

Prayer Station | Embodied Jesus Prayer

The Jesus Prayer has become a type of contemplative prayer that combines two stories in Luke's gospel. The first is the parable of the tax collector who prays, "God, have mercy on me, a sinner." In the second, a blind beggar cries out, "Jesus, Son of David, have mercy on me!" When used as a contemplative prayer, the Jesus Prayer is usually repeated over and over again, in sync with our breathing, to help us center and focus on God and our relationship with God.

Jesus, Son of God, have mercy on me, a sinner!

In this station, you will embody the Jesus prayer, and your confession, by praying with your hands. Using sign language can help each of speak differently, and experience our prayers differently. It can be a way to pray with your whole body and allow your hands to help in "dancing" your prayer.

Begin by calling to mind anything you might like to confess: either your personal sins or your participation in the evils of the world around you.

Next, follow the leader in the signs for each word of the prayer. As you learn the signs, consider how the movement brings meaning. For example, the sign for "Jesus" included touching your finger to the middle of your hand, the spot where nails may have pierced.

Prayer Station | Embodied Jesus Prayer

The Jesus Prayer has become a type of contemplative prayer that combines two stories in Luke's gospel. The first is the parable of the tax collector who prays, "God, have mercy on me, a sinner." In the second, a blind beggar cries out, "Jesus, Son of David, have mercy on me!" When used as a contemplative prayer, the Jesus Prayer is usually repeated over and over again, in sync with our breathing, to help us center and focus on God and our relationship with God.

Jesus, Son of God, have mercy on me, a sinner!

In this station, you will embody the Jesus prayer, and your confession, by praying with your hands. Using sign language can help each of speak differently, and experience our prayers differently. It can be a way to pray with your whole body and allow your hands to help in "dancing" your prayer.

Begin by calling to mind anything you might like to confess: either your personal sins or your participation in the evils of the world around you.

Next, follow the leader in the signs for each word of the prayer. As you learn the signs, consider how the movement brings meaning. For example, the sign for "Jesus" included touching your finger to the middle of your hand, the spot where nails may have pierced.

Jesus: Touch your middle finger to the center of the opposite palm. Repeat with the other hand.

Son: The sign for “son” combines the sign for boy and the sign for baby. Begin by holding your right hand as if you were grabbing the brim of a baseball cap. Your left arm should be across your body at your waist. Move your right hand down to meet your left elbow, as if you were cradling a baby.

God: Make a fist with your right hand and extend your index finger, pointing away from yourself. This is the letter “G” in sign language. Move your hand up and toward your face in a large semi-circle. As you do, uncurl the rest of your fingers and fold your thumb across your palm.

have mercy on me:

Holding your arms in front of you with palms turned toward you. Bend down your middle finger so your hands look a bit like the letter “M.” Move your arms out, then up, then toward your face in a circle, as if you were directing someone to come toward you. Repeat.

sinner: Make both hands into a fist and then extend your index fingers so that they are still slightly curved, as in a hook. This is the letter “X” in sign language. Move your hands toward one another, then up, then away from one another in a small circle. Do this twice. (This is the sign for “sin.”) Next straighten all your fingers but leave your thumb folded across your palm. Move both hands down from chest high to your waist high. (This is the sign for “person.”)

Jesus: Touch your middle finger to the center of the opposite palm. Repeat with the other hand.

Son: The sign for “son” combines the sign for boy and the sign for baby. Begin by holding your right hand as if you were grabbing the brim of a baseball cap. Your left arm should be across your body at your waist. Move your right hand down to meet your left elbow, as if you were cradling a baby.

God: Make a fist with your right hand and extend your index finger, pointing away from yourself. This is the letter “G” in sign language. Move your hand up and toward your face in a large semi-circle. As you do, uncurl the rest of your fingers and fold your thumb across your palm.

have mercy on me:

Holding your arms in front of you with palms turned toward you. Bend down your middle finger so your hands look a bit like the letter “M.” Move your arms out, then up, then toward your face in a circle, as if you were directing someone to come toward you. Repeat.

sinner: Make both hands into a fist and then extend your index fingers so that they are still slightly curved, as in a hook. This is the letter “X” in sign language. Move your hands toward one another, then up, then away from one another in a small circle. Do this twice. (This is the sign for “sin.”) Next straighten all your fingers but leave your thumb folded across your palm. Move both hands down from chest high to your waist high. (This is the sign for “person.”)