

Stretch Prayer

Prayer hands at heart

May the presence of your
Spirit be with us as we sing.

Raise prayer hands above head

May our thoughts reflect your goodness.

Extend hands over head in a full-body stretch from toes to fingertips

May our actions be self-controlled.

Slowly lower fully-extended arms to sides

May our hearts be loving,
our minds be peaceful,
our spirits be faithful,
and our voices be joyful.

Palms at sides, facing forward

May the sound of our songs
be music to your ears. Amen.