

## **Prayer Cross: The Lord's Prayer**

The Lord's Prayer that is strictly scriptural has five parts, just like the five knots on the prayer crosses.

Hold the cross in one hand while lightly holding the knot closest to the cross with the thumb and index finger of the other hand.

While doing this, say the first part of the prayer.

1. Our Father, who art in heaven,  
hallowed be thy name.

Do this for all the other parts, working your way up the cord from knot to knot.

2. Thy kingdom come,  
thy will be done on earth as it is in heaven.

3. Give us this day our daily bread.

4. And forgive us our trespasses,  
as we forgive those who trespass against us.

5. And lead us not into temptation,  
but deliver us from evil.

The part of the prayer – For thine is the kingdom, and the power, and the glory forever. Amen. – is not part of scripture. It was added centuries later as a Doxology. For this part of the traditional Lord's Prayer, have the participants hold the cross between their thumb and index finger.

On the following pages are step-by-step instructions for how to make your own prayer crosses.

**Materials for One Prayer Cross:**

- One 20-inch lengths of cord
- A small wooden cross keychain (these can be ordered by the dozen from any number of craft stores)
- Scissors

**What to Do:**

Remove the chain from the cross.



Thread the cord through the hole in the cross, leaving an even amount of cord on either side of the hole.



Tie a double knot so that it touches the top of the cross. Do this by threading both ends of the cord through a loop at the same time.



Tie four more double knots, each about an inch apart.



If there is more than an inch of excess cord after the fifth double knot, use scissors to trim a little, or to even things out.