DERRY DIOCESAN CATECHETICAL CENTRE

'Praying with the body'

'Go, therefore, make disciples of all nations'

(Matthew 28:19)

Praying with the Body is a physical activity that promotes spiritual communion with God, sometimes accompanied by verbal communication, but often simply experienced as spending time doing something together with Him.

Go, therefore, Make Disciples of all Nations

Before beginning you may like to ask one person to read the parts in red, one to take the part of Jesus. Those remaining act as the disciples. You may wish to offer this prayer for someone or for an intention or in gratitude to God.

Today we offer up our Prayer for ... (pause for a few moments)

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: Disciples look up at Jesus and place a hand 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 and moves 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 move as if pouring water over a baby and as they do this, 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 bring our prayer to a close as we pray in the words Jesus taught us ...
Our Father. . .

(Based on Matthew 28:16-20)