



## Body Prayer: Hope

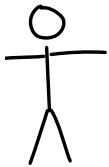
Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One  
*(reach up and look out)*



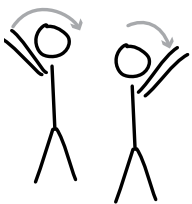
Grow within me  
*(hands on heart)*



May your hope  
*(widen arms)*



May your hope  
*(widen arms)*



Encircle me  
*(circle both arms from one side, over head, to the other side)*



Reach beyond me  
*(stretch arms in from of body)*



May your hope  
*(widen arms)*

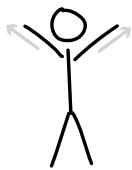


AMEN  
*(head down, hands at prayer with palms together)*



## Body Prayer: Peace

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One  
*(reach up and out)*



Work through me  
*(use some force to push arms to sides with fingers up)*



May your peace  
*(clasp hands over heart)*



May your peace  
*(clasp hands over heart)*



Surround me  
*(circle arms in front of body)*



Extend to the world  
*(unfold arms in front with open hands)*



May your peace  
*(clasp hands over heart)*

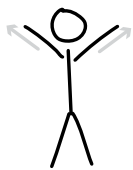


AMEN  
*(head down, hands at prayer with palms together)*



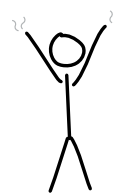
## Body Prayer: Joy

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One

*(reach up and out)*



Bubble up in me

*(wiggle fingers, bringing over head)*



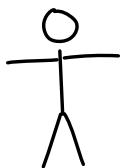
May your joy

*(put hands toward centre, wiggle fingers)*



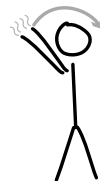
May your joy

*(put hands toward centre, wiggle fingers)*



Sustain me

*(reach arms to sides, flexing fingers)*



Grow in all of creation

*(circle wiggling hands around head)*



May your joy

*(put hands toward centre, wiggle fingers)*



AMEN

*(head down, hands at prayer with palms together)*



## Body Prayer: Love

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One  
*(reach up and out)*



Be in my actions  
*(touch eyes and mouth)*



May your love  
*(cross hands and lower arms over heart)*



May your love  
*(cross hands over heart)*



Be in my head...  
*(touch head)*



Be in all I say...  
*(touch mouth)*



...and heart  
*(touch heart)*



...and do  
*(extend hands, or in a group, hold hands)*



May your love  
*(keep touching heart)*

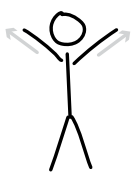


AMEN  
*(head down, hands at prayer with palms together)*



## Body Prayer: Christmas

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One  
*(reach up and out)*



God's hope  
*(widen arms)*



May the gift of Jesus  
*(cradle arms)*



God's peace  
*(clasp hands over heart)*



Be born in me  
*(circle arms over chest)*



God's joy  
*(put hands toward centre, wiggle fingers)*



So that all might know  
*(one arm at a time, circle out from body)*



And God's love  
*(open fingers over heart)*

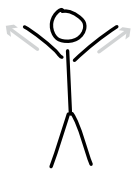


AMEN  
*(head down, hands at prayer with palms together)*



## Body Prayer: Epiphany

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One

*(reach up and out)*



Shine through me

*(reach hands over head, bring them down with hands open)*



May your light

*(flick fingers open and shut 3 times)*



May your light

*(flick fingers open and shut 3 times)*



Dwell within me

*(keep fingers open, place hands on chest)*



Shine into the world

*(circle hands over head, bring them down to sides)*



May your light

*(flick fingers open and shut 3 times)*



AMEN

*(head down, hands at prayer with palms together)*