

# *Sisters of the Crown*

## DIY Creative Projects

### B.E.A.D.E.D Prayer Bracelets

#### Materials:

Beading stretch elastic

6 large beads

20-30 spacer beads

Optional: Cross, heart, or butterfly charm with a jump ring

#### Steps

String your beads in any order you prefer. Assign a bead to each letter (suggestions are provided below). Feel free to add charms if you like.

Then, as a group, go through each letter and experience your beaded prayer together.

#### B- Breathe and Reflect on His Beauty

Begin your prayer with deep, intentional breaths, inviting the Holy Spirit to fill your heart and focusing on God's presence and beauty as you open a sacred dialogue with Him.

#### E- Embrace the Truth

Reflect on Ecclesiastes 3:11: *"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."* Embrace the reminder of His perfect timing and the mystery of His eternal work.

A – Affirmation of Who You Are and Who He Is

Declare with conviction that you are fearfully and wonderfully made. Affirm the unshakable truth of who He is and who you are in Him.

D – Detachment and Letting Go

Release every burden, surrendering anxieties and fears to God. Pray for discernment and wisdom, trusting He will guide you to freedom and clarity.

E – Exalt and Gratitude

Lift gratitude to the One who is the Source of every blessing. Exalt Him for His unwavering faithfulness, abundant provision, and the gift of His unending love.

D- Dwell in Stillness

Enter Stillness, quieting your heart and mind in God's presence. Listen for His gentle voice and let His peace saturate your soul.