



## How To Use The Prayer Beads – Step By Step

The pattern for prayer is quite simple once you get started.

Hold the beads in your left hand if you are right handed, or right hand if you are left handed.

Hold the cross using your other hand.

Say the Prayer assigned to The Cross.

Move to The Invitatory bead.

Say the prayer assigned to The Invitatory.

Move to the first Cruciform bead.

Say the prayer assigned to The Cruciforms.

Going anti-clockwise (to the right).

Move to the first of the smaller beads.

Say the prayer for The Weeks.

Move to the second of the smaller beads.

Say the prayer for The Weeks.

Move to the third of the smaller beads.

Say the prayer for The Weeks.

Move to the fourth of the smaller beads.

Say the prayer for The Weeks.

Move to the fifth of the smaller beads.

Say the prayer for The Weeks.

Move to the sixth of the smaller beads.

Say the prayer for The Weeks.

Move to the seventh of the smaller beads.

Say the prayer for The Weeks.



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Move to the second Cruciform bead.

Say the prayer assigned to The Cruciforms.

Continuing anti-clockwise.

Move to the first of the smaller beads.

Say the prayer for The Weeks.

Move to the second of the smaller beads.

Say the prayer for The Weeks.

Move to the third of the smaller beads.

Say the prayer for The Weeks.

Move to the fourth of the smaller beads.

Say the prayer for The Weeks.

Move to the fifth of the smaller beads.

Say the prayer for The Weeks.

Move to the sixth of the smaller beads.

Say the prayer for The Weeks.

Move to the seventh of the smaller beads.

Say the prayer for The Weeks.

Move to the third Cruciform bead.

Say the prayer assigned to The Cruciforms.

Continuing anti-clockwise.

Move to the first of the smaller beads.

Say the prayer for The Weeks.

Move to the second of the smaller beads.



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Say the prayer for The Weeks.

Move to the third of the smaller beads.

Say the prayer for The Weeks.

Move to the fourth of the smaller beads.

Say the prayer for The Weeks.

Move to the fifth of the smaller beads.

Say the prayer for The Weeks.

Move to the sixth of the smaller beads.

Say the prayer for The Weeks.

Move to the seventh of the smaller beads.

Say the prayer for The Weeks.

Move to the fourth Cruciform bead.

Say the prayer assigned to The Cruciforms.

Continuing anti-clockwise.

Move to the first of the smaller beads.

Say the prayer for The Weeks.

Move to the second of the smaller beads.

Say the prayer for The Weeks.

Move to the third of the smaller beads.

Say the prayer for The Weeks.

Move to the fourth of the smaller beads.

Say the prayer for The Weeks.

Move to the fifth of the smaller beads.



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Say the prayer for The Weeks.

Move to the sixth of the smaller beads.

Say the prayer for The Weeks.

Move to the seventh of the smaller beads.

Say the prayer for The Weeks.

Move to the last Cruciform bead (the one you started on).

Say the prayer assigned to The Cruciforms.

Move to The Invitatory Bead.

Say the prayer assigned to The Invitatory.

Move to The Cross.

Say the Prayer assigned to The Cross.

Now continue around the beads as before two more times.