

**ACTS** is one method of prayer that focuses on Adoration; **Confession**; **Thanksgiving**; and **Supplication**.

**Cross:** Blessed be the One, Holy and Living God.  
Glory to God for ever and ever. Amen

**Invocatory Bead:** Be present, O merciful God, and protect us through this day's/this night's hours, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness.

**A. Cruciform (Adoration):** Holy, holy, holy Lord, God of power and might. Heaven and earth are full of your glory, Hosanna in the highest.

**Week beads:** Offer with each bead a word or words of adoration to God.

**C. Cruciform (Confession):** Holy, holy, holy Lord, God of power and might. Heaven and earth are full of your glory, Hosanna in the highest.

**Week beads:** Offer with each bead a word or words of confession to God.

**T. Cruciform (Thanksgiving):** Holy, holy, holy Lord, God of power and might. Heaven and earth are full of your glory, Hosanna in the highest.

**Week beads:** Offer with each bead a word or words of thanksgiving to God

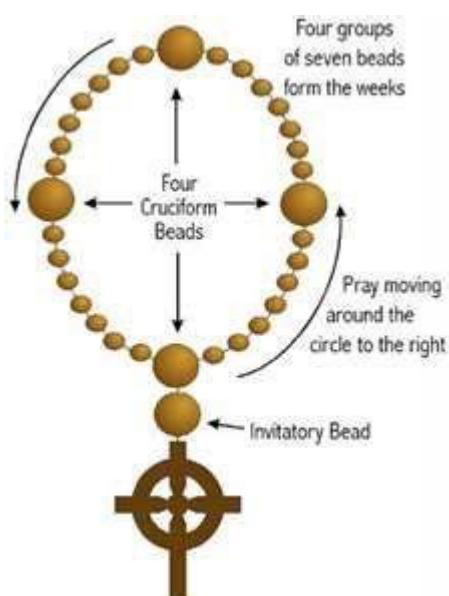
**S. Cruciform (Supplication):** Holy, holy, holy Lord, God of power and might. Heaven and earth are full of your glory, Hosanna in the highest.

**Week beads:** Offer with each bead a word or words of your request of God.

**End Cruciform:** The peace of the lord which passes all understanding will guard my heart and my mind in Christ Jesus.

**Invocatory bead:** Lords Prayer

**Cross:** Sign of the Cross



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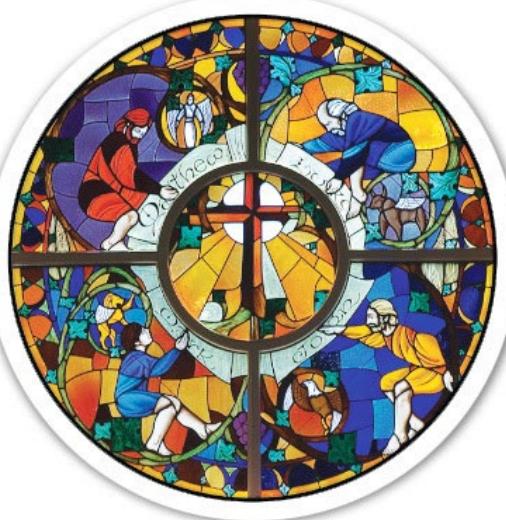
## The Episcopal Rosary

The Episcopal Rosary is made up of a Cross or Crucifix and a total of 33 beads: 1 Invitatory Bead, 4 Cruciform Beads, and 4 groups of Week Beads. The design is rich in symbolism, reminding the user of key tenets of the Christian faith and tradition. The Cross recalls the saving grace of God: That God acts in our lives to bring us to the Kingdom of God; The Invitatory bead calls us to prayer. The four Cruciform beads form the shape of a cross, again reminding us of the centrality of Christ in our lives. The seven Week Beads represent the seven days of creation, the days of the week, the seasons of the liturgical year, and the seven sacraments of the church.

### Reasons to try a Rosary for prayer:

- ✿ It breaks the time of prayer into smaller elements by which one can focus and concentrate more easily.
- ✿ The touch of the beads can help keep our mind from wandering.
- ✿ The structure of the Rosary gives structure to our prayer.
- ✿ The audible repetition of the words help to gather and focus our first attempts in bringing discipline into our prayer life. Later the Rosary may be said “inwardly” or silently.
- ✿ The beads encourage us to pray through to the end.
- ✿ Just seeing the Rosary reminds us of God’s presence and invites us to pray even a short prayer.
- ✿ Touch can be a valuable reminder of God’s presence and a comfort to us.
- ✿ The Rosary can also be a doorway into silent prayer.
- ✿ Following the Rosary you may wish to just sit in silence, enveloped by God’s presence.

## A Gift From



**St. Matthew's Episcopal Church  
Snellville, Georgia**

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