

Body Prayer

Body prayer is simply using our bodies to pray. In the book of Genesis, we read that God created our bodies and called them good! The Psalmists describe the people of God praying bodily: kneeling, standing, bowing. When we stop to notice our bodies and the presence of the Holy Spirit in them, it can make for a time of rich connection with God. Remembering that in Jesus God himself took on a body, we invite you to invite your children to pray with their bodies.

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.



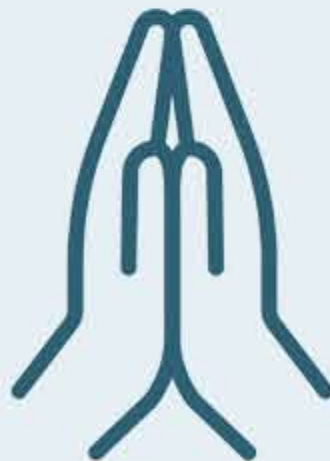
Placing both hands over the heart, pray out loud:

God, be in my heart and in my feeling.



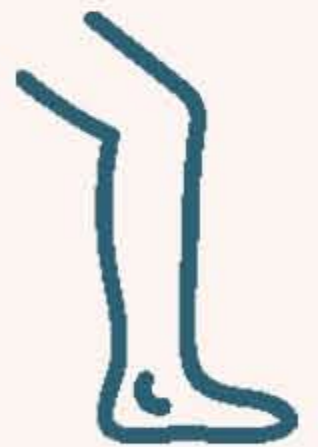
Placing hands together in front of the body, pray out loud:

God, be in my hands and in my touching.



Placing both hands over the thighs, pray out loud:

God, be in my legs and in my moving.



Placing arms at the side of the body, with hands open and turning outward, pray out loud:

God, be in my life, my journeying, and in my becoming like Jesus. Amen.

