



This practice is a prayer of blessing for your **BODY** as you open it to feel God's presence. Place your **HANDS** over your **EYES**. Ask God to help you lovingly see the world. Put your **HANDS** on your **HEAD**. Ask for your **MIND** to stay focused. Place your **HANDS** over your **EARS**. Pray that you may pay attention to the sounds around you. Put your **HANDS** on your **THROAT** and ask God to guide your words. Put your **HANDS** over your **HEART**. Ask to receive and share God's love and peace. Close with an "Amen."

Create a cartoon drawing showing you offering the five body prayer: your eyes, your head, your ears, your throat, and your heart. Use this cartoon as a reminder of how to offer a body prayer.

YOUR EYES

YOUR HEAD

--	--

YOUR EARS

YOUR THROAT

YOUR HEART

--	--	--