me, Christ to  
comfort and restore me.  
Christ beneath me, Christ above me, Christ in  
quiet, Christ in danger,  
Christ in hearts of all that love me, Christ in  
mouth of friend and stranger.

### THE CRUCIFORM

I bind unto myself today  
the strong Name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.

### THE WEEKS

1. I bind this day to me forever, by power of  
faith, Christ's Incarnation;
2. His baptism in Jordan River;
3. His death on cross for my salvation;
4. His bursting from the spiced tomb;
5. His riding up the heavenly way;
6. His coming at the day of doom;
7. I bind unto myself today.

1. I bind unto myself the power of the great love  
of cherubim;
2. The sweet “Well done” in judgment hour;
3. The service of the seraphim;
4. Confessors' faith, apostles' word,
5. The patriarchs' prayers, the prophets' scrolls;
6. All good deeds done unto the Lord,
7. And purity of virgin souls.

1. I bind unto myself today the virtues of the  
starlit heaven,
2. The glorious sun's life-giving ray,
3. The whiteness of the moon at even,
4. The flashing of the lightning free,
5. The whirling of the wind's tempestuous shocks,
6. The stable earth, the deep salt sea,
7. Around the old eternal rocks.

1. I bind unto myself today the power of God to  
hold and lead,
2. His eye to watch, his might to stay,
3. His ear to hearken, to my need;
4. The wisdom of my God to teach,
5. His hand to guide, his shield to ward;
6. The word of God to give me speech,
7. His heavenly host to be my guard.

*Words: attributed to St. Patrick (372-466)  
Translated by Cecil Frances Alexander, 1889  
Adapted for use with Anglican Praying Cord by  
Laura Kelly Campbell*

## AN EVENING PRAYER

### THE CROSS

Glory to the Father, and to the Son, and to the  
Holy Spirit. As it was in the beginning, is now,  
and will be forever. Amen.

### THE INVITATORY

Open my lips, O Lord,  
and my mouth shall proclaim  
Your praise.

### THE CRUCIFORM

Guide us waking, O Lord,  
and guard us sleeping;  
that awake we may watch  
with Christ, and asleep  
we may rest in peace.

### THE WEEKS

Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, give us your peace

**IT IS THE HOPE OF THIS  
FELLOW PILGRIM THAT THIS  
PRAYING CORD WILL AID IN  
DRAWING YOU INTO A GREATER  
COMPREHENSION OF OUR  
HEAVENLY FATHER . . .**

**THAT HE IS WAITING WITH OPEN  
ARMS TO WELCOME YOU  
INTO A DEEPER RELATIONSHIP  
WITH HIMSELF . . . THROUGH THE  
PRACTICE OF ORDERED PRAYER.**

**MAY THE WORDS  
OF MY MOUTH,  
AND THE MEDITATION  
OF MY HEART  
BE PLEASING IN YOUR SIGHT,  
O LORD MY ROCK  
AND MY REDEEMER.  
PS 19:14 (NIV)**