

Body Prayer

A body prayer is simply a prayer involving movement or physical action. It's easy for kids to understand this if we talk about it in terms of what we do with our bodies when we pray. We close our eyes. We fold our hands. We bow our heads. Some people kneel, some people open their hands, some people dance, etc. We can explain to kids that God made our bodies and we can use our bodies when we pray.

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.



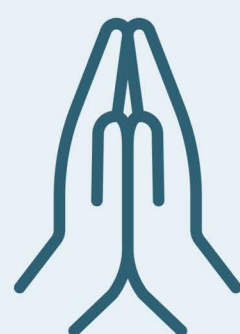
Placing both hands over the heart, pray out loud:

God, be in my heart and in my feeling.



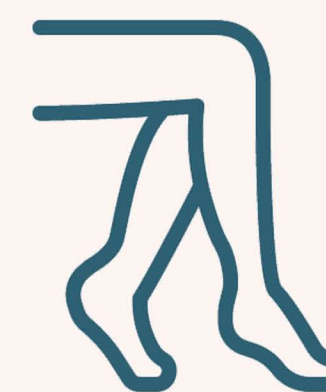
Placing hands together in front of the body, pray out loud:

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. Amen.

