

## **Physical Intercessory Prayer of Love**

(adapted from *BE STILL* by Jane E. Vennard, p. 58)

In the silence focus on your breathing and cup your hands in front of your heart.

Imagine you are holding the planet. Look carefully at the continents, the oceans, the high mountains, the valleys, the forests, the deserts, and the grassy plains. Now imagine all of the people, some at peace, some at war, some are in need, some in plenty. Imagine all of God's creatures, those on four-legs, those with wings, those that crawl and those that swim. Is there a part of creation for which you have a special concern? Attend to this part of creation, in your heart. Then breathing a silent prayer for creation, lift the planet slowly up, up, up into the loving presence of God, holding it there. Opening your hands, release the world into God's loving care to be loved as only God can love. Then allow your hands to again be cupped before your heart.

Now as you hold your hands before your heart, imagine you are holding all the people in your life. Your family and your friends, the people you work with, the people in your neighbourhood, your classmates, your church community, the social circles that make up your world. Imagine the people whom you love dearly and completely. Imagine those with whom you are having difficulties, and those whom you often forget. Take a moment to pay attention to a few people that you are concerned about right now. Then, breathing a silent prayer for them and for all the others, lift the people in your life slowly up, up, up into the loving presence of God, holding them there. Then release these people into the loving embrace of God to be loved as only God can love. Slowly allow your hands to again be cupped before your heart.

Now imagine you are holding yourself. The self you were as an infant and child and adolescent. Your young adult self, the self you are today, and the one you are becoming. Imagine your feelings – your joy, your anger, your sorrow. Imagine your faith and your doubts, your questions and your insights. Imagine yourself at work, at play, at rest, at prayer. Take a moment to attend to a special concern in your life. Then, breathing a silent prayer, name yourself with your full name. Lift yourself slowly up, up, up into the loving presence of God, holding yourself there. Then release yourself into God's loving care to be loved as only God can love. Allow your hands to return to the place before your heart.

Amen

*Journey Blessings (p. 86, The Celtic Vision)*

May God make safe to you each steep,  
May God make open to you each pass,  
May God make clear to you each road,  
And may He take you in the clasp of His own two hands.