

Praying with the Body, Heart, and Soul



When I am aware of you, my God,

Inhale: Raise your arms and be aware of God's gift of life in you.



I feel content and filled with your love.

Exhale: As you breathe out, bring your hands to your sides, and feel content in your heart.



Your spirit brings me new life.

Inhale: Lift up your heart to God.



Every time I feel down and lifeless.

Exhale: Bring your hands to your front knee and bend forward as you exhale.



I give thanks to your Holy Name.

Inhale: Gently drop to both knees, lifting your heart and hands up as you breathe in.



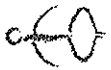
Strengthen my faith in you, O God.

Exhale: Say the words from the heart, bringing your praying hands to your chest.



Lead me from grief into joy;

Inhale: Open and lift up your heart in rejoicing



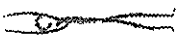
Lead all of me, body, heart, and soul.

Exhale: Carefully lying down on your back, in deep humility, surrender yourself to God's will.



My being praises you, Source of my being.

Inhale: Lift your body, heart, and soul to God on your inhale.



I give thanks to you now and forever.

Exhale: Relax into God's hands in deep gratitude.

*You have turned
my mourning
into dancing.*