

Title: Praying with the Body



Example: **Go and Make Disciples of all Nations**
(Matthew 28:16-20)

(one person in the group takes the part of Jesus. One person reads the passage. The remaining person/people play the disciple/s. Have a practice run/s before entering into prayer)

Reader: Today we offer up our Prayer for

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them.

Disciples step forward slowly and move as if walking uphill

When they saw him, they fell down before him, though some hesitated

Disciples kneel down - some fall very low to the ground and some continue to stand

Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me.'

Jesus enters at this point: the disciples look up at Jesus and place their hands on their ears to indicate listening. Jesus sweeps his hands in a circular movement to include heaven/earth

Go, therefore, make disciples of all nations;

Jesus points towards them, moving his hands in a circular movement. Disciples move one foot forward

baptise them in the name of the Father, Son and of the Holy Spirit,

Disciples act as if pouring water over a baby, they make the Sign of the Cross. Jesus has his hands open and looks towards heaven

and teach them to observe all the commands I gave you.

Jesus opens his mouth silently as if speaking while disciples make a writing movement in the air

And know that I am with you always; Yes, to the end of time.

Jesus points to himself/disciples kneel and point to their hearts-
They bow their heads

Together we pray **Our Father....**