



# Prayer BEADS

## USING PRAYER BEADS AS A SPIRITUAL PRACTICE

**Why Prayer Beads? Prayer Beads have been used for centuries by many different cultures and religious backgrounds. They are a useful tactile element to add to your prayer life to help you remain centered. This is a great activity to use in an adult bible study, youth group or assemble in kits.**

**Be Creative! Use pony beads for little ones or look for beads in different sizes, shapes and colors to give your project more interest. Make your prayer beads into a bracelet, a lanyard, keychain or necklace! Use the downloadable card for your kits or for those in your groups.**

**To assemble your project, string the different colored beads on the cord provided in this kit. Choose the colors that speak to you and feel free to leave out any that don't. Use the black beads throughout to remind yourself to just breathe. Helpful tip: Measure how long you want your final product be in order to help you with spacing.**

*"Rejoice always, pray continually, give thanks in all circumstances;  
for this is God's will for you in Christ Jesus."*

*-1 Thessalonians 5:16-18*

## **RED - PRAYERS FOR LOVED ONES**

"A friend loves at all times, and a brother is born for adversity."  
- Proverbs 17:17

## **PINK - PRAYERS FOR PERSONAL CONCERNS**

"Don't let your hearts be troubled. Trust in God, and trust also in me."  
- Proverbs 17:17

## **ORANGE - THANKFULNESS**

"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!" - Psalm 95:2

## **YELLOW - "BE THE LIGHT" OF GOD**

"The light shines in the darkness, and the darkness has not overcome it".  
- John 1:5

## **GREEN - SPIRITUAL & PERSONAL GROWTH**

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

"To Him be glory both now and forever! Amen." - 2 Peter 3:18

## **LIGHT BLUE - THE WORLD**

"In the beginning, God created the heavens and the earth."  
- Genesis 1:1

## **DARK BLUE- THOSE WHO ARE SUFFERING**

"Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises." - James 5:13

## **BROWN - ENVIRONMENT**

"Then God said, 'Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.'" - Genesis 1:26

## **PURPLE - SPECIAL CONCERNS**

"Call upon Me in the day of trouble; I shall rescue you, and you will honor Me." - Psalm 50:15

## **GRAY - WORRIES**

"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own." - Matthew 6:24

## **WHITE - FORGIVENESS**

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. - Colossians 3:13

## **CLEAR - HEAR GOD'S MESSAGE**

"And your ears shall hear a word behind you, saying, 'This is the way, walk in it,' when you turn to the right or when you turn to the left."  
- Isaiah 30:21

## **BLACK - JUST BREATHE**

"The Spirit of God has made me; the breath of the Almighty gives me life."  
- Job 33:4