

What is a chaplet? How is it used

- ❖ **A Chaplet is a form of Christian Prayer which uses Prayer Beads**
Prayer beads are used to , to help the faithful to keep track of where they are in the prayer. Prayer beads come in various lengths and can be made of a wide array of materials.
- ❖ **A chaplet is a vocal prayer that can be prayed alone or in a group.**
They can be recited aloud or in silence or chanted.
- ❖ **Chaplets can be prayed at any time or place.**
- ❖ **The heart of a chaplet is based on repetition.**
Typically, a chaplet follows a set sequence of prayers and then repeats those sequences, commonly known as “decades” of three, five, seven or ten repetitions. There can be as few as three or as many as fifteen decades’ that comprise a chaplet. Not all of the decades need to be said at one time, which makes this prayer form adaptable in our 24-7 world.
- ❖ **The repetition of the prayers is an ancient technique.**
The use of **mantras** and **chanting** are found in all spiritual traditions. The repetition of sounds has a calming effect. The simplicity of the repeated sequences are used to clear the conscious mind of distractions and allow one to enter the state inner quiet.

All rosaries are chaplets but not all chaplets are rosaries. All chaplets have a cross or crucifix, the number of beads in a chaplet depends on the number of chaplet prayers. Chaplets might also contain a medal.

When blessed, these beads Become reminders of God’s presence. Catholics refer to such objects as sacramentals.



Chaplet beads

Dominican five-decade rosary



There are many chaplets available. This prayer form is gaining in popularity. New chaplets are being written, giving expression to new pastoral concerns.