



Praying the Lord's Prayer as a Body Prayer

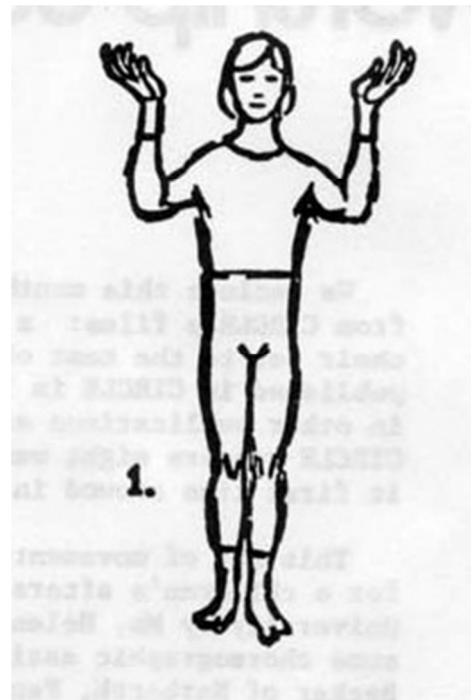
"A body prayer invites the whole body to be involved in worship. We often think using our bodies in worship is only for children (for example, using motions to a song, pointing to Heaven in the sky, etc.). But one can argue that movement is an increased meaning-maker for all of us. Praying with our bodies is not something we do just for those without verbal communication ability; it is a step toward creating deeper meaning for all."

Kathy Dickson, *ADNotes*, August 2011

The set of movements described below was originally prepared in 1974 for a children's afterschool program at Syracuse University by Helen Eickmann and Paul Bosch with assistance from Ruth Becker. It has been reprinted in many settings. Most recently, we found these drawings and instructions on the website of the American Association of Intellectual and Developmental Disabilities, Religion and Spirituality Division. Used by permission. www.aaidreligion.org/resources-religion-and-spirituality-division/other-resources

1. Our Father

- Stand erect.
- Raise arms and hands, palms open.
- Raise face.
- Smile.



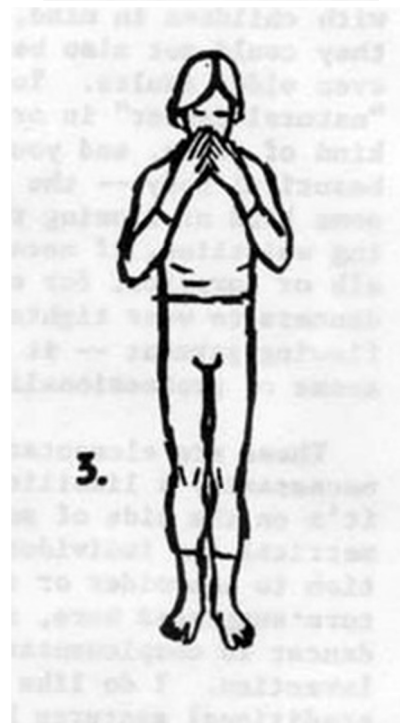
2. in heaven

Look up, smiling.
Raise arms over head.
Hands with palms still open.

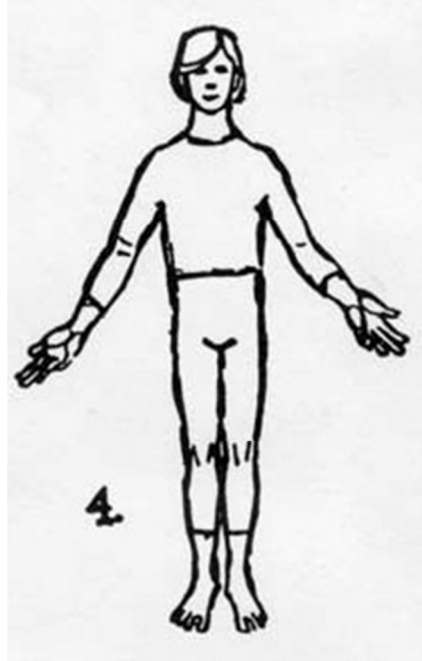


3. Hallowed be your name

Lower head and eyes.
Lower hands to face.
Fingers cover mouth, overlapping.
Elbows wide.



4. Your kingdom come
Raise head and eyes.
Spread arms wide.
Hands with palms open and out.

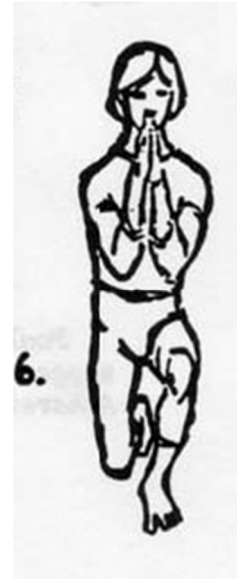


5. **Your will be done**
Lower head and eyes.
Bring hands together.
Palms together.
Fingertips at lips.



6. on earth

Same, but kneel on one knee.



7. as in heaven

Remain kneeling,
but raise head and eyes
and arms, hands up
palms out.
Smile.



8. Give us today

Stand.
Look up with confidence,
arms parallel,
bent at elbows
hands together,
palms up and open,
fingers cupped



9. our daily bread

Swing elbows out.
Keep palms up and open,
overlap hands in front of belly
palms still up and open
fingers still cupped.



10. Forgive us

Bring right hand up as fist;
strike breast and keep fist there,
head and eyes lowered.

11. our sins

Bring left hand up as fist;
strike breast and keep fist there.

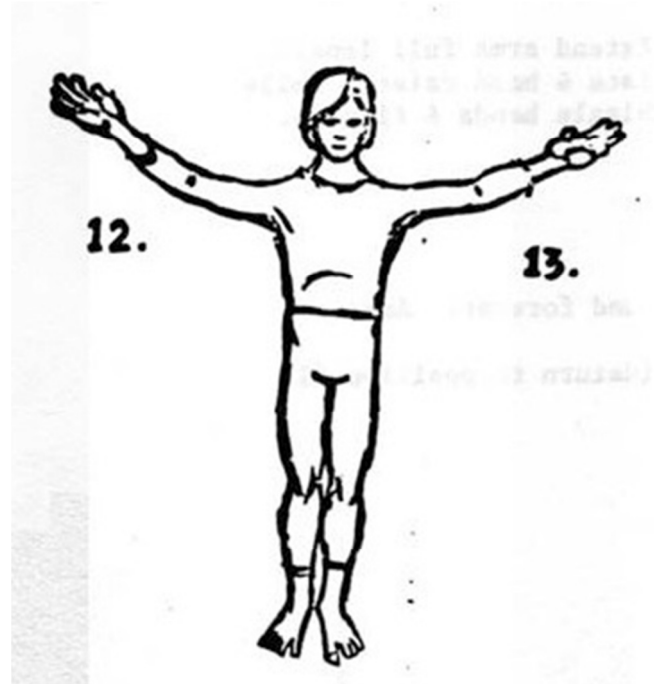


12. as we forgive those

Head and eyes still lowered,
extend right hand
like a crucifixion.

13. who sin against us

Extend left hand like a crucifixion



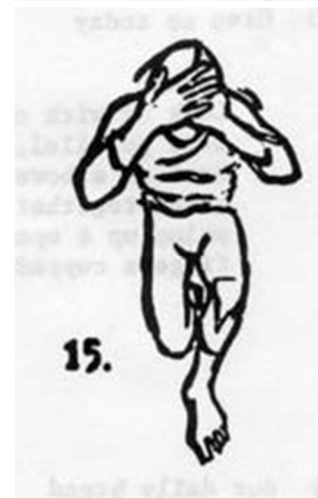
14. Save us from the time of trial

Kneel on one knee.
Bring left hand in front of face,
palm open, fingers spread,
thumb down, palm out.
bring right arm out in front,
hand up, palm out, fingers spread.



15. and deliver us from evil.

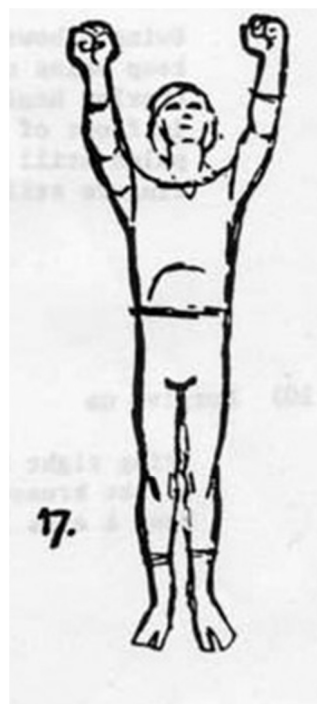
Remain kneeling:
bend back and torso, hunch over;
lower head;
bring hands over face and head
in a protective position



16. **For the kingdom,**
Remain kneeling.
Straighten back.
Look up confidently;
open arms and hands wide as in
#4.



17. **the power,**
Stand up erect.



18. **and the glory are yours,**
Extend arms full length,
face and head raised; smile.
Wiggle hands and fingers.



19. **now and forever. Amen.**
Return to position 1.

