

Instructions for Assembling a Paper Prayer Wheel:

Materials Needed:

- 4 pieces of paper or cardstock with printed circles
- Scissors
- Brass fastener

Steps:

Prepare the Circles:

Cut out all the circles from the paper or cardstock. There should be four circles in total, each incrementally larger than the previous one.

Arrange the Circles:

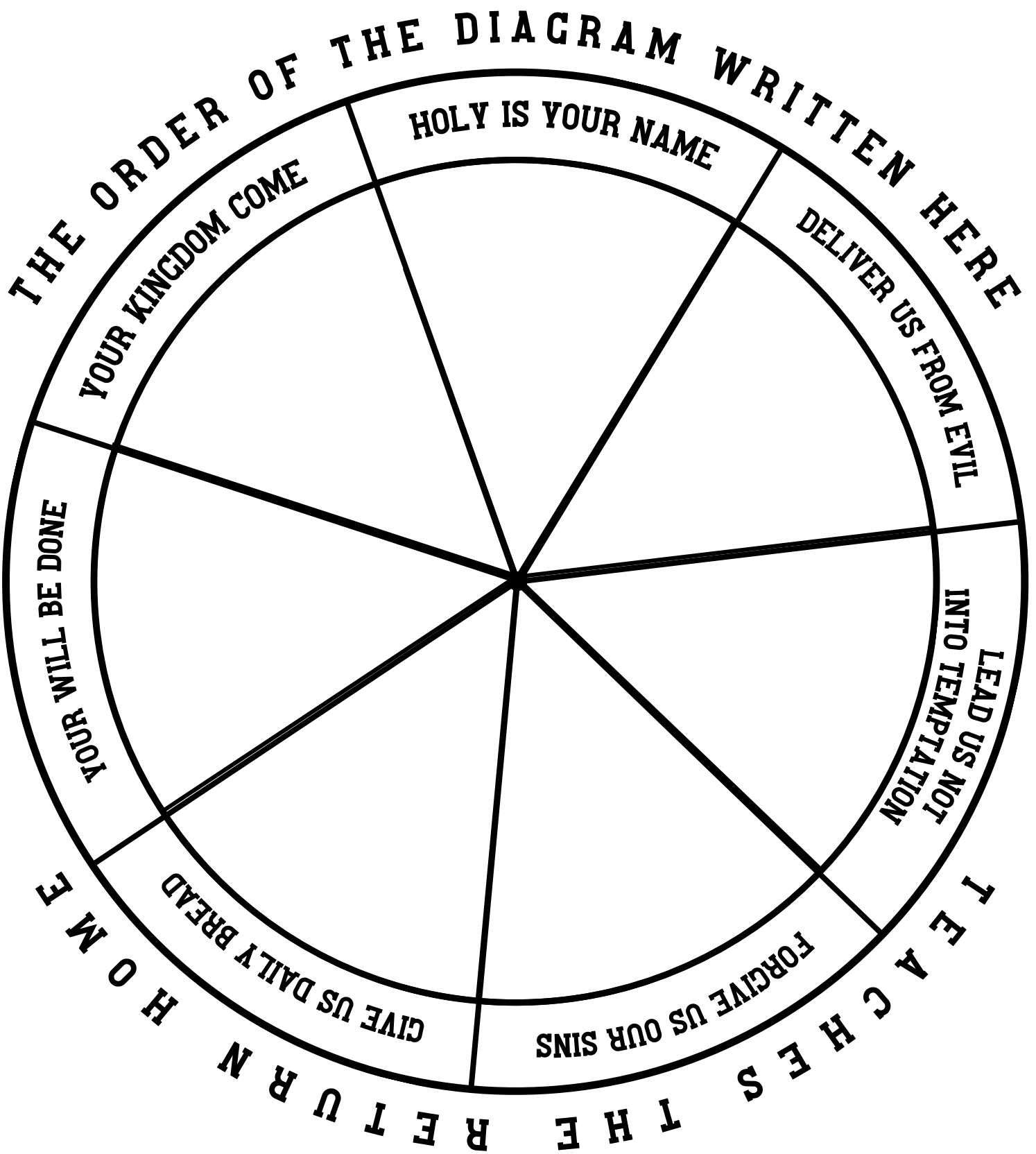
- Begin with the largest circle, which will serve as the base of the prayer wheel.
- Place the next largest circle on top of the base circle.
- Continue stacking the circles in order of size, with the smallest circle on top.

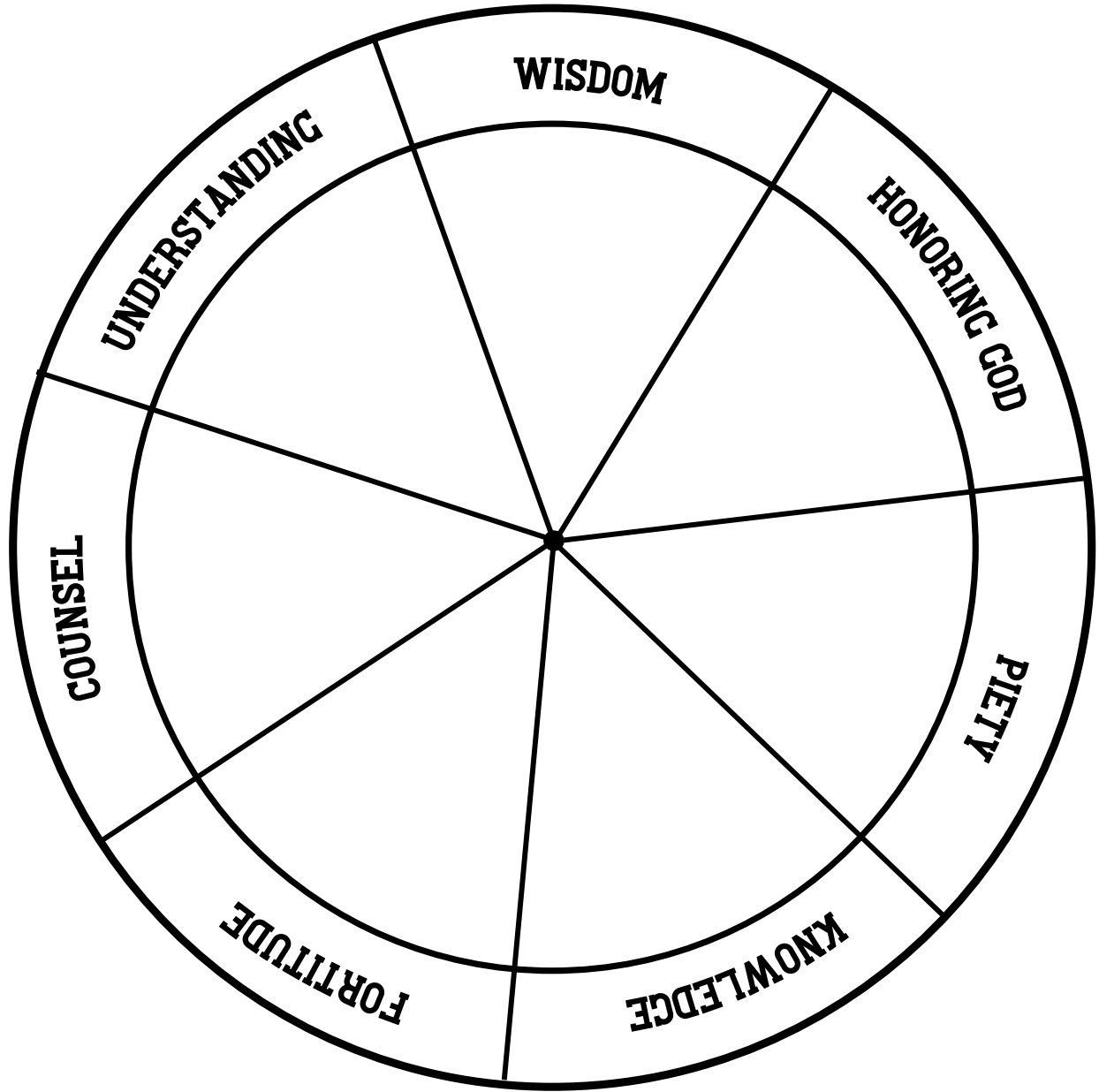
Secure with Brass Fastener:

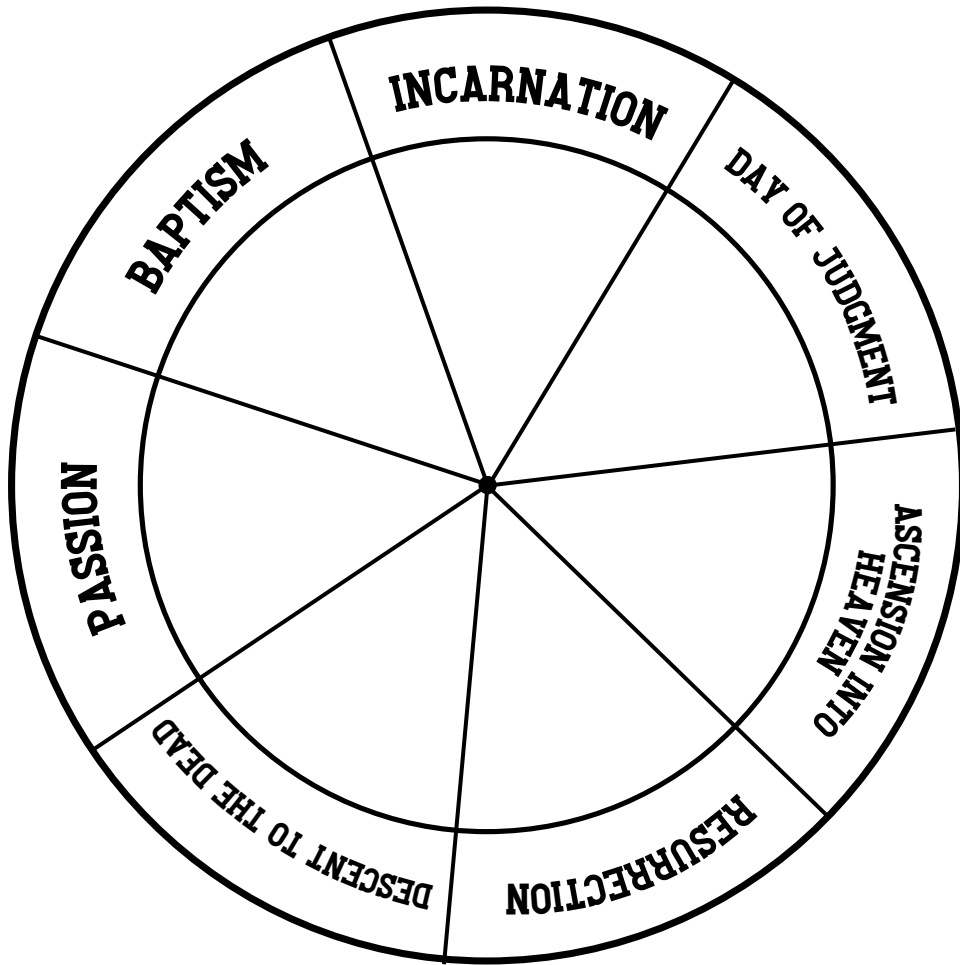
- Align all the circles at the center.
- Pierce a hole through the center of all the circles using a sharp object like a pen or a needle.
- Insert a brass fastener through the holes, securing all the circles together. Open the legs of the fastener at the back to hold it in place.

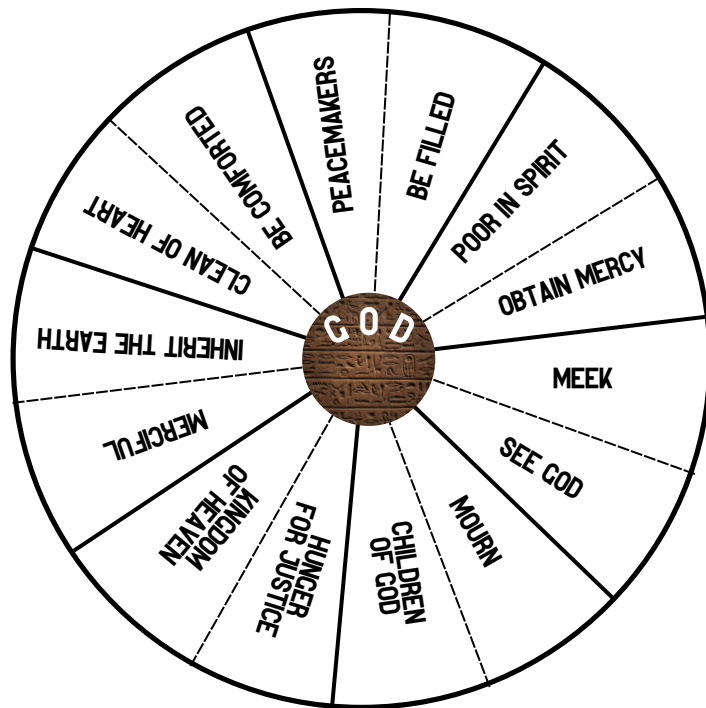
Test Rotation:

- Spin the top circle gently to ensure smooth movement.
- Adjust the fastener if necessary to allow free rotation of the circles.









Using Your Prayer Wheel:

The Liesborn Prayer Wheel is a unique tool used for contemplative prayer and meditation. Here are some ideas for using it effectively:

1. Familiarize yourself with the structure of the Liesborn Prayer Wheel.

- Seven Petitions: The first circle contains seven phrases from the Lord's Prayer, such as "Daily Bread," "Will Be Done," and "Kingdom Come."
- The second and third circles contain the Gifts Of The Holy Spirit from Isaiah 11:2 along with seven important events in Christ's life like the Incarnation and the Day of Judgment.
- The fourth circle lists seven groups of people blessed in Jesus' Beatitudes, such as the meek and the poor in spirit, and it also mentions what they will receive as rewards, like inheriting the Earth or the Kingdom of Heaven.
- Center: At the very center is the word God, surrounding the compass pinhole.

2. Set an Intention:

- Before starting, set an intention for your prayer or meditation session. What are you hoping to _____ through this prayer time?

3. Select a Starting Point:

- Choose where you want to begin on the prayer wheel. You can start from the outermost circle and work your way inward, or you may choose to start from the center and spiral outward.

4. Contemplate Each Layer as You Engage in Prayer or Meditation:

- As you move through the concentric circles of the prayer wheel, take time to contemplate the prayers, scriptures, or prompts presented on each layer. How does THIS particular phrase from the Lord's Prayer relate to THIS gift of the Spirit, THIS Beatitude, and THIS event in the life of Christ?
- Reflect deeply on their meaning and how they resonate with your current spiritual journey. While contemplating each layer, engage in prayer, meditation, or silent reflection. Allow the words and imagery on the prayer wheel to guide your thoughts and emotions, leading you closer to a state of connection with the divine.

5. Rotate the Wheel:

- The Liesborn Prayer Wheel is designed to rotate, gently spin it as you progress through each layer. Each time you rotate any of the wheels, there are new connections made through different combinations of prayer prompts. This can give you the opportunity for new insights and a freshness to your regular prayer practice.

6. Repeat or Customize:

- You can repeat the process of moving through the prayer wheel multiple times during a single session, focusing on different aspects of the prayers or scriptures each time. Alternatively, you may customize your practice by spending more time on specific layers that resonate deeply with you.

7. Closure and Gratitude:

- Once you have completed your journey through the Liesborn Prayer Wheel, take a moment to express gratitude for the experience and offer a closing prayer.

8. Regular Practice:

- Incorporate the use of the Liesborn Prayer Wheel into your regular spiritual practice. Whether it's daily, weekly, or at specific moments of need, consistent use can deepen your connection with the divine and bring greater creativity to your spiritual journey.

