



Body Prayer

Celebrate holistic well-being and how it can empower us to be the body of Christ.

A reader should recite the prayer while another leader demonstrates the physical movements along with the group.

Father, we praise you for the life we have been given and we ask that you bless us on our journey to be wholly yours.

(touch head with both hands)

May we: Remember your promises, think before we speak, and consider others' needs before our own

(touch chest with both hands)

May we: Allow our hearts to dwell in your love, listen to your call, and feel compassion for the vulnerable

(extend hands in front of body, opened like a book)

May we: Sow seeds of peace, hold on to the Word of Life, and offer healing to the brokenhearted

(gesture toward feet)

May we: Walk in the path of righteousness, deliver the light of Christ, and carry a message of hope to the hurting

(look upward and extend hands to the sky)

Anoint us with abundant health! Raise us up to be beacons of grace and love in our communities, and help us to strengthen our minds, bodies and spirits so that we can better care for our neighbors, near and far.

Amen

HOOP YOUR WAY TO ABUNDANT HEALTH!