



Body Prayer: Hope

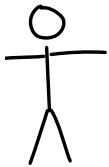
Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One
(reach up and look out)



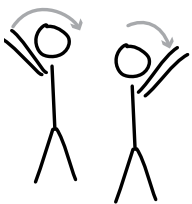
Grow within me
(hands on heart)



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)