

## 2024.05.09 POSTURE PRAYER | *No Body But Yours*

### SETUP

About 500 years ago, there was a woman by the name of Teresa of Avila, who was a nun and a mystic who left behind several books, poems, prayers, practices that many to this day still find inspiring. One of her well-loved poems is called, "*Christ Has No Body*", which goes like this:

**Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.**

I'm going to lead you in something called a *body prayer*, or a *posture prayer*, based on this poem. It's meant as a simple way of letting our bodies guide our thoughts and prayers. So, if you're willing, find a comfortable position for your body and close your eyes, if you're willing. Shrug your shoulders up toward your ears, and then let them drop. Open your mouth as wide as you can, and then let it close. Take a full breath in... and a long breath out.

### HANDS

First, I want you to hold out your hands in front of yourself. Take a moment to consider your hands – the work they do, the people they care for. Consider that these hands are not just your hands, but the hands of Jesus. Whose life does Jesus want to touch and bless through you? Who does Jesus want to serve, using your hands? How would your work and daily activities change, if you were mindful that your hands are the hands of Christ? Offer a simple prayer, "*My hands belong to you.*"

**[Pause for 5-7 seconds]**

### FEET

Now, keeping your eyes closed, I invite you to be aware of your feet firmly planted on the ground beneath you. Take a moment to consider where your feet take you in your day-to-day life. What would it mean to remember that yours are the feet of Christ, the way Jesus moves on earth. Where does Jesus want to go, through you? Who can you walk alongside, or stand with in

the face of mistreatment. Take a moment to commit your comings and goings to Jesus, saying, *"My feet belong to you."*

**[Pause for 5-7 seconds]**

### EYES

At this point, I invite you to open your eyes and look around the room. As you consider the idea that your eyes are the eyes through which Christ sees the world, what do you see? How can Jesus help you to see people differently, as his beloved children? So many hurts and needs are kept just out of sight; invite Jesus to help you see beyond the surface, to truly see those around you with compassion. As you rest in God's loving gaze, simply pray, *"My eyes belong to you."*

**[Pause for 5-7 seconds]**

### MOUTH

Finally, put your hands over your mouth. As you reflect on the words you speak, consider that your mouth belongs to Jesus; yours is the voice through which he speaks. What does Jesus want to say through you? How does your voice reflect the heart of God? Does it speak words of comfort, encouragement, and love? Are your words gentle, compassionate, and kind? Might Jesus even at times want to speak through your silence? As a way of giving our mouths to Jesus, let's say out loud together, *"My mouth belongs to you."*

**[Pause for 5-7 seconds]**

"Lord, grant that I may always allow myself to be guided by you, always follow your plans, and perfectly accomplish your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever you may require of me. Help me to respond to the slightest prompting of your grace, so that I may be your trustworthy instrument, for your honor. May your will be done in time and eternity-by me, in me, and through me. Amen." - *St Teresa of Avila (1515-1582)*