

Making Prayer Beads

Our Father

The Prayer beads can be used as your child says The Lord's Prayer. You move a bead up to the key ring each time you say a phrase of the prayer. Anytime we put motion to something we are trying to remember, it solidifies the memory.

Moving the beads also helps children (and adults) keep track of the phrases of the prayer. Color coding the beads to the phrases of the prayer i.e. connecting a color to a phrase, is another helpful way to remember the order of the Lord's Prayer phrases.

In your Lent bag there are materials to make two sets of prayer beads. Look for the snack bag with beads, keyrings, and shoelaces.

To create the prayer beads:

- Lay out your beads and decide which color bead you will use for each phrase of the prayer.
- Divide the shoelace in half and put the loop through the keyring.
- Pull the open end of the shoe lace through the shoelace loop and tighten until it is knotted on the keyring.
- Decide which bead is the bead for "Our Father who art in Heaven" and put that bead on first.
- Push the bead up one side of the shoe lace.
- Then take the other side and push the shoelace through the bead from the bottom up. Your shoelaces will swap sides.
- Repeat with all 6 beads, putting them on the shoelace in the order you want them for your prayer.
- Once all six beads are on strung, knot the loose ends of the shoe lace together to keep your beads on the string.
- Push your beads to the middle of the shoe lace and begin to say the prayer. With each phrase, push the correlating bead towards the key ring.

