

Cupped and released

This is a way to use hand actions to pray for others.

Thank of someone you want to pray for. Hold our your left hand, palm up and cupped in shape. In your mind place that person on your hand. Then, gently cover your right hand over your left, and hold it there. Let the folding of your hands represent them being covered by God's presence and help.

You may choose to pray for them further, in words, feelings, or by imagining an improvement in their lives.

Now, to symbolize that you are giving them over to God, who knows how to make use of your prayer for them, remove your right hand and with your left hand send them off, let them fly, release them into the continuing help of God.

Prayerful gestures

Various bodily positions and actions can be used to help you express your prayer. Some suggestions follow. You may create your own as well.

- bowed head to express regret, followed by raised head to welcome God's love
- letting the body go comfortably limp and relaxed to symbolize receiving needed peace
- walking to symbolize willingness to keep on going in some right direction
- looking up as a turning to God

Time out with Ted 2004