

Creating your own Chaplet

A Chaplet is a form of Christian Prayer, which uses Prayer Beads



Young people are more likely to pray prayers they have helped to create. Many people find traditional prayers too formal or impersonal. Praying aloud spontaneously is also difficult if you do not have much practice praying in this way. One way you can help yourself and your children personalize their prayer life is to take a prayer form like a chaplet, which provides you with a general template and create your own prayer. The chaplet is a wonderful prayer form to use in this way, because you can

write the prayers and make the chaplet beads. There are several kits available on line or see the instructions provided below.

[How To Make A Rosary With String And Beads - Catholic Icing](#)

How to write a Chaplet

Step 1: Choose a theme (a particular person, event or Feast popular in the Christian tradition – The Trinity, St Paul, The Apostles, Pentecost, Advent, The Cross, The Eucharist, humility, forgiveness, kindness...)

Step 2: Brainstorm words or phrases that speak to the theme

Step 3: Come up with a simple response that is easy to remember or choose a simple phrase from Scripture.

Examples: We thank you Lord; We give You praise, Be merciful O Lord; Be with us Lord; Pray for us; Be not afraid; Be our Guide... **Feel free to amend the Scripture quote slightly to make into a prayer.**

Step 4: Arrange the words or phrases you brainstormed into short petitions that go with your response.

Example: Leader: St. Joseph,

Noble son of the house of David

Response: Pray for us

Leader: Faithful guardian of Christ

Response: Pray for us

Leader: Example to parents

Response: Pray for us

Leader: Patron saint of the dying

Response: Pray for us

OR

into an opening or closing prayer

Example: O guardian of the Word Incarnate, and faithful follower of Christ, help us follow your example of humble love and acceptance.

St. Joseph, pray for us, now and at the hour of our death. Amen

Step 5: Decide how many prayers will make up your chaplet. Assign a bead, a cross or a medal to each prayer in the chaplet. Incorporate common prayers from the tradition or scripture passages into your chaplet.

Example: A Chaplet of St. Francis of Assisi might include

- The Sign of the Cross and an Our Father to begin

- An Opening Prayer – one you write yourself or perhaps a quote from St. Francis
- Three (3) sets of three intercessions on the theme, with each set of intercessions followed by an Our Father
- A Closing Prayer – Perhaps the Prayer of St. Francis

Step 6: Some chaplets incorporate important events from the Gospels related to the theme of the chaplet to meditate on. These are often referred to as mysteries. This step is optional.

Example: A Chaplet focused on St. Joseph might include

1. The Betrothal of Mary and Joseph (Mt 1:18, Lk 1:26-27, 2:4-5).
2. Annunciation to Joseph (Mt 1:19-25).
3. Birth of Jesus (Lk 2:6,15-16).
4. Circumcision and Naming of Jesus (Lk 2:21).
5. Escape into Egypt (Mt 2:13-15).
6. Finding of Jesus in the Temple (Lk 2:41-50).