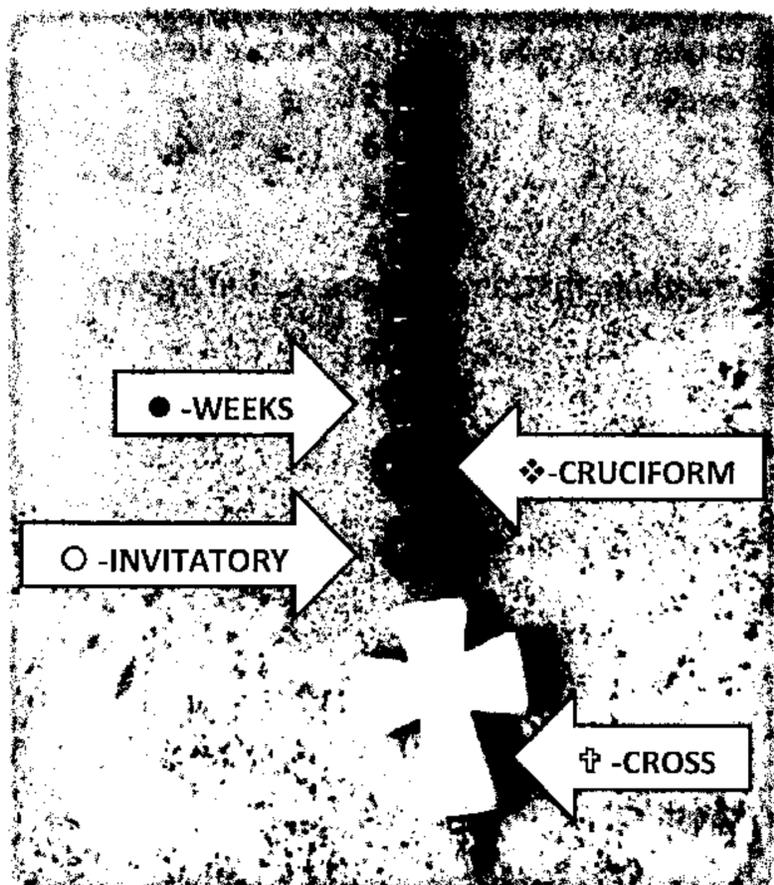


JDOK POCKET PRAYERS- ANGLICAN WEEKS



As Junior Daughters, we are committed to praying. Pocket prayers are an easy and fun way to remember to talk with God. They are a simplified version of Anglican Rosaries (see pages 39-40 of the Junior Daughters Handbook). For our JDOK Pocket Prayer, we use just one section of the Anglican Rosary to pray- one cross, one invitatory, one cruciform and seven weeks bead.

A Pattern for Pocket Prayer.

1. Enter through the Doorway: The cross and invitatory bead are the "doorway" to enter and exit your prayer time. Begin by holding the cross and praying the chosen prayer. Next pray with the Invitatory bead.
2. Journey through the Weeks: Begin your prayer journey with the cruciform prayer. Continue upwards, praying with each of the week beads and returning to the prayer with the cruciform bead.
3. Exit through Doorway: Complete your prayer time with Invitatory bead followed by the cross.

A JDOK Pocket Prayer

✠: Glory to the Father and to the Son and to the Holy Spirit. Amen

○: The Lord is my light and my salvation. – Psalms 27:1

❖: Lord, hear our prayers.

●: (Pray one line per bead)

1. God of Love
2. God of Life
3. God of Holy Strength,
4. Guide us
5. Help us
6. Strengthen us
7. For Your Sake

❖: Lord, hear our prayers.

○: The Lord's Prayer

✠: Let us bless the Lord.

Thanks be to God.

A JDOK Worship Music Pocket Prayer

✠: God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

○: Awaken my soul, come awake. (Fall Fresh)

❖: Thy word is a lamp unto my feet and a light unto my path (Thy Word)

●: (Pray one line per bead)

1. Lord, prepare me
2. To be a sanctuary
3. Pure and holy
4. Tried and true
5. With thanksgiving
6. I'll be a living
7. Sanctuary to you

❖: Thy word is a lamp unto my feet and a light unto my path (Thy Word)

○: I will go Lord. If you lead me, I will hold your people in my heart. (Here I am Lord)

✠: Let us bless the Lord.

Thanks be to God.