

**Corporate Embodied Prayer: Worship leader's instructions for use with the Eric Wyse "Contemporary Lord's Prayer"**

Worship leader, the congregation will be mirroring your motions for uniformity of direction. A congregant's proper "left" and "right" version without the teaching descriptions is also included below. I hope this can be used as a blessing in your ministry. For more on body positions for more types of prayers, see *Body Prayer* by Doug Pagitt & Kathryn Prill (2005, has forward by Webber). Many thanks to Dannelle Shu who helped inspire some of the corporate dance interpretations.  
Connie C. Bull

**Our Father**

Both arms extended at chest level, hands open, palms up

**in heaven,**

Raise arms higher, hands in same position (Traditional Hebraic prayer position called the *orans*)= DWS701

**Hallowed be Your name.**

Bow upper body forward, turn hands over with back of hands closest to head

**Your kingdom come.**

Bring your right(\*congregant's opposite) hand down to waist level, palm up

**Your will be done**

Bring your left (\*) hand down in a fist to rest inside the open palm

**on earth as in heaven.**

With hands in same "supported fist" position, make a clockwise spiral from the waist level to above the head, releasing hands to *orans* on "in heaven" (symbolic of the spiral model of the Christian year, Christ as the bridge between heaven and earth) = DWS703

**Give us today (or this day)**

Lower hands to finger tips at eye level, hands in cupped position (symbolic of receiving bread at Communion) = DWS704

**our daily bread.**

Pull cupped hands inward toward mouth as if to eat

**Forgive us our sins**

Make a cross shape to your left (\*) with arms: Fists closed. Right (\*) fist tucked beside shoulder. Left (\*) arm with fist crossing tucked arm. Head bowed slightly.

**as we forgive those who sin against us.**

Release cross shape, raising head and opening fists into extended palms up at waist position.

**Save us from the time of trial**

"Pressing away" both hands to upward right (\*), right(\*) hand higher than left(\*). Upper body leans opposite to the left (\*). Head turned away from hands.

**and deliver us from evil**

Arms descend and rise to the left (\*) side, Palms up. Head is raised toward hands and body leans slightly right (\*).

**For the kingdom,**

Facing forward, both hands extended at waist level, palms up.

**the power,**

Arms raised to chest level, palms up (*orans*)

**and the glory are Yours**

Lift even higher but preserve "V" position angled forward front of body.

**Now**

Hands descend again to waist level, palms up

**and forever.**

Slowly with bent elbows, lift hands to reach past shoulders with elbows close to eye level (symbolizing past) and continue in fluid movement (symbolizing present) by extending hands out, arms straight from shoulder (symbolizing future)

**Amen.**

Four movements: With hands upstretched from shoulder: lean right(\*) with hands, lean left(\*) with hands, lean right(\*) again, and then open left(\*) hand to form the V-shaped *orans*. (Corporate dance element= Music and the Arts DWS702)

Congregational instructions for embodied prayer with the Eric Wyse "Our Father"

**Our Father**

Both arms extended at chest level, hands open, palms up

**in heaven,**

Raise arms higher, hands in same position (Traditional Hebraic prayer position called the *orans*)

**Hallowed be Your name.**

Bow upper body forward, turn hands over with back of hands closest to head

**Your kingdom come.**

Bring left hand down to waist level, palm up

**Your will be done**

Bring right hand down in a fist to rest inside the open palm

**on earth as in heaven.**

With hands in same "supported fist" position, make a clockwise spiral from the waist level to above the head, releasing hands to *orans* on "in heaven"

**Give us today (or this day)**

Lower hands to finger tips at eye level, hands in cupped position

**our daily bread.**

Pull cupped hands inward toward mouth as if to eat

**Forgive us our sins**

Make a cross shape over heart with arms: Fists closed. Left fist tucked beside left shoulder. Right arm with fist crossing left arm. Head bowed slightly.

**as we forgive those who sin against us.**

Release cross shape, raising head and opening fists into extended palms up at waist position.

**Save us from the time of trial**

"Pressing away" both hands to upward left, left hand higher than right. Upper body leans oppositely to the right. Head turned away from hands.

**and deliver us from evil**

Arms descend from the left side and rise to the right side, Palms up. Head is raised toward hands and body leans slightly left.

**For the kingdom,**

Facing forward, both hands extended at waist level, palms up.

**the power,**

Arms raised to chest level, palms up (*orans*)

**and the glory are Yours**

Lift even higher but preserve "V" position angled forward front of body.

**Now**

Hands descend again to waist level, palms up

**and forever.**

With elbows bent, lift hands to reach past shoulders and slowly unfold them to straight arms reaching out

**Amen.**

Four movements: With hands upstretched from shoulder: lean left with hands, lean right with hands, lean left again, and then open right hand to form the V-shaped *orans*.