

Prayer Beads: Repentance & the Seven Deadly Sins Lent 2026

Scripture:

- The Seven Deadly Sins: pride, envy, lust, anger, gluttony, greed, sloth.
- 3 Daily Commands for Disciples: "The Kingdom of God is near! **Repent** of your sins and **believe** the Good News! Come, **follow** me." (Mark 1: 15, 17)

Using Prayer Beads

"Many different religions us beads as a tool for prayer. Consider using a chain of beads you can use as a physical tool as you pray throughout the day . . . For instance create a chain of different-sized beads (or different-colored or different-textured beads) for various prayers. You might have seven rough beads for praying against the seven deadly sins . . . and you might have nine little ones for the fruit of the Spirit."

Common Prayer: A Liturgy for Ordinary Radicals

***Note: In the bag with the beads and thread, you'll find two small black beads. Those beads are to anchor the seven other beads.**

One, I confess my sins and my wrongs to God.

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone. I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent. For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Two, I ask the Holy Spirit to help me see my heart as it is.

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." (Psalm 139: 24)

My Daily Review or Inventory.

1. **Pride:** Have I put my needs before the needs of others? Am I thinking of myself more highly (or lowly) than I should? I am refusing to admit my need for God's grace? Am I ready to focus on *my* wrongs rather than the wrongs of others? Did my pride fuel sin in any way?
2. **Envy:** Do I want what someone else has? Am I discontented and unthankful? If I am, then I will not see God's goodness in my own life. Here I pray for the very strength of Jesus to help me find contentment: "*Jesus, I can do all things through you who give me strength.*" (Philippians 4:13)

3. **Lust:** Have I been in fantasy about another person? Have I been feeding sexual thoughts through internet pornography or the media? I ask God to be my shield.
4. **Anger:** Who am I angry with? Why? How I am wrong? I pray for the grace to see my own faults and wrongs rather than focusing on the wrongs and faults of others. I forgive those with whom I am angry and I pray for God's full blessing in their lives—asking God to give them everything spiritually that I would want for myself. Since I ask to be forgiven I must be ready to forgive. I also ask God to shield me from my anger and the anger of others.
5. **Gluttony:** I ask God to help me make good and wise decisions about what I eat, when I eat, and how much I eat. I ask for wisdom to be aware of when I'm in a bad place so that I'm not trying to fill my emptiness or loneliness with food. I thank God for my health and pray that God will help me as I try to take care of my body with exercise and rest.
6. **Greed:** I pray for simplicity of heart. I thank God for all I have and I pray for opportunities to be able to be generous to others, particularly those who are in need. I recognize my entitled attitudes and seek to surrender them so that I will not feel superior but recognize that the blessings of my life all come from God.
7. **Sloth:** I pray for energy, strength and focus for the day. I ask God to help me see the ways I can help and serve the members of my family. I consider anything that I am avoiding that I need to face and do. I ask God to help me be productive and effective in my work for that day. If I need to apologize or make an amends, I do so quickly.

Three, I receive God's sure pardon. Notice the use of the plural.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

"As the doubter tries the process of prayer, [he or she] should begin to add up the results. If he persists, he will almost certainly find more serenity, more tolerance, less fear, and less anger. He will acquire a quiet courage, the kind that isn't tension-ridden. He can look at 'failure' and 'success' for what these really are. Problems and calamity will begin to mean his instruction, instead of his destruction. He will feel freer and saner. The idea that he may have been hypnotizing himself by autosuggestion will become laughable. His sense of purpose and of direction will increase. His anxieties will commence to fade. His physical health will be likely to improve. Wonderful and unaccountable things will start to happen. Twisted relations in his family and on the outside will improve surprisingly."

Bill Wilson, Co-founder of Alcoholics Anonymous