

5.24- Kinesthetic Prayer

Take some time to read and reflect on the following

The Word became flesh. These four words changed everything humanity knew about God, and brought a depth and a sanctity to our physical existence. So many philosophies and faiths throughout history have lauded the spiritual and condemned the physical; they have claimed that matter, things, our bodies, “stuff,” are the inconvenient problem that we should try to transcend beyond. The Christian story is wholly different: not only did God create all of this “stuff” and call it good, but God even saw fit to become some of this “stuff.”

The Incarnation of Christ changes our paradigm around the material world.

This can be true of our prayers, too. In fact, given that prayer should be the thing we soak all aspects of our lives in, we too often neglect connecting our bodies to our prayers. Usually we try to pray in ways that are as unaware of and use our bodies as little as possible. Still, silent. And, certainly, some of the most deep and crucial ways to pray center around just that sort of detachment. But that should not be our only, or our natural, instinct. We exist in our bodies, and that is a good and holy thing. Our prayers should remind us of that.

Finding ways to involve physicality, movement, and our bodies in prayer lives into the holistic nature of what it means to be human.

Prayer is not meant to be on the sidelines for our activities, and our bodies are not meant to be on the sidelines while we pray. May we root our minds, hearts, and bodies in the life of prayer.

Take some time to listen and reflect on the following

[Kinesthetic Prayer](#)

Take some time to put the following into practice

Spend some time today connecting prayer with some physical activity. There is a lot of flexibility and creativity you can apply to this. You can attach prayer to a chore, exercise, or activity you were already going to engage in- pray while you wash the dishes or pray while going for a run. You can take your normal prayer time and inject some movement into it- act out the words of your prayer or combine standing, kneeling,

and sitting into one prayer session. This is a great practice to brainstorm with your friends, family, or anyone you are practicing with. May you experience the joy and authenticity of engaging in prayer with your full self.