

GRATITUDE BEADS: A JOYFUL WAY TO PRAY

- How to Pray the Gratitude Beads:
- Begin with a short prayer of your choice asking for God to be with you during your prayer time on the Cross
- As you touch a different sized bead, you are reminded to be thankful the following:
 - CREATOR:(1 large red bead)
 - PEOPLE:(3 medium blue beads)
 - LITTLE THINGS OR EVENTS:(6 small yellow beads)

