



Resources and Prayers for Children and Families

A Note on the Booklet

Dearest St. Matthew's Families,

Compiled in one easily accessible document is a compilation of prayers, resources, and various liturgies that are suitable for use with children and your family as a whole. Our times of great sorrow in departure from a normal life of our parish will work in us exceedingly and abundantly all that we ask or think, according to the power at work within us (Eph. 3:20) if we continue to pursue the heart of our unity—a life of prayer. Our times of great joy will continue to illuminate for us the beauty of fellowship, as we see now in the mirror but dimly, and will one day see clearly as you are seen (1 Cor. 13:12). As we follow Bishop Scarlett's exhortation to cultivate a life of prayer, it is my prayer that these resources help support you in cultivating a life of prayer for your family and children that connects us to the common prayer of the Church.

Please feel free to share these resources with any families you think might benefit from their use.

If you have any questions, prayer requests, pastoral care needs, or simply want to say hello, please do not hesitate to reach out to childrensministry@stmatthewsnewport.com.

Love in Christ,

*Rachael Smith
Children's Ministry Director / St. Matthew's Church*

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Online Resources

Common Prayer: <http://commonprayer.org/>

You can find all contents of the Book of Common Prayer, including daily updated Morning and Evening Prayer. Please note, the website operates on Eastern Standard Time, therefore if you check Evening Prayer after 9:00pm, it will be for the following day.

Anglican Hours: (This is an app you can download to your mobile device or tablet)

You can find all contents of the Book of Common Prayer, including daily updated Morning and Evening Prayer. This application also has the order for Compline, the Angelus, and additional prayers.

Centering Prayer: <https://www.youtube.com/watch?v=brwjllpNSug>

This is an excellent resource from The Liturgists that walks you through a 20-minute sitting of centering prayer, from choosing a position and breath word, all the way through the silence of centering prayer. You can use this with your older children, or with your younger children by shortening the amount of time you spend. Centering prayer is excellent to minimize anxiety, as well as calm and focus the mind on one thought or word in prayer.

Kingdom Story Sunday School Curriculum:

<http://www.saintmatthewsanglicanchurch.ca/sunday-school-curriculum/>

These lessons are the Bible lessons used on Sundays during the Education Hour. Each lesson has a lesson plan, making it easy for you to walk your child through each element of the story. Also, a beautiful color image helps to create a picture for the child to focus on during the reading of the Bible lesson. There is also a coloring page and word search to support each lesson. This is a great resource to use at home with your child, and the same lesson can easily be revisited multiple times throughout the week so that your child absorbs the content of the lesson.

Collect, Epistle, and Gospel Lesson for the Liturgical Year:

<http://commonprayer.org/calend/holydays.cfm>

Anglican Prayers for Children by Jackie Jamison:

https://www.amazon.com/Anglican-Prayers-Children-Jackie-Jamison/dp/1517588766/ref=sr_1_1?keywords=anglican+prayers+for+children&qid=1584738313&sr=8-1

This is a link to the aforementioned book of prayers for children. I have included many in this booklet for you, however, this is a valuable resource to have on hand for both you and your children.

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Family Prayer

The next resource comes from the Book of Common Prayer in the “Family Prayer” section. Each of the Offices are ordered for use with children. After each of the longer Offices, there is a shortened version: this is excellent for use with very small children who might not yet be able to sit through the entirety of the Office, or for those who are getting used to the Offices. Collects for the day can be found in the Online Resources portion of this booklet, or in the Book of Common Prayer.

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MORNING PRAYER

¶ The Master or Mistress having called together as many of the Family as can conveniently be present, let one of them, or any other who may be appointed, say as followeth, all kneeling, and repeating with him the Lord’s Prayer.

OUR Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

¶ Here may follow the Collect for the day.

Acknowledgment of God’s Mercy and Preservation, especially through the Night past.

ALMIGHTY and everlasting God, in whom we live and move and have our being; We, thy needy creatures, render thee our humble praises, for thy preservation of us from the beginning of our lives to this day, and especially for having delivered us from the dangers of the past night. For these thy mercies, we bless and magnify thy glorious Name; humbly beseeching thee to accept this our morning sacrifice of praise and thanksgiving; for his sake who lay down in the grave, and rose again for us, thy Son our Saviour Jesus Christ. *Amen.*

Dedication of Soul and Body to God’s Service, with a Resolution to be growing daily in Goodness.

AND since it is of thy mercy, O gracious Father, that another day is added to our lives; We here dedicate both our souls and our bodies to thee and thy service, in a sober, righteous, and godly life: in which resolution, do thou, O merciful God,

confirm and strengthen us; that, as we grow in age, we may grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. *Amen.*

Prayer for Grace to enable us to perform that Resolution.

BUT, O God, who knowest the weakness and corruption of our nature, and the manifold temptations which we daily meet with; We humbly beseech thee to have compassion on our infirmities, and to give us the constant assistance of thy Holy Spirit; that we may be effectually restrained from sin, and incited to our duty. Imprint upon our hearts such a dread of thy judgments, and such a grateful sense of thy goodness to us, as may make us both afraid and ashamed to offend thee. And, above all, keep in our minds a lively remembrance of that great day, in which we must give a strict account of our thoughts, words, and actions to him whom thou hast appointed the Judge of quick and dead, thy Son Jesus Christ our Lord. *Amen.*

For Grace to guide and keep us the following Day, and for God's Blessing on the business of the Same.

IN particular, we implore thy grace and protection for the ensuing day. Keep us temperate in all things, and diligent in our several callings. Grant us patience under our afflictions. Give us grace to be just and upright in all our dealings; quiet and peaceable; full of compassion; and ready to do good to all men, according to our abilities and opportunities. Direct us in all our ways. Defend us from all dangers and adversities; and be graciously pleased to take us, and all who are dear to us, under thy fatherly care and protection. These things, and whatever else thou shalt see to be necessary and convenient to us, we humbly beg, through the merits and mediation of thy Son Jesus Christ, our Lord and Saviour. *Amen.*

+ THE grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. *Amen.*

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MORNING PRAYER - A SHORTER FORM

¶ After the reading of a brief portion of Holy Scripture, let the Head of the Household, or some other member of the family, say as followeth, all kneeling, and repeating with him the Lord's Prayer.

OUR Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into

temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

O LORD, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day; Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings, being ordered by thy governance, may be righteous in thy sight; through Jesus Christ our Lord. *Amen.*

¶ Here may be added any special Prayers.

+ THE grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. *Amen.*

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EVENING PRAYER

¶ The Family being together, a little before bedtime, let the Master or Mistress, or any other who may be appointed, say as followeth, all kneeling, and repeating with him the Lord's Prayer.

OUR Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

¶ Here may follow the Collect for the day.

Confession of Sins, with a Prayer for Contrition and Pardon.

** Here let him who reads make a short pause, that every one may secretly confess the sins and failings of that day.*

MOST merciful God, who art of purer eyes than to behold iniquity, and hast promised forgiveness to all those who confess and forsake their sins; We come before thee in an humble sense of our own unworthiness, acknowledging our manifold transgressions of thy righteous laws.* But, O gracious Father, who desirest not the death of a sinner, look upon us, we beseech thee, in mercy, and forgive us all our transgressions. Make us deeply sensible of the great evil of them; and work in us an hearty contrition; that we may obtain forgiveness at thy hands,

who art ever ready to receive humble and penitent sinners; for the sake of thy Son Jesus Christ, our only Saviour and Redeemer. *Amen.*

Prayer for Grace to reform and grow Better.

AND lest, through our own frailty, or the temptations which encompass us, we be drawn again into sin, vouchsafe us, we beseech thee, the direction and assistance of thy Holy Spirit. Reform whatever is amiss in the temper and disposition of our souls; that no unclean thoughts, unlawful designs, or inordinate desires, may rest there. Purge our hearts from envy, hatred, and malice; that we may never suffer the sun to go down upon our wrath; but may always go to our rest in peace, charity, and good-will, with a conscience void of offence towards thee, and towards men; that so we may be preserved pure and blameless, unto the coming of our Lord and Saviour Jesus Christ. *Amen.*

The Intercession.

AND accept, O Lord, our intercessions for all mankind. Let the light of thy Gospel shine upon all nations; and may as many as have received it, live as becomes it. Be gracious unto thy Church; and grant that every member of the same, in his vocation and ministry, may serve thee faithfully. Bless all in authority over us; and so rule their hearts and strengthen their hands, that they may punish wickedness and vice, and maintain thy true religion and virtue. Send down thy blessings, temporal and spiritual, upon all our relations, friends, and neighbours. Reward all who have done us good, and pardon all those who have done or wish us evil, and give them repentance and better minds. Be merciful to all who are in any trouble; and do thou, the God of pity, administer to them according to their several necessities; for his sake who went about doing good, thy Son our Saviour Jesus Christ. *Amen.*

The Thanksgiving.

TO our prayers, O Lord, we join our unfeigned thanks for all thy mercies; for our being, our reason, and all other endowments and faculties of soul and body; for our health, friends, food, and raiment, and all the other comforts and conveniences of life. Above all, we adore thy mercy in sending thy only Son into the world, to redeem us from sin and eternal death, and in giving us the knowledge and sense of our duty towards thee. We bless thee for thy patience with us, notwithstanding our many and great provocations; for all the directions, assistances, and comforts of thy Holy Spirit; for thy continual care and watchful providence over us through the whole course of our lives; and particularly for the mercies and benefits of the past day; beseeching thee to continue these thy blessings to us, and to give us grace to show our thankfulness in a sincere obedience to his laws, through whose

merits and inter-cession we received them all, thy Son our Saviour Jesus Christ.
Amen.

Prayer for God's Protection through the Night following.

IN particular, we beseech thee to continue thy gracious protection to us this night. Defend us from all dangers and mischiefs, and from the fear of them; that we may enjoy such refreshing sleep as may fit us for the duties of the coming day. And grant us grace always to live in such a state that we may never be afraid to die; so that, living and dying, we may be thine, through the merits and satisfaction of thy Son Christ Jesus, in whose Name we offer up these our imperfect prayers. *Amen.*

THE grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. *Amen.*

¶ On Sundays, and on other days when it may be convenient, it will be proper to begin with a Chapter, or part of a Chapter, from the New Testament.

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EVENING PRAYER - A SHORTER FORM

¶ After the reading of a brief portion of Holy Scripture, let the Head of the Household, or some other member of the family, say as followeth, all kneeling and repeating with him the Lord's Prayer.

OUR Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

LIGHTEN our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. *Amen.*

¶ Here may be added any special Prayers.

THE Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, this night and evermore. *Amen.*

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Note: This prayer is excellent to use in times of unrest, distress, or general anxiety surrounding thoughts or situations. You can designate one leader to guide the prayers, with the remaining family members saying the “People” lines in response. If your children are not old enough to read yet, have them join in by simply bowing their head with eyes closed, or by saying “Amen” at the end of every response from the People.

Prayer for Anxious Times A Call and Response

Leader. Lord, you have given your peace to mankind. You have given the gift of the Holy Ghost to those who follow you, opening their lips with tongues of fire by your power. Open also our lips this day, and teach us how to pray.

People. Lord, govern our life, for you are the calm harbor for those who are storm-tossed, and you show us the way we should go. Renew a right spirit within us; establish our spirits by the strength of your Spirit.

Leader. Each day, may we be guided brightly by your Holy Spirit toward what is truly helpful for us, being empowered always to observe what you have commanded us to do

People. Which leads us to seek first your kingdom and your righteousness, the salvation accomplished by Christ. Help us not to be led astray by the worries of the world.

Leader. Strengthen us, Lord, to desire instead the delight of your future blessings.

People. For you are forever and truly blessed and praised among your saints, world without end: Amen.

Leader. I lift up my eyes to the hills : but where shall I find help?

People. My help comes from the Lord : who has made heaven and earth.

Leader. He will not suffer your foot to stumble : and He who watches over you will not sleep.

People. Be sure he who has charge of Israel : will neither slumber nor sleep.

Leader. The Lord himself is your keeper : the Lord is your defence upon your right hand;

People. The sun shall not strike you by day : nor shall the moon by night.

Leader. The Lord will defend you from all evil : it is he who will guard your life.

People. The Lord will defend your going out and your coming in : from this time forth for evermore.

Leader. Glory be to the Father, and to the Son, and to the Holy Ghost.

People. As it was in the beginning, is now, and ever shall be, world without end: Amen.

Leader. Almighty and merciful God, in this time of great sickness, we run to you for comfort.

People. Deliver us from danger; give strength and skill to all those who tend to the sick; give success to the treatments used for their cure.

Leader. Grant that when we sense how frail and uncertain our life is, we may direct our hearts to that heavenly wisdom which leads to eternal life.

People. God of peace, you have taught us that in returning and resting in you we shall be saved, in quietness and in confidence before you we will find true strength.

Leader. By the power of the Holy Spirit, lift us now to your presence, where we may be still and know that you are God. Save us from faithless fears and worldly anxieties.

People. Grant that no clouds of this mortal life may hide from us the light of your love which is immortal, and which You have shown us through your Son, Jesus Christ,

All. Who, with you Father and the Holy Ghost, lives and reigns as God, world without end: Amen

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Note: The Litany for Church and Evangelism is said corporately by our church parish each Wednesday evening, commonly during Evening Prayer. Say the Collects of the Day (liturgical week, Collect for Peace, and Collect for Aid Against Perils), but replace the Prayer for Conditions of All Men and General Thanksgiving with this Litany. As the responses repeat the same refrain through most of the Litany, it is easily said by children of all ages, including those who cannot yet read.

A LITANY FOR THE CHURCH AND EVANGELISM

O GOD the Father, Creator of heaven and earth;

Have mercy upon us.

O God the Son, Redeemer of the world;

Have mercy upon us.

O God the Holy Ghost, Sanctifier of the faithful;

Have mercy upon us.

O holy, blessed, and glorious Trinity, one God;

Have mercy upon us.

WE sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church universal in the right way;

We beseech thee to hear us, good Lord.

That it may please thee so to rule the hearts of thy servants, the President of the United States, the Governor of this State, and all in authority that they may above all things seek thy honor and glory;

We beseech thee to hear us, good Lord.

That it may please thee to illuminate all Bishops, Priests, and Deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth, and show it accordingly;

We beseech thee to hear us, good Lord.

That it may please thee to send forth labourers into thy harvest;

We beseech thee to hear us, good Lord.

That it may please thee to give to all thy people increase of grace to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruits of the Spirit;

We beseech thee to hear us, good Lord.

That it may please thee to comfort and relieve all those who are in any ways afflicted or distressed, in mind, body, or estate (especially...) giving them patience under their sufferings, and a happy issue out of all their Afflictions;

We beseech thee to hear us, good Lord.

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts;

We beseech thee to hear us, good Lord.

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word;

We beseech thee to hear us, good Lord.

That it may please thee to have mercy on the faithful departed (especially...) granting them an entrance into the land of light and joy, in the fellowship of thy saints;

We beseech thee to hear us, good Lord.

WE sinners do beseech thee to hear us, O Lord God, and that it may please thee to fill us with the gifts of the Holy Spirit for the work of ministry and the building up of the body of Christ; (Ephesians 4:11-13)

We beseech thee to hear us, good Lord.

That it may please thee to give us power through the Holy Spirit to be thy witnesses, in word and deed, in our homes, work, and leisure; (Acts 1:8)

We beseech thee to hear us, good Lord.

That it may please thee to convert hearts through our ministry and add continually to our number those who are being saved; (Acts 2:47)

We beseech thee to hear us, good Lord.

That it may please thee to bless our ministry of Word and Sacrament, opening minds to understand the Scriptures and making thyself known in the breaking of the bread; (Luke 24:45, 35)

We beseech thee to hear us, good Lord.

That it may please thee to make us ready always to give an answer to any one who asks the reason for the hope that is within us; (1 Peter 3:15)

We beseech thee to hear us, good Lord.

That it may please thee to put it into our hearts to seek out and find thy lost sheep, and bring them back into thy fold; (Luke 15:3-7; John 10:14-16)

We beseech thee to hear us, good Lord.

That it may please thee to fill us with such love for one another that all may perceive in our midst the presence of Christ and be drawn into his holy fellowship and service. (John 13:34-35)

We beseech thee to hear us, good Lord.

ALMIGHTY and everlasting God, who didst endue thy church with power from on high on the Day of Pentecost; pour out thy Holy Spirit upon this parish and grant unto us all things that are needful for our spiritual welfare; enlighten and guide our clergy and lay workers; strengthen and increase the faithful; visit and relieve the sick; turn and soften the wicked; rouse the negligent and careless; recover the fallen; restore the penitent; remove all hindrances to the advancement of thy truth;

bring all to be of one heart and mind within the fold of thy holy church; to the honor and glory of thy name, through Jesus Christ our Lord. *Amen.*

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The Angelus

Note: The Angelus is a prayer often prayed at midday, around noon. Say the verse (V) and those you are participating with can call out the response (R). All respond by saying the "Hail Mary".

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus Christ. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus Christ. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

V. And the Word was made flesh,
R. And dwelt among us.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus Christ. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord,
Your Grace into our hearts;
that as we have known the incarnation of Christ,
your Son by the message of an angel,

so by His passion and cross
we may be brought to the glory of His Resurrection.
Through the same Christ, our Lord.

Amen.

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How to Make a Spiritual Communion

Note: The following is a brief order of prayer that can be prayed when one is absent from Mass due to sickness or travel. Making a spiritual communion is understood in the Tradition to be “extraordinary,” which just means out of the ordinary, and is not a replacement for going to Church when one is able to be there, which is the “ordinary” way we participate. These prayers are intended to direct our hearts toward the Liturgy of the Church even when not physically present. Geographical distance does not separate us from Christ and His Church. In this way, we receive the grace of the Eucharist, of which we can still vicariously partake when we earnestly will to be present, but are prevented. For our use, we recommend that a person watch the service online and say the following prayers when Communion is being administered.

Making a Spiritual Communion

(from the Traditional St. Augustine's Prayer Book, pp 122-123)

In the +Name of the Father, and of the Son, and of the Holy Ghost. Amen.

Lord, I cannot seek thee On thine altar throne, Yet I may receive thee, Weary and alone; When, before thine altar, Crowds adoring kneel, There in very essence, Thou dost come to heal. Far from Priest and altar, Christ, to thee I cry, Come to me in spirit, Let me feel thee nigh, In my silent worship, Let me share the feast, Be thy love the altar, Be thyself the Priest. *Amen.*

O Most blessed Saviour, in union with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving, I present to thee my soul and body with the earnest wish that I may always be united to thee. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart; I unite myself to thee and embrace thee with all the affections of my soul. *Amen.*

+Come, Lord Jesus, and dwell in my heart.

+ + +

Anglican Prayers for Children

Prayers Before Meals

Bless, O Father, thy gifts to our use and us to thy service; for Christ's sake.
Amen.

Give us grateful hearts, our Father, for all thy mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. *Amen.*

For Those We Love

ALMIGHTY God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come; knowing that thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. *Amen.*

For Family

Look mercifully on my family, O Lord, that we may love, honor, and cherish each other, and so live together in faithfulness and patience, in wisdom and true godliness, that our home may be a shelter of blessing and of peace.
Amen.

For People in Need

Defend the poor and fatherless; do justice to the afflicted and needy. Deliver the poor and needy; free them from the hand of the wicked. *Amen.*

When Afraid

I will lift up my eyes to the hills—
From whence comes my help?
My help *comes* from the Lord,
Who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep.
The Lord *is* your keeper;
The Lord *is* your shade at your right hand.
The sun shall not strike you by day,
Nor the moon by night.

The Lord shall preserve you from all evil;
He shall preserve your soul.
The Lord shall preserve your going out and your coming in
From this time forth, and even forevermore.

Psalm 121

When You Can't Sleep

Return to your rest, O my soul, for the Lord has dealt bountifully with you.

From the Sarum Primer, 1558

God be in my head, and in my understanding; God be in my eyes, and in my looking; God be in my mouth, and in my speaking; God be in my heart, and in my thinking; God be at my end, and at my departing.

From St. Francis of Assisi

Lord make me an instrument of thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

The Jesus Prayer

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

For Quiet Confidence.

O GOD of peace, who hast taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength; By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. *Amen.*

A Parent's Prayer

O Heavenly Father, I commend the souls of my children to thee. Be thou their God and Father; and mercifully supply whatever is wanting in me through frailty or negligence. Strengthen them to overcome the corruptions of the world, to resist all solicitations to evil, whether from within or without; and deliver them from the secret snares of the enemy. Pour thy grace into their hearts, and confirm and multiply in them the gifts of thy Holy Spirit, they they may daily grow in grace and in knowledge of our Lord Jesus Christ;

and so faithfully serving thee here, may come to rejoice in thy presence hereafter. Through the same Christ our Lord. *Amen.*

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Praying with Prayer Beads

Taken from *Anglican Prayers for Children*

Note: I also encourage praying the Mysteries of the Rosary, which change daily and also use a traditional rosary. The following is adapted both to use with children, and to more traditional Anglican sensibilities. If you are interested in praying the [Mysteries of the Rosary](#), please click the hyperlink to be taken to a wonderful resource.

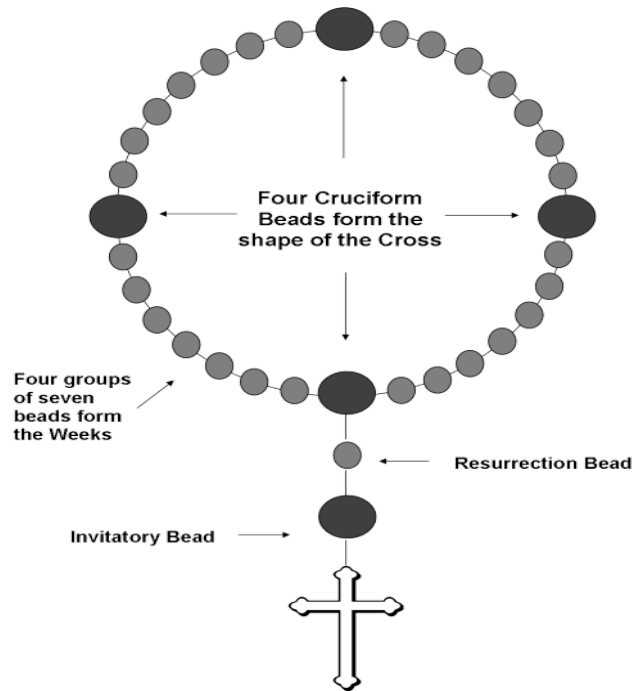
Prayer beads can help you know what to pray for and can be a tool to help your mind stay focused on your prayers. Sometimes just holding the beads in your hand can help your mind be still as you talk with God.

There is no one right way to pray with prayer beads in the Anglican tradition. These prayer beads are also known as a rosary. Most people pick a different prayer to say for each bead while they hold it.

Matthew 6:7 says, “do not use vain repetition” or “empty phrases” when praying. Repeating a prayer is not bad (Luke 11:5-13), but the words we pray should have meaning. We need to pray with our lips, our minds, and our hearts.

There are four different types of beads on each strand of prayer beads:

1. The cross
2. The invitatory bead
3. The four cruciform beads
4. The weeks (four sets of seven beads)



Praying the Prayer Beads

1. Hold the cross and say the Lord's Prayer: Our Father, who art in Heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.
2. Go to the next (invitatory) bead and say: Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now and ever shall be, world without end. *Amen*.
3. Go to the next bead (a cruciform bead) and for that bead and the three other cruciform beads, that separate the sets of seven small beads, say:
 - . In the name of the Father, and of the Son, and of the Holy Ghost. *Amen*.
4. Go to the next bead, and for each bead of that set of seven, say:
 - . Create and make in me a clean heart, O God.
5. For each bead of the second set of seven, say:
 - . Lead me in your truth.
6. For each bead of the third set of seven, say:
 - . Thank you for...
7. For the last set of seven beads, pray for a different thing each bead:
 - . I pray for...
8. End with a short time of silence and stillness.

How to Make Prayer Beads

Anglican rosaries are available online, but are also easy to make, and can offer a fun, yet meaningful creative project for you and your children.

For additional assistance, see this video on [how to make Anglican prayer beads at home](#).

You will need the following:

- 5 large beads
- 28 smaller beads
- One cross
- Fishing line or strong string

Directions for how to make prayer beads:

1. Start by stringing the line through the cross.
2. Take both ends of the string and thread them through the invitational bead and the first cruciform bead.
3. Take one end of the string and add seven smaller beads, the cruciform bead, and repeat.
4. When you get back to the first cruciform bead, tie a knot with the other end of the string to complete the circle.

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Scriptures for Meditation and Discussion with Children

Note: Outlined here are some passages of Scripture to meditate upon and discuss with your children. These Scriptures can be read out loud to your child, or have your child read them. Ask your child what he or she thinks the Scripture is discussing. What stands out to them? What do they notice? What do they wonder about in the Scripture? From there, feel free to have a discussion to answer some of those questions, or to prompt new ones. Curiosity can lead to new and exciting discoveries in the spiritual life of your child. Choose a Scripture to revisit throughout the day, or even over the course of multiple days. Asking your child to represent the Scripture in a picture also allows for their creative interpretation and unique understanding of the passage as well.

Psalm 23

The Lord *is* my shepherd;
I shall not want.
He makes me to lie down in green pastures;
He leads me beside the still waters.
He restores my soul;
He leads me in the paths of righteousness
For His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You *are* with me;
Your rod and Your staff, they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.

Psalm 118:24

This *is* the day the Lord has made;
We will rejoice and be glad in it.

Proverbs 3:5-6

Trust in the Lord with all your heart,
And lean not on your own understanding,
In all your ways acknowledge Him,
And He shall direct your paths

Micah 6:8

He has shown you, O man, what *is* good;
And what does the Lord require of you
But to do justly,
To love mercy,
And to walk humbly with your God?

John 14:6

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Romans 6:23

For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord.

Psalms 126

When the Lord brought back the captivity of Zion,
We were like those who dream.
Then our mouth was filled with laughter,
And our tongue with singing.
Then they said among the nations,
"The Lord has done great things for them."
The Lord has done great things for us,
And we are glad.
Bring back our captivity, O Lord,
As the streams in the South.
Those who sow in tears
Shall reap in joy.
He who continually goes forth weeping,
Bearing seed for sowing,

Shall doubtless come again with rejoicing,
Bringing his sheaves *with him*.

Ephesians 6:10-18

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

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Activities To Do With Your Children

1. Make your own prayer beads (see previous section for instructions and instructional video of how to make prayer beads). Amazon and Michaels online have a wide variety and selection of beads that you can have shipped to your house.
2. Choose a Bible passage or story for meditation and discussion with your children. Have your child draw his or her own interpretation of the Bible passage and explain what/why was drawn.
3. Bible lesson, coloring page, and word search activity. <http://www.saintmatthewsanglicanchurch.ca/sunday-school-curriculum/>
4. Craft activities that match Bible story lessons. *These crafts are made with many materials you may have around the house, and offer another creative way to discuss important Bible passages with your child.* <https://wehavekids.com/education/all-christian-crafts>
5. Adventure Bible: *This website has both online and paper components depending on your needs and comfortability with your child's screen time. Many of the Bible Activities and Bible Searches can be downloaded and printed, rather than completed on the computer.* <https://www.adventurebible.com/>
6. Keep a thankfulness journal. Have your child daily write something they are thankful for and create a picture to go along with the thought.