

MEDITATION WITH OUR BODIES

Breathe in deeply . . . Breathe out slowly.

Place your hands on your ears . . .

Say out loud: "With these ears, I will listen for God's voice."

Breathe in deeply . . . Breathe out slowly.

Place your hands on your eyes . . .

Say out loud: "With these eyes, I will pay attention to God's children."

Breathe in deeply . . . Breathe out slowly.

Place your hands on your head . . .

Say out loud: "With this mind, I will think deeply on God's call."

Breathe in deeply . . . Breathe out slowly.

Place your hands on your lips . . .

Say out loud: "With these lips, I will speak God's truth."

Breathe in deeply . . . Breathe out slowly.

Place your hands together:

Say out loud: "With these hands, I will serve God's world."

Breathe in deeply . . . Breathe out slowly.

Place your hands on your heart.

Say out loud: "With all I am, I will share God's love."

Breathe in deeply . . . Breathe out slowly.

Place your hands on your shoulders.

Say out loud: "I will remember I am God's own."

Breathe in deeply . . . Breathe out slowly.

Amen.