

Prayer “knots”

Praying with prayer ropes is one of the oldest ways of praying, mostly used by monks! It can help people focus by having something to hold in their hands.

Take a piece of rope or cord and tie half a dozen knots in it. Then hold the prayer rope and slowly slide it between your fingers, stopping at each knot to pray a prayer.

1) **Pray the Jesus prayer at each knot:**

"Lord Jesus Christ, Son of God, have mercy on me, a sinner!"

Or the shorter form: ***"Lord Jesus Christ, have mercy on me!"***

Or as you reach a knot you pray one part of the phrase ie:

- At knot 1: ***"Lord Jesus Christ,***
- At knot 2: ***Son of God,***
- At knot 3: ***have mercy on me,***
- At knot 4: ***a sinner!"***

Repeat a number of times, praying slower and slower as you become more aware of the presence of God with you.

2) **Pray a prayer of thanks** for something God has given you at each knot

- **Pray a prayer of praise**; praising God for a different aspect of His character at each knot
- **Pray for people to come to know Jesus**; praying for a different person as you reach each knot.
- **Pray for a different situation in the world** at each knot
- **Pray a prayer of blessing for people you know** at each knot
- **Pray for God to fill you with His Holy Spirit** at each knot

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