Year C - 6th Sunday in Ordinary Time
Luke 6:17,20-23

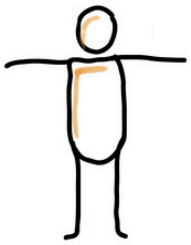
Action Prayer

Instructions

- Stretching has been proven as an effective way of alleviating stress, by lengthening muscles and relieving tension. Teach the following exercises to the kids with the prayer and encourage them try them when they are feeling stressed.



In the name of the Father
stretch your arms above your head



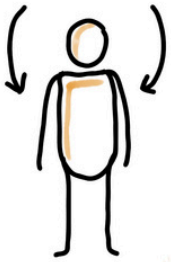
the Son
stretch your arms out wide



and the Holy Spirit
reach down to your toes



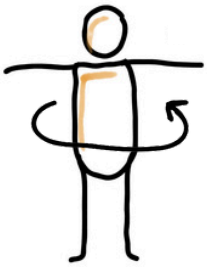
God, you came from heaven
stretch your arms above your head



to earth
pull your arms to your side



just to be with us.
bring your arms to your heart

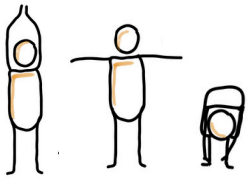


You are all around us
stretch out your arms and turn around



and with us always.
bring your arms to your heart

add your own stretches and prayer



In the name of the Father, Son and the Holy Spirit, Amen.
repeat the first three actions