

## MEDITATION ON THE SACRAMENT OF THE ALTAR

Holding the cross, say the INVOCATION and make the sign of the cross: *In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b*

Recite one line of the AGNUS DEI per bead in the cluster:

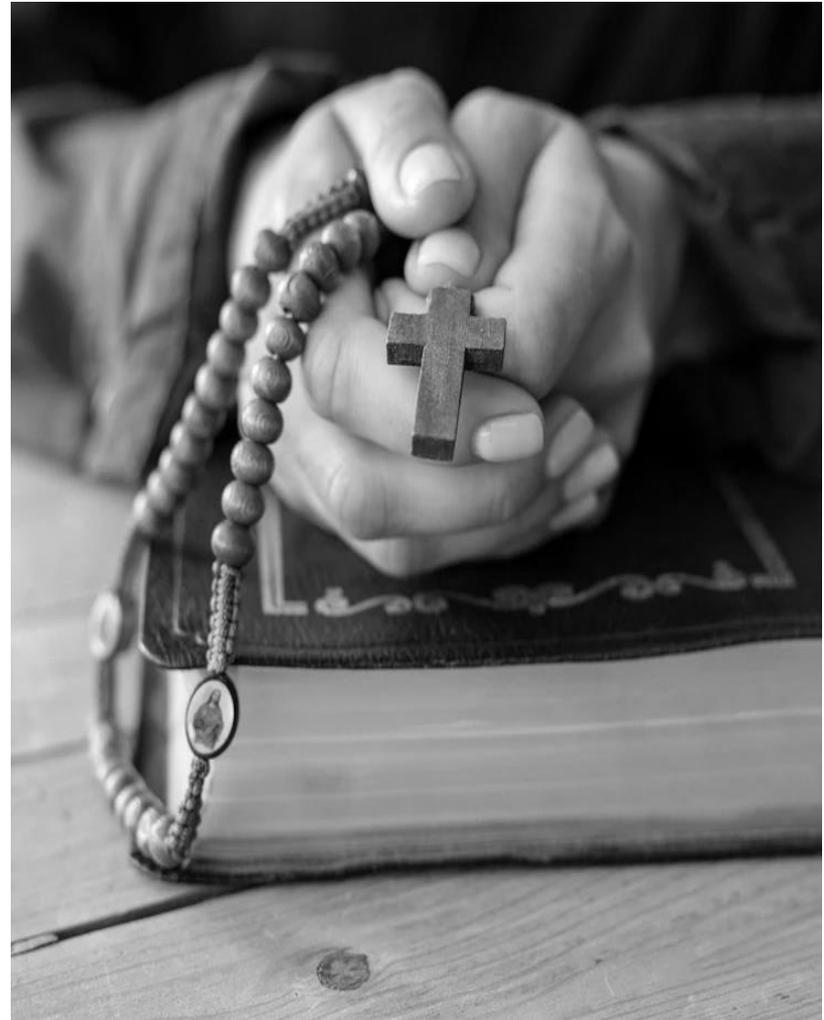
O Christ, Thou Lamb of God, that takest away the sin of the world, have mercy upon us.

O Christ, Thou Lamb of God, that takest away the sin of the world, have mercy upon us.

O Christ, Thou Lamb of God, that takest away the sin of the world, grant us Thy peace. Amen. John 1:29

On the single bead, meditate on the Sacrament of the Altar reciting the WORDS OF INSTITUTION: *Our Lord Jesus Christ, on the night He was betrayed, took bread, and when He had given thanks, He broke it, and gave it to His disciples, and said: "Take, eat; this is My body, which is given for you. This do in remembrance of Me." In the same way also He took the cup after supper, and when He had given thanks, He broke it and gave it to the disciples and said: "Drink of it, all of you; this cup is the new testament in My blood which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me." (Matthew 26:26-28; Mark 14:22-24; Luke 22:19-20; 1 Corinthians 11:23-25)*

On the chain , recite the GLORY BE: *Glory be 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. (Romans 16:27; Philippians 4:20; Revelation 5:13; Matthew 28:1*



### Beads of Love (Lutheran Prayer Beads)

Begin by selecting one of the six chief parts from the Catechism to pray through. You may pray through all six parts in succession at one time or at various times throughout the day as you have time. Each of the six chief parts begin with the INVOCATION and end with GLORIA PATRI. Depending on the time of day, you may recite either the Morning or Evening Prayer after the INVOCATION:

Morning Prayer: I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen. (Small Catechism)

Evening Prayer: I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen. (Small Catechism)

After you finish each of the six chief parts, you may continue to meditate on each part by following Luther's fourfold method from

*A Simple Way to Pray*, answering the following questions:

INSTRUCTION - What does this text teach you?

THANKSGIVING - What do you have to be thankful for in the text?

CONFESSION - What can you confess?

PRAYER - Now pray.

### MEDITATION ON THE LORD'S PRAYER

Holding the cross, say the INVOCATION and make the sign of the cross: In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b

Use all seven beads to pray through the seven petitions of the LORD'S PRAYER:

*Our Father, who art in heaven,*

*1. hallowed be Thy name,*

*2. Thy kingdom come,*

*3. Thy will be done on earth as it is in heaven;*

*4. give us this day our daily bread;*

*5. and forgive us our trespasses as we forgive those who trespass against us;*

*6. and lead us not into temptation,*

*7. but deliver us from evil.*

*For Thine is the kingdom and the power and the glory forever and ever.\* Amen. Matthew 6:9-13*

\*These words were not in Luther's Small Catechism.

On the chain, recite the GLORY BE: *Glory be 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.* (Romans 16:27; Philippians 4:20; Revelation 5:13; Matthew 28:19)



## MEDITATION ON THE CREED

Holding the cross, say the INVOCATION and make the sign of the cross: In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b

On each of the beads in the cluster, say this prayer: *Let every tongue confess that Jesus Christ is Lord, to the glory of God the Father.* Philipians 2:11

On the single bead confess the Apostles' Creed, recalling God's great acts of salvation: I believe in God, the Father Almighty, maker of heaven and earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead. I believe in the Holy Spirit, the holy *Christian* Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

*Christian: the ancient text reads "catholic," meaning the whole Church as it confesses the wholeness of Christian doctrine.*

On the chain, recite the GLORY BE: *Glory be 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.* (Romans 16:27; Philipians 4:20; Revelation 5:13; Matthew 28:19)



## MEDITATION ON THE TEN COMMANDMENTS

Holding the cross, say the INVOCATION and make the sign of the cross: In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b

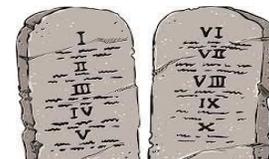
Recite each line of Psalm 51:10-12 on each of the beads in the cluster: *Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and uphold me with Thy free spirit.* Amen.

On the single bead recite the Ten Commandments, remembering where you have fallen short:

- I. You shall have no other gods.*
  - II. You shall not misuse the name of the Lord your God.*
  - III. Remember the Sabbath day by keeping it holy.*
  - IV. Honor your father and your mother.*
  - V. You shall not murder.*
  - VI. You shall not commit adultery.*
  - VII. You shall not steal.*
  - VIII. You shall not give false testimony against your neighbor.*
  - IX. You shall not covet your neighbor's house.*
  - X. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.*
- He says, "I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and the fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep my commandments." Exodus 20:3, 7, 8, 12–17

After reciting the Ten Commandments you may say: *I am yours; save me.* Psalm 119:94

On the chain, recite the GLORY BE: *Glory be 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.* (Romans 16:27; Philipians 4:20; Revelation 5:13; Matthew 28:19)



### MEDITATION ON THE HOLY BAPTISM

Holding the cross, say the INVOCATION and make the sign of the cross: In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b

On each of the beads in the cluster, meditate on Holy Baptism using Matthew 28:19 or another verse about Baptism: *Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.* Matthew 28:19

On the single bead, meditate on Holy Baptism using Mark 16:16 or another verse about Baptism: *Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.* Mark 16:16

On the chain, recite the GLORY BE: *Glory be 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.* (Romans 16:27; Philippians 4:20; Revelation 5:13; Matthew 28:19)



### MEDITATION ON CONFESSION

Holding the cross, say the INVOCATION and make the sign of the cross: In the Name of the Father and of the Son and of the Holy Spirit. Amen. Matthew 28:19b

On each of the beads in the cluster, meditate on Confession reciting Psalm 25:11, the Jesus Prayer, or another verse of confession:

*For your name's sake, O Lord, pardon my guilt, for it is great.* Psalm 25:11

OR

*Lord Jesus Christ, Son of God, have mercy on me, a [the] sinner.* Luke 18:13, 38

On the single bead say: *The Lord Jesus breathed on His disciples and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."* John 20:22-23

On the chain, recite the GLORY BE: *Glory be 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.* (Romans 16:27; Philippians 4:20; Revelation 5:13; Matthew 28:19)

