

The actions are : Stand up---- Used with Everyday God

Begin by raising both arms to heaven---this motion thanks the creator for another day.

Then we will extend both arms outwards----this symbolizes compassion for one and another.

The next gesture is opening and cupping our hands---the motion represents our willingness to receive whatever surprises God may send our way.

Our Fourth and final gesture will be crossing both our arms over our heart---This remind us to Awaken our Hearts and listen to God.

This prayer is a mantra of words of the names that we call out to God. Listen to the names and see what description fits into your life at this moment.

Please stand Used with 7th and 8th graders

Position—	Words---
Reach for the sky.....	May we worship you today
Reach arms to the side	May we prayer for others today
Hands out in front palms up	May we give of ourselves today
Cup hands together	May we receive your love today
Place your hands over Your heart	May we be aware of your presence today.
Hand in a prayer pose	Amen.