

BODY PRAYER

Placing both hands on top of the head, pray out loud:

God be in my head and in my understanding.



Placing both hands over the eyes, pray out loud:

God be in my eyes and in my seeing.



Placing both hands over the ears, pray out loud:

God be in my ears and in my hearing.



Placing both hands over the mouth, pray out loud:

God be in my mouth and in my speaking.



Placing both hands over the heart, pray out loud:

God be in my heart and in my feeling.



Placing both hands on top of the thighs, pray out loud:

God be in my legs and in my moving.



Placing open hands one on top of the other in front of the body, pray out loud:

God be in my hands and in my touching.



Placing both arms at the side of the body, hands open and turning outward, offering our life to God, pray out loud:

God be in my life and in my journeying.

Amen.

