

The Spectrum of Light: Colours of the Rainbow An Epiphany Bead Prayer

by Ruth Richardson

(Each participant should have seven beads in the colours of the rainbow (red, orange, yellow, green, blue, indigo, violet) and a length of string. Have participants use these articles to enhance their prayer.

You could light candles in these colours, and display posters with the words about the colours.)

Opening Song: "We Are a Rainbow"

1. Courage

A bright flaming red warms and revitalizes us. As you hold your red bead in your hand over your heart, may you kindle the flame of the Holy Spirit within, your vitality and courage—the courage to face your fears on the journey, the courage to face the unknown, and the courage to turn from darkness to living in the light.

Courage

The Red of the Spectrum of Light

Take a moment to ponder what the red bead of courage may represent for you in your life.

2. Loyalty

A vibrant shade of orange supplies us with a stimulating, renewing energy and frees us from rigid emotional patterns. As you hold your orange bead in your hand over your heart, may you experience loyalty—that loyalty that keeps you true and steadfast on your Christian journey, and the loyalty to turn from darkness to living in the light.

Loyalty

The Orange of the Spectrum of Light

Take a moment to ponder what the orange bead of loyalty may represent for you in your life.

3. Vision

A clear and sunny yellow colour strengthens our nerves and thoughts, but it also encourages contact and interaction with others. It compensates feelings of inner fatigue, and creates joy and cheerful relaxation. Should you be too passive and dreamy, a clear yellow will help you become actively involved with life. As you hold your yellow bead in your hand over your heart, may you receive a vision—a vision that ignites your passion, and a vision to turn from darkness to living in the light.

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"The Spectrum of Light" by Ruth Richardson. Downloaded from www.united-church.ca/exploring/camping.

Vision

The Yellow of the Spectrum of Light

Take a moment to ponder what the yellow bead of vision may represent for you in your life.

4. Compassion

A verdant, luscious green of the meadows and forests of our planet provides us with harmony and compassion and makes us receptive to reconciliation. We feel empathy and experience inner peace and serenity. Green also has a regenerating effect on the body, mind, and soul and gives us new energy and compassion. As you hold your green bead in your hand over your heart, may you experience compassion—the compassion to forgive others; the compassion to forgive yourself; the compassion to see God, the Divine, in others, and the compassion to turn from darkness to living in the light.

Compassion

The Green of the Spectrum of Light

Take a moment to ponder what the green bead of compassion may represent for you in your life.

5. Humility

A peaceful and cool shade of blue creates calmness and opens us to spiritual inspiration. As you hold your blue bead in your hand over your heart, may you experience humility—the humility that makes you meek in the presence of the miracle of being, the humility to go forward in acceptance, and the humility to turn from darkness to living in the light.

Humility

The Blue of the Spectrum of Light

Take a moment to ponder what the blue bead of humility may represent for you in your life.

6. God's Radiant Love

A translucent indigo has an opening and purifying effect. It provides the mind with inner calmness, clarity, and depth. Indigo strengthens and heals the senses as well as opens the senses to subtle levels of perception. As you hold your indigo bead in your hand over your heart, may you experience God's radiant love—the love that empowers you to care and get involved, the unconditional love that reconciles and makes new, and the unconditional love that enables you to turn from darkness to living in the light.

God's Radiant Love
The Indigo of the Spectrum of Light

Take a moment to ponder what the indigo bead of radiant love may represent for you in your life.

7. Service

A shimmering violet brings about a transformation of mind and soul and opens us to spiritual dimensions of being. Violet can destroy emotional and spiritual walls and can guide us toward an experience of cosmic unity and service. As you hold your violet bead in your hand over your heart, may you experience God's call to service, service that is born of the red and the blue, the red of courage and the blue of humility—the service that calls you to carry the burden for others on their journey, and the service to turn from darkness to living in the light.

Service
The Violet of the Spectrum of Light

Take a moment to ponder what the violet bead of service may represent for you in your life.

(Have participants tie the ends of the string together to create a necklace and hang it around their necks so the beads sit over their hearts.)

Closing Song: "A Light Is Gleaming" (*Voices United* 82)