



# Grounding Spirit Lutheran Prayer Beads

## USING CHEMNITZ PRAYER BEADS

The following is to encourage Lutherans to pray, meditate on, and memorize Luther's Small Catechism – Confession and Absolution. (Words in italics are recited verbally or silently.)

### Metal Bead (Or Crucifix):

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

### First Large Bead:

**What is Confession?** Confession has two parts. First, that we confess our sins, and second, that we receive absolution, that is, forgiveness, from the pastor as from God Himself, not doubting, but firmly believing that by it our sins are forgiven before God in heaven.

### Three Small Beads:

*Lord have mercy (First Bead). Christ have mercy (Second Bead). Lord have mercy (Third Bead).*  
[Repeat for every three small beads.]

### Second Large Bead:

**What sins should we confess?** Before God we should plead guilty of all sins, even those we are not aware of, as we do in the Lord's Prayer; but before the pastor we should confess only those sins which we know and feel in our hearts.

### Third Large Bead:

**Which are these?** Consider your place in life according to the Ten Commandments: Are you a father, mother, son, daughter, husband, wife, or worker? Have you been disobedient, unfaithful, or lazy? Have you been hot-tempered, rude, or quarrelsome? Have you hurt someone by your words or deeds? Have you stolen, been negligent, wasted anything, or done any harm?

### Fourth Large Bead:

**What is the Office of the Keys?** The Office of the Keys is that special authority which Christ has given to His church on earth to forgive the sins of repentant sinners, but to withhold forgiveness from the unrepentant as long as they do not repent.

### Fifth Large Bead:

**Where is this written?** This is what St. John the Evangelist writes in chapter twenty: The Lord Jesus breathed on His disciples and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven." (John 20:22–23)

### Sixth Large Bead:

**What do you believe according to these words?** I believe that when the called ministers of Christ deal with us by His divine command, in particular when they exclude openly unrepentant sinners from the Christian congregation and absolve those who repent of their sins and want to do better, this is just as valid and certain, even in heaven, as if Christ our dear Lord dealt with us Himself.

### Seventh Large Bead:

One may pray a collect, Luther's morning or evening prayer, or meditate on Individual Confession and Absolution found on page 292 of the Lutheran Service Book.

Source: Chemnitz Fraternity web site