

The Body Prayer

The 14th century Christian mystic, Julian of Norwich, once wrote, “The fruit and the purpose of prayer is to be 'oned' with and like God in all things.” After suffering immense pain, she created this body prayer as a simple and beautiful way to pray without words. Julian invites us to be in our bodies, embrace our physicality as a way to ground ourselves, and find oneness with the divine and with all living things.

The prayer has four simple postures. And intentions.

- **AWAIT** (hands at waist, cupped up to receive): Await God’s presence, however it may come to you.
- **ALLOW** (reach up, hands open): Allow a sense of God’s presence) to come ...or not...and be what it is.
- **ACCEPT** (hands at heart, cupped towards body): Accept as a gift whatever comes or does not come. Accept that you don’t know everything, that you are not in charge.
- **ATTEND** (hands outstretched, ready to be responsive): Attend to what you are called to, willing to be present and be God’s love in the world, however God calls you to.

The Body Prayer For Our Grace Family

Every morning, begin the day with a prayer.

- **STRETCH UP**
(reminding us we are bound by the love of God)
- **STRETCH DOWN**
(reminding us we are rooted in the love of Jesus)
- **STRETCH AROUND AND TO THE SIDES** (reminding us we are bound to one another in a covenant of grace and truth)

Do this three times, focusing on where we work, live and play. If the Lord brings someone to mind, take a step to reach out to help strengthen the bound of the covenant.

“You shall LOVE THE LORD YOUR GOD with all your heart... (and) ‘You shall LOVE YOUR NEIGHBOR as yourself.’ The whole law and the prophets depend on these two commandments.”

(Matthew 22:37-40; Mark 12:29b-31; Luke 10:27)

