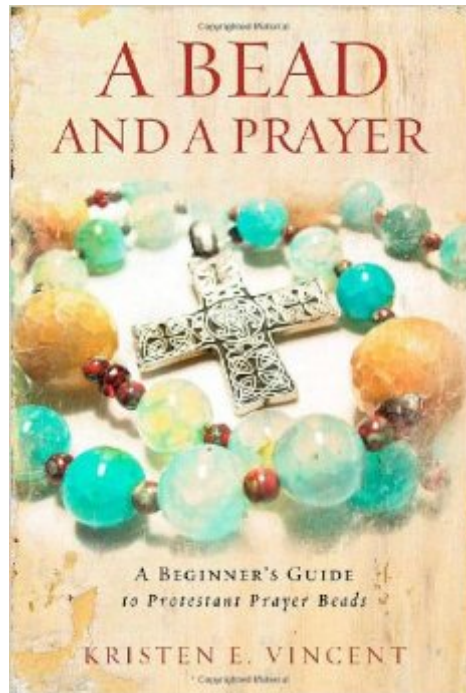


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# A Bead And A Prayer: A Beginner's Guide To Protestant Prayer Beads



## Synopsis

A Bead and a Prayer introduces Protestant prayer beads to Christians who have no experience in praying with beads. Author Kristen Vincent explores the history and art of using beads in prayer, explains how to use prayer beads, includes instructions for making your own set of prayer beads, and offers a variety of prayers. Through this book you will learn how prayer beads can help you deepen your faith, understand Christian beliefs, and listen to God. A wonderful hands-on way for individuals and groups to grow in their prayer life!

## Book Information

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## Customer Reviews

I have a huge collection of books on prayer beads. I really enjoyed this one. It has some fresh ideas. I particularly like the emphasis on silence and listening. Many books on Protestant prayer beads offer set prayers you can read or memorize. This one invites you to use the beads to pray from the heart.

I was introduced to Protestant (Anglican) prayer beads and Kristen Vincent through a link from my devotional magazine, The Upper Room. Kristen has made prayer more direct and more beautiful through her blog, her beads and now her book. Her presentation is personal but organized in a simple format and makes using prayer beads a vital part of my prayer time.

I have enjoyed reading this book and doing the exercises in it. The author offers a coupon to her Etsy store so that you can buy a set of prayer beads or a kit to make your own. Definitely a help in

prayer for a mind that wanders like mine does.

It is a program that helps people that has trouble staying focused while praying. We are having a class on it beginning next week at our church .

Today, it can be very hard for authors to write about the basics of a subject because chances are, there's already a website with the basics. I often Google first, then looked for a book. So while this book is good and provides plenty of basic information, so did the first website I found. That said, some people prefer to have a book with the basics instead of a list of websites which may eventually disappear, and this book fills that niche. It also does expand upon the information I originally found, and it's formatted and has questions which makes it suitable for use in a group. For these reasons, I think it would be very useful for many people. I was hoping for more guidance in the devotions, so I personally did not care for the open-ended nature of the devotions included in this book and in the sequel. Rather than suggest something specific for each of the week beads, each of Vincent's devotions has a focus for each of the weeks. For instance, in her Devotion for Epiphany, the prayer for the first cruciform bead is, "Lord, you called the magi to you, sending them a star to guide them to Bethlehem. Help us to recognize the ways in which you call us into a relationship with you." Then, for the first set of week beads, the instructions say to "listen for, recognize, and consider the many ways in which God calls you to a relationship." If you want open-ended devotions such as this, then this book and its sequel will be perfect for you. However, if you want more structured devotions, you might consider *Praying with Beads* by Nan Lewis Doerr to be more helpful.

This is a marvelous little book on Protestant prayer beads. I would highly recommend it for anyone wanting to learn more about prayer beads. I plan to use it as a Bible study at my Church in the future.

When I read about using beads in prayer, I was more than a little intrigued. A former Catholic, I viewed any attempt to put a rosary in my hand as a plot to get me back to Mass, but Vincent's book deals with a new prayer tradition, that of Anglican prayer beads. And instead of having set prayers for each bead, being able to "freelance" my beads freed me to explore different ways to pray. Using Vincent's model, my craft-er daughter made a set of "manly" beads (hey, I'm old-fashioned, so sue me) of wood and ceramic beads on a leather strap. And I was delighted with the product, and with Vincent's coaching. The first time that I used the beads that I designed (see accompanying photo), I

prayed for 25 minutes, completely focused on prayer, and not once mentally wandering off to create another to-do list. If you find that you have difficulty in engaging in prayer, give Vincent's book a read, and the beads a try.

This lovely book is clearly a labour of love for the author. Kristen Vincent's personal story starts the book, describing how her own mania for prayer beads started, eventually leading her to set up a successful business. There was a lot of destiny about it. I like true stories which are full of unexpected serendipity that leads a person down a completely new path. It's a very balanced book. In another chapter, she discusses the sound theory behind using prayer beads for our personal devotion times, making it clear why she recommends them. Then in another, she gives detailed instructions, with diagrams, on how to make our own. Best of all is how she sensitively bridges the gap between different Christian denominations which have a history of keeping themselves separate from each other. It's great for somebody from one of the Protestant traditions to research a practise mostly associated with the Catholic faith. It's sad when people keep themselves from something which may benefit them, out of fear of distrust. Good on her for telling us about her conclusion. I received a copy from NetGalley and Upper Room Books in return for an honest review.

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