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PEACE BEADS

MY DAY IN BEADS

Use this prayer guide to talk with God about your day, last week or a longer past time period.

You will need:

- Printout of the prayer guide
- Journal and drawing paper
- Colors or paints
- Beads
- Beading cord



Find more resources at:
www.KutsuCompanions.com/peace-beads

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PEACE BEADS *My Day in Beads*

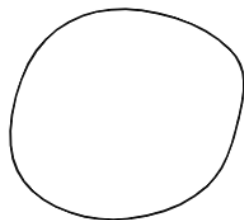
Inspired by Ignatian Prayer of Examen

"SOMETIMES THE SMALLEST THINGS
TAKE UP THE MOST ROOM IN YOUR HEART."

— A. A. Milne, *Winnie the Pooh*

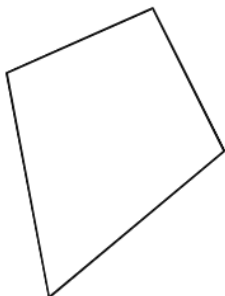


Notes & Doodles



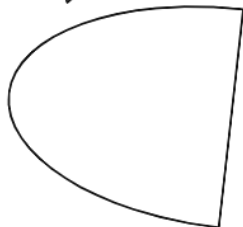
1. PEACE BEAD

Get comfortable.
Close your eyes and breathe deeply.
Feel your body from toes to fingertips.
God is right next to you. Let him look at you. He loves you so much.
Enjoy the peace.



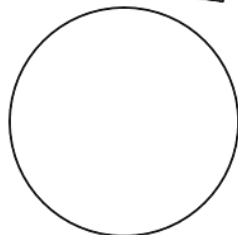
2. JOY BEAD

Tell God about your day.
When were you happy?
What nice things happened to you today?
Who did you enjoy being with?



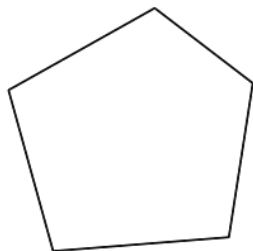
3. SADNESS BEAD

What made you feel sad today?
Did anything upset you or do you regret something that you did today?
Talk to God about your sadness and regret. No matter what happened today, nothing changes the way God feels about you.
He loves you and wants to comfort you.



4. LOVE BEAD

When did you feel loved, safe, and special today?
Did you do something loving and kind to someone else?
When did you feel God's love for you? And in you?



5. TRUST BEAD

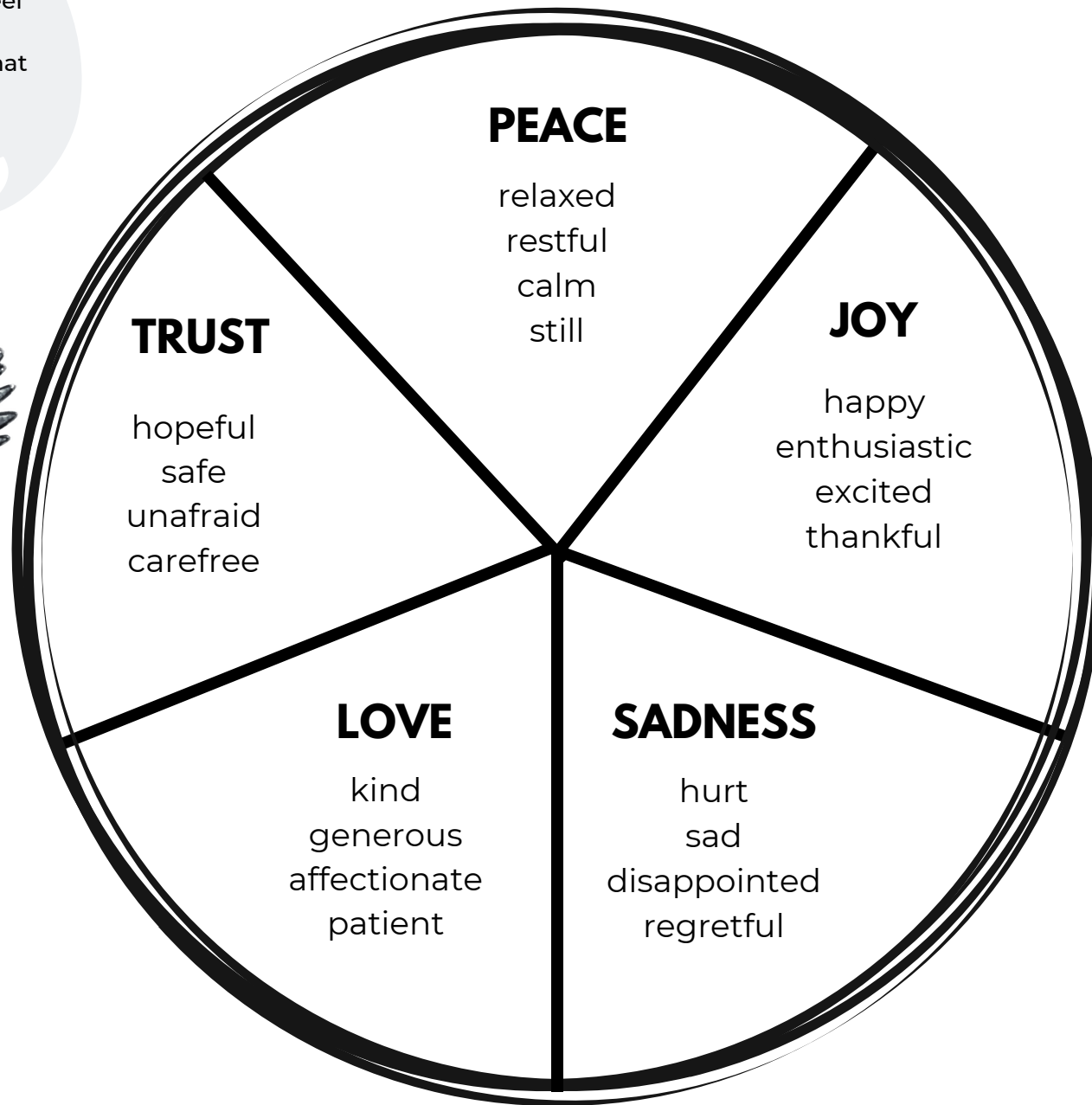
Think about tomorrow.
Tell God what you are excited about.
Does something make you worry?
Give your hopes and worries to God.
God is good and he cares for you.

Would you like to tell someone about your prayer with the beads?

1. What meaning do the different colors of the beads have for you?
2. What did you notice about yourself, people, places, and all that happened today?
3. What was it like to be silent and still for a moment? What did it feel like in your body?
4. When did you know that God was with you? What was that like?

PEACE BEADS EMOTION WHEEL

What does peace feel
like in your body?
If joy was a color, what
color would it be?



1. PEACE BEAD

Feelings & Mood: still / calm / safe / restful / grounded / balanced / harmonious / relaxed / relieved / shalom / adoration / presence

Psalms 131:2 (The Message)

I've kept my feet on the ground, I've cultivated a quiet heart. Like a baby content in its mother's arms, my soul is a baby content.

How can you become still, silent and present to yourself and God?

What distractions do you need to let go of?

What do you notice about your body?

Can you relax some of the tension or strain in your body a little bit every time when you breathe out?

What is it like to become aware of God's loving gaze resting on you?

How do you experience God's nearness with you in this moment?

What helps you to stay grounded and calm?

2. JOY BEAD

Feelings & Mood: thankful / happy / enthusiastic / excited / creative / playful / spontaneous / free / encouraged / content / energized / delighted / wellbeing / pleasure / enjoyment / gladness

Psalms 9:1-2 (The Message)

I'm thanking you, God, from a full heart, I'm writing the book on your wonders. I'm whistling, laughing, and jumping for joy; I'm singing your song, High God.

When was the last time that you felt alive, free, energized, and lost track of time?

What brought a sense of joy, satisfaction and contentment to you?

What gifts did you receive, small and big?

What did you see, taste or hear that was beautiful, just and good?

Who did you enjoy spending time with?

Where was God and how did he feel when you were content?

What makes you smile right now?

Can you feel God's joy and delight in you?

3. SADNESS BEAD

Feelings & Mood: lost / hurt / lonely / empty / hopeless / disappointed / ashamed / regretful / disconnected / confused / rejected / sad / upset / guilt / chaos / sorrow

Psalms 69:29 (The Message) I'm hurt and in pain; Give me space for healing, and mountain air.

When did you feel sad and empty?

What drained energy and life out of you?

When did you feel disconnected and lonely?

Did you neglect yourself and your needs or important feelings?

Did someone hurt or disappoint you? Did you take offense with someone's actions?

Do you regret something that you said, did or thought?

When did you feel the absence of God?

What saddens you right now? Where do you feel the sadness in your body?

Can you bring your grief and regret to God, and allow him to heal, comfort, and console you?

Can you offer and receive forgiveness for what was wrong and hurtful?

4. LOVE BEAD

Feelings & Mood: Cared for / comforted / safe / connected / affectionate / kind / generous / patient / gentle / attuned / faithful / loving / forgiving / compassionate / grace / warmth / closeness / intimacy

Psalms 18: 19 (The Message) I stood there saved — surprised to be loved!

When did you feel loved, seen, listened to, and cared for?

When did you feel known, connected and intimate?

What made you feel treasured and special?

When did you feel God's nearness and love for you?

How were you emotionally responsive to others?

When did you forgive? Or receive forgiveness?

Did you show grace, patience, kindness and generosity?

Who do you feel affection, warmth and compassion for, in this moment?

Can you feel God's love, affection and nearness to you right now?

How do you want to express your love for God, yourself and others?

5. TRUST BEAD

Feelings & Mood: confident / hopeful / unafraid / secure / open / courageous / belonging / surrendered / resilient / carefree / dependent / faith / freedom / holy indifference

Psalms 121 (The Message)

I look up to the mountains; does my strength come from mountains? No, my strength comes from God, who made heaven, and earth, and mountains.

What feelings and questions do you have about your future?

What help and support do you want to ask from God?

What dreams, hopes and fears do you hold?

How do you respond to uncertainties and surprises?

Can you let go of your desire to control and predict the future?

What helps you to entrust your life, and those who you care about into God's hands?

What do you need to know right now about your future?

Where do you seek hope, security, affirmation and sense of control from?

Who do you want to become?

What dreams or longing do you need to nurture and protect?

How is God inviting you to follow him into tomorrow?

EXPLORING FEELINGS

- What does the feeling sound like? A gentle ticking of a clock? Singing of a bird? Breaking of glass?
- What does the feeling look like? What color, shade, texture, or shape does it have right now for you?
- Where in your body do you sense the feeling? What is the sensation; tingling of fingers, tension in the jaw, release on shoulders, numbness in face, heaviness of eyelids, warmth on back, softness between eyes, rhythmic breath, pain in stomach...?
- What flavor or fragrance are you drawn to? How does your feeling smell or taste like?
- What word or image describes your feeling the best?