

Prayer Rope Bracelets

These are great for the kids or as gifts for people in nursing homes.

It is made from macramé yarn in various colors (green, rust, gray, tan) and tied with a number of close knots for remembering the Jesus prayer. They can also be made with plastic beads with a cross at the bottom.

Directions for making them with beads:

Decide how many beads you want on your prayer rope. Typical numbers are 33 for how old Jesus was when he died, 70 for the seventy apostles, or, 50, 75, or 100. Plastic beads can be purchased in large bags inexpensively at local craft stores.

Using the macramé yarn, thread the number of beads you want on the prayer rope. You may want to tape the ends. **DO NOT TIE A KNOT ON THE END OF THE STRING!**

For the cross you will need 7 more beads. Thread both ends through 3 beads. Then thread each end through a separate bead. These beads become the horizontal bar of the cross.

After you thread one end through one bead, go back and put the thread through the top of third bead you double threaded. The third bead will be in the center.

Repeat for the other side.

When you have done this, the third bead that was double threaded should have a bead on either side of it and will have been threaded four times. For this reason it is important not to use very thick thread or yarn.

Then double thread two more beads to finish off the cross and tie of the end a number of times to ensure that the beads will not come off.

When everyone has finished ask your parish priest to bless them. You will probably want to also discuss appropriate and inappropriate ways of handling them. For example, they are not bracelets or toys to be twirled on the finger, etc..