

REFLECTION BEFORE STARTING:

God is present around me and in me.

Creator of everything that was, is and will be.

God is present in every move I make, in every breath I take.

God is with me here, now.

Trinity Sequence

COURTESY OF *Blessed Movements* ©2006



Breathe in,
*God is present
here now.*



Breathe in,
Breathe out,
*Glory to the
Father,*



Breathe in,
Breathe out,
*...to
the Son,*



Breathe in,
Breathe out,
*...and to
the Holy Spirit.*



Breathe in,
Breathe out,
Amen.

Use slow, mindful, meditative motions. This is after all a prayer, not just of the soul, but of the body. It might help to pause for a couple of seconds before moving on.

These sequences may also be done while standing on your knees, though as you put your hands together in prayer position, you may sit on your heels. These may also be done while sitting near the edge of a chair.



Breathe out,
*I stand on
holy ground.*

The Lord's Prayer Sequence 1



Be still.
Breathing deep
and easy.



*Our
Father*



*Who art
in heaven...*



*Hallowed be
Thy Name*



*Thy
Kingdom
come*



*Thy
Will
be done*



On earth



*As it is
in heaven*



*Give us
this day*



*Our daily
bread*



*And forgive
us*



*Our
trespasses*



*As we
forgive
those*



*Who
trespass
against us*



*Lead
us not*



*Into
temptation*



*But
deliver us*



From evil



*For Thine
is the Kingdom*



*and the
Power*



*and the
Glory*



Forever



Amen