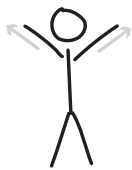




Body Prayer: Peace

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)

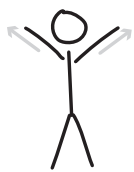


AMEN
(head down, hands at prayer with palms together)



Body Prayer: 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: 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)