



## **A Bead and a Prayer: A Beginner's Guide to Protestant Prayer Beads**

*Kristen E. Vincent*

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## **A Bead and a Prayer: A Beginner's Guide to Protestant Prayer Beads Kristen E. Vincent**

A BEAD AND A PRAYER introduces Protestants to prayer as a way to connect with God. Readers will explore the history and art of using beads in prayer, discover ways to pray with beads, and learn how beads can help them deepen their faith, understand Christian beliefs, and listen to God. Instructions for making prayer beads are included. Great for Christians with no experience in using beads for prayer, Sunday school classes, women's groups, prayer groups. Youth and children will also enjoy making prayer beads, led by someone using this book as a guide.

## **A Bead and a Prayer: A Beginner's Guide to Protestant Prayer Beads Details**

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Author : Kristen E. Vincent

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## **From Reader Review A Bead and a Prayer: A Beginner's Guide to Protestant Prayer Beads for online ebook**

### **Amanda Medlin says**

A quick and easy read about the general history of prayers beads and a devotional of sorts to get you started in making and using Protestant prayer beads. While I enjoyed this little book, I gained much more insight and inspiration from the book, Bead One Pray Too by Kimberly Winston, and would more likely recommend that over this.

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### **Kathie says**

I like the presentation and the reinforcement that the prayers are not to be by rote.

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### **Melody says**

Definitely interesting. I did not know about Protestant prayer beads. Well written but I wanted more information. It was too short. Has guide for leading class and that also was not well developed. Has sparked my interest and I will do more research.

A few months later and I am using this book to lead a class. Have developed my own class outlines. Will report back after class is over as to how the participants feel about the book. The instructions for making the prayer beads are very good and easy to follow.

Class was fun, although not well attended. I utilized quite a bit of outside resources to supplement the material in this book.

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### **Bethany says**

I stumbled onto this book by accident and am very impressed by the clearly communicated purpose and use of prayer beads in Protestant prayer. I haven't picked up a set of beads nor tried this yet, but it seems transformative for a prayer life lacking luster. It has everything you'd need to understand their use, instructions to make your own set, plus sample prayers. Short and to the point, and very well articulated.

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### **Betsy says**

I loved this book. It was interesting to experience prayer in a different way. And even more interesting that my kids saw me doing this and wanted their own sets of prayer beads. The prayers that ensued from the mouths of babes were amazing. What a great tool for helping us draw near to God and guide us in what to say.

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### **Susan says**

I have always been interested in the Roman Catholic rosary, come to find out, Protestant also have a history of praying with beads. Awesome read

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### **Monica Tomasello says**

This is a great reference for those who are interested in Anglican prayer beads. There is plenty of information for beginners as well as for those who are more experienced. The book is set up to be used in a 4 week study, which I hope to utilize, but it can also be read and used on its own.

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### **eyes.2c says**

The gift of prayer!

A few months back I became more interested in using beads as a meditative prayer tool. Over the years the idea of prayer beads has drifted in and out of my consciousness. I had investigated several sites, mainly looking at various Tibetan (Mala) Prayer bead sites. At that time I also became aware of Anglican prayer beads. But as so often happens, Interruptions came and went, and I drifted off to other things.

And here is the relevance. Oh how I love the mystery of synchronicity!

I came across Kristen Vincent's book as an ARC. For me this is a timely intervention.

Prayer Beads have come into my life again.

The opening quote by Robert Benson resonated, 'We need some ... Sacred things that are as mysterious as the Mystery itself!'

Kristen's book opens up an exciting, proactive way to approach prayer and meditation using our own 'sacred things', literally 'touchstones' assisting us on our spiritual journey.

The concreteness of the beads focus us in the now of the prayer cycle, adding a further dimension to the prayerful experience.

Instructions are given to make your own bead set. The suggestion to include beads that might have some significance, I love. I think I will include my grandmother's crucifix. I like the idea of a generational chain of continuity.

The book has instructions about making a set of prayer beads and the significance of bead placement.

Following is a four week guide to using the prayer beads.

The Appendix is valuable and has links to various resources and I must admit I spent many minutes lost in the exploration of the various sites.

Thoughtfully composed this is an exciting beginning to a different journey for those feeling called to undertake it. Kristen's book is surely a gift.

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A NetGalley ARC

### **Karen Sage says**

Very interesting and thorough review of prayer beads ..... Very reflective, enjoyed the thought provoking chapters

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### **Emm says**

Helped me think of prayer beads in a new way. Now, I collect them and I made my own set with the instructions from the book. Can't wait to make more.

The different lessons, which are divided by week, teach you how to use prayer beads in different ways. Ways I had thought of before.

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### **Kari says**

I have never prayed with beads, but I think I would like it in the same way that I like prayer books and walking a labyrinth because they make me slow down and take my time. This had a little bit of information on the history of Protestants praying with beads, but a lot of the book was focused on how to make your own set of prayer beads, and that is not really my jam. Recommended for: the craftier devoted Christians among us.

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### **Judy says**

I bought this book a couple of years ago, primarily for the instructions on making Anglican prayer beads. I had done this several years ago, but was looking for a refresher. I'm still pulling the components together for a set (apparently I left the ones I made before in Texas when we moved to Spain), but am back on the track of working on this. Today I finally read the rest of the book, on the history of protestant prayer beads and how to use the beads. It's a quick read, but well laid out and designed for doing a group workshop. It's pretty basic, but that's often what I need. It does give you some ideas for designing your own prayer cycles to use with the beads, as well as some other sources for praying with beads at the end. If you are already in the habit of using prayer beads, look for something else, but for making a set and starting out with them, this is a well designed program.

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### **Rosemary Daly says**

As a Catholic, I have prayed the Rosary since I was a child. This book brings a fresh perspective to the use of beads and prayer. I plan to use some of her prayer and meditation techniques in my personal devotions.

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### **Cathryn Conroy says**

This is a great introduction to using Anglican prayer beads (not to be confused with the Roman Catholic rosary). It not only explains HOW to use prayer beads with different types of prayers, but also WHY use them. And as a bonus, there is a chapter on how to make your own set of prayer beads. If you have never used prayer beads, this is an excellent primer and is a wonderful way to begin a Lenten discipline. If you're already using prayer beads, this won't offer much that's new or different.

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### **Nancy says**

This is a wonderful book about a new way of praying from an old tradition. It gives a good history of the use of beads for prayer. It has an excellent explanation of the symbolism in the Anglican prayer beads. Ms Vincent offers many different ways of using the beads, from group activities to individual prayers. She gives detailed instructions for making your own set of beads. She also sets out a group study program with weekly meditations and activities. A small book it is not too daunting and very welcoming. I highly recommend this to anyone looking for a new spark in their prayer life.

Thank you Upper Room for sharing this book with me. I will have to purchase several copies for my Quaker Meeting library, the public library where I work and for the group of friends I want to share this with.

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