

Praxis Session Nine: Prayer Ropes/Bracelets

Main Ideas: Helping youth create special tools for prayer

This could be used as a family session.

Supplies needed:

For Prayer Ropes – Rat tail yarn, bead (or beads)

Video – How to make prayer ropes -

<https://www.youtube.com/watch?v=rjUk9hX-DI>

Optional:

- *Mysteries of the Jesus Prayer*

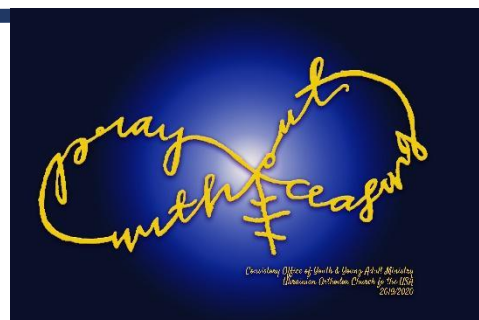
<https://www.youtube.com/watch?v=pPpyVWbEzEA>

- *Saying the Jesus Prayer by Dr. Albert Rossi*

<https://www.svots.edu/saying-jesus-prayer>

For Prayer Bracelet – beads, cross charm, appropriate bracelet string, rat tail, etc

Video – *Joshua and the Jesus Prayer* <https://www.ikonimation.com/joshua-and-the-jesus-prayer/>



Begin with prayer. Show the video appropriate to the project and age group. After the video, explain that the use of prayer ropes can accompany the Jesus Prayer. Ask if the youth are familiar with the Jesus Prayer?

At this point you may take several avenues to proceed:

For Teenagers or older youth: watch in-part or whole *Mysteries of the Jesus Prayer* or read the article by Dr. Albert Rossi.

For younger children: Remind them of what they learned in the traditional learning sessions (Grade School Ages Session 4: The Church Prays Without Ceasing or Sessions for 4-8 year olds Session 3: The Jesus Prayer). Perhaps read again the book *The Jesus Prayer and Me*. Watch the video *Joshua and the Jesus Prayer*.

After the discussion begin either learning to tie the prayer ropes or making the prayer bracelets. For the prayer ropes, you may choose to have the youth bring them on multiple occasions to work until they are completed.



The Jesus Prayer

Ask your parish priest to host a session to explain the use of the Jesus Prayer. This prayer is a powerful spiritual tool and through the ages has been used by monastics as well as lay people. As such a powerful tool, it is important for all of us, especially our youth, to understand how this prayer can and should be used in our lives and ways that it can be misused or uses that are contrary to the teachings of the Church.

If your parish is blessed to be near a monastery, another option for this session would be to organize a visit to the monastery. Consider attending one of the services that are regularly held at the monastery, then asking if one of the brothers or sisters would be able to speak about the Jesus Prayer. Be sure to find out the expectations about dress, what to bring and what not to bring, etc. then prepare youth and family members accordingly.

