Gesture Prayer

*\*The words are only used as the prayer is being taught – after that the prayer is done silently, with gestures only. \**

***Gather up everything that is weighing on your hearts and minds and embrace it***

*(arms make a wide circle in front of you, bring them in to your body and cross your arms over your heart)*

***Then let it go and offer it up to God***

*(arms open upward to a V, head looks up)*

***Make a chalice to receive what God has to give you***

*(arms come together still raised, hands form a chalice)*

***Bring that back into your heart***

*(bring arms into body with hands crossed over your heart)*

***And let it flow into everything that you do.***

*(arms open out in front of you, palms up).*

*\*as taught by The Rev. John Claypool at Kanuga in the 1990s.*