



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)