

Praying with Our Bodies By David Leach

When we pray we feel we are using our mind, spirit and soul, but would seldom feel we are involving our bodies. With our head bowed, eyes closed, and our hands folded we are seemingly trying to shut our bodies out of the process. We may even be trying to shut off all sensation from our bodies, so we can be present with God in our spirit.

Remembering that in being created by God we are given bodies and God proclaims our bodies as “good,” our bodies must be important in our relationship with God. God cared about us so much that He came as a human in Jesus with a real body and all its bodily functions. What role does my body play in my prayer life and relationship with God? Surely it is more than my physical side which is simply to be disciplined and subdued as a rebellious presence. If God created my body good, and come in flesh Himself, then my body should play a positive role in my relationship with God.

I find that when worship involves body movement, it seems to have more power to move me spiritually also. My faith decisions that require me to act physically, seem more real and concrete, than simply speaking words alone. Take for instance, the sacraments of baptism and communion, which involve eating, drinking and washing. Confession which involves a physical movement, helps me to feel more unburdened and set free.

When I speak with God, I will seek to use my body and allow it to move in ways that seem appropriate to our conversation.

When I praise Him I could stand with arms uplifted and head raised, or maybe even dance before the Lord.