

2023 LENT BODY PRAYER



First, I cover my eyes like Jesus did when he healed the sight of the blind. I ask, “Jesus heal my vision and ability to see as you see. Help me to see myself as you see me - loved and beloved. Help me to see others the way you see them - loved and beloved. Forgive me when I don’t see the way that you do.”



I then open my hands in front of me. To offer freely my support and care, providing for the poor, needy, and oppressed through the means available to me. Through action, time, financially, and in solidarity. Jesus, you showed your love by extending care and standing with those who experienced injustice. Help me to be more present through the power of the Holy Spirit.



I finally cover my heart and pray that you would continue to soften my heart and allow it to grow and strengthen for the journey that I am on this Lent and in my life becoming more and more like you Jesus.