



Prayer Beads...

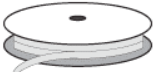
Materials:



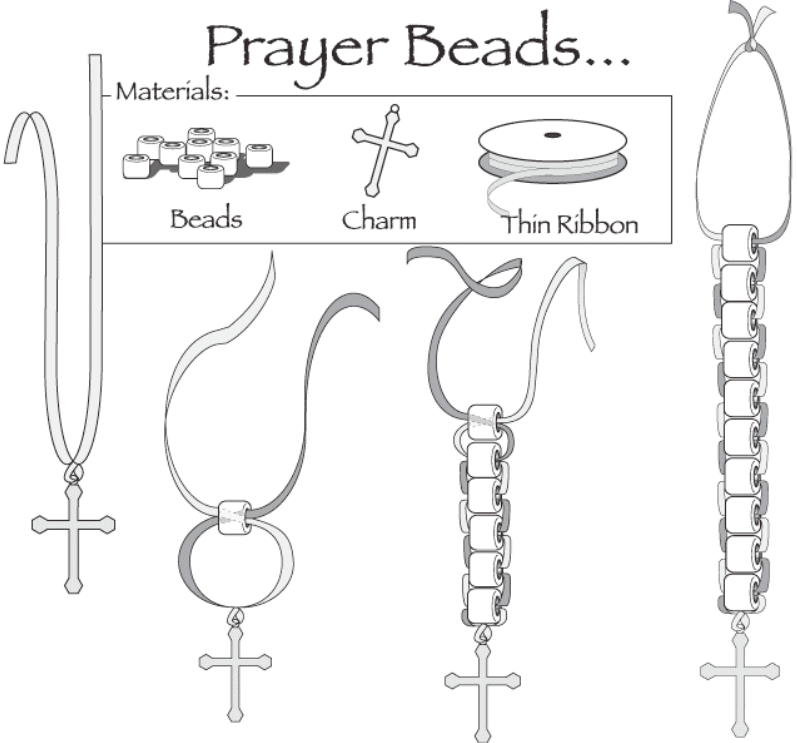
Beads



Charm



Thin Ribbon



- 1 Select a number of beads (5-10) that you want. Each bead can represent something or someone you want to remember to pray for, or things you want to give thanks for.
- 2 Select a cross charm for the bottom of your prayer beads.
- 3 Cut 20" of ribbon, string on your cross, and tie once (1/2 knot).
- 4 String one 'arm' of your ribbon through the first bead, then string the other arm of your ribbon through in the opposite direction (the ribbon will actually cross while going through the bead.)
- 5 Repeat step 4 with the rest of your beads. When all desired beads are strung, tie a knot at the ends of the two ribbon arms.
*There should be some slack left in the ribbon so the beads can slide back and forth as you pray!
- 6 Now the beads are ready to be used. They can be used in many ways to help you pray.

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OK – Try this – you can use both sides and fold, like with the stones, or just use the left side (with no written instructions)
Sarah