

# How to Use the Prayer Bracelet

We can use the prayer bracelet various ways starting from the Jesus Prayer; “Lord, Jesus Christ, Son of God, have mercy on me. Hold one bead and breathe in saying “Lord Jesus Christ, Son of God”, and breathe out saying “Have mercy on me.” Then hold the next bead, repeat the word inviting the presence into your heart. You stay in that prayer until your heart is calmed down, and fully centered in Christ. If you want, you can create your own prayer word such as “Lord Jesus, I need your wisdom.” “Lord Jesus, protect me.” “Lord Jesus, allow me your peace.” Etc. Fruits of the Spirit in Galatians 5:22-23 are about who God is; “But the fruit of the spirit in love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law.” You can put those virtues into your prayer too. Invite the Holy Spirit to touch your soul and life situation.

Also, you can imagine the holy symbols without words such as golden light of protection, cross, flowing crystal-clear living water, and others that are meaningful for you to invite the presence of God.

We, as a people of God, read the word of God, and also pray with the word. I cannot bring all the prayer words in the Bible, but here are several words that we can pray with the prayer bracelet.

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**Lord, Jesus Christ, Son of God, have mercy on me.**

(You can vary the prayer as you wish. For example, "Lord Jesus, fill me with your peace.")

## **Lord's Prayer**

### **For Guidance, and Peace**

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. (Psalm 23:1-2)

### **For Courage**

As I wait on the Lord, with good courage, He shall strengthen my heart, (Psalm 27:14)

You, O lord, are a shield for me, my glory, and the lifter of my head. (Psalm 3:3)

God comforts, encourages and consoles me in every trouble, He enables me to console others who need comfort. (2 Corinthians 2:4)

### **Emotion**

Jesus, let me be rooted, established, strong, immovable, and determined in You. (1 Peter 5:9)

### **Health and Healing**

Healing God, heal my body and soul. (Psalm 30:2)

Healing God, heal my broken heart and bind up my wounds curing my pains and sorrows. (Psalm 147:3)

### **Prayer**

God of joy, make my joy full. (John 16:24)

God of compassion, listen to my prayer.

### **Protection**

God of protection, you are my refuge and high tower when I am oppressed. (Psalm 9:9)

### **Anxiety and Worry**

God of power and peace, hide me under your wing. (Deuteronomy 31:6)