

Interactive Prayers

By Mark Burrows

A Wiggle Prayer

O God, who made my fingers (*wiggle fingers*),

O God, who made my toes (*wiggle toes*),

O God, who made my eyebrows (*wiggle eyebrows*),

O God who made my nose (*wiggle nose*),

You made my heart for laughter (*put hand to heart*)

You made my voice for song (*making "singing" pose*)

You made my soul to dance (*dance in place*),

And praise you all life-long (*raise both hands in air*)

A Grudge Prayer

Think of someone who has made you angry, upset, or has hurt your feelings.

Place an open hand over your heart and rub until you feel the "grudge" come to the surface.

Close your hand around the grudge, then lift your hand away from your heart. Open your hand and blow the grudge into the air.

"Repeat after me: God forgives, and so can I.

I forgive.

Amen."

Help Me Be Softer

HELP ME BE SOFTER LORD!

(Make your voice softer as you say each phrase.)

Help me be softer, Lord.

Help me be softer, Lord.

Help me be softer, Lord,

so I can hear you better. Amen.

Help Me Slow Down

Help me slow down, Lord.

Help *(breath)* me slow down, Lord.

Help *(breath)* me *(breath)* slow down, Lord.

Help *(breath)* me *(breath)* slow *(breath)* down, Lord.

Help *(breath)* me *(breath)* slow *(breath)* down *(breath)*, Lord.

Help *(breath)* me *(breath)* slow *(breath)* down *(breath)*, Lord *(breath)*.

Amen. *(Breath... breath... breath)*