

# Prayer toolkit

## praying hands

### AIM

To explore hands in the context of prayer.

### INTRODUCTION

Many of us have been taught to pray 'with our hands together and eyes closed'. You may also be familiar with the picture 'the praying hands'. You will find the story of this well known picture at <http://www.ftmagic.com/prayinghands.html> .

In the Vision4life material you will see that we have used photographs of hands in many different activities. There is an archive of these photographs on the Vision4life website where you can download these pictures if you want to use them in the activity. Otherwise you may want to use other pictures of hands, or take photographs or draw your own hands or the hands of the members of your group.

### Bible meditation

Consider one or more bible verses for your meditation

*When the sun was setting, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them [Luke 4:40]*

*One Sabbath Jesus was going through the grain fields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels [Luke 6:1]*

*Some people brought their babies to Jesus for him to place his hands on them [Luke 18:15]*

Or you may think of some others. Read the chosen verse/s carefully, aloud or silently. Read them several times and allow the words to sink into you thoughts. Wait for any response to the words. This might be a simple sense of needing to read the words again, or a prompt to move you hands into a particular position, or it might be an image or picture in your mind that forms as you read, or something else.

### Picture meditation



Take a picture from the Vision4life website of hands that connects with you or use the picture of the praying hands. Maybe someone you know or someone in your group has one you could borrow. Spend some time considering the photograph or picture carefully and prayerfully. If you are in a group, share with others your feelings and thoughts about it. If

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you are alone make some notes or drawings in your prayer journal as you go along.

From the pictures on the Vision4life website it is easy to make A5 laminated copies. Copy the images to My Pictures on your computer and print two at a time on an A4 sheet with the photo wizard. You can laminate these so they are more durable. Or you may want to use pictures of hands from a magazine or take photographs of your own.

Enjoy a time of silence and prayer together with hands open to receive God's blessing.

### Prayer

End your time of meditation with this prayer by Teresa of Avila, who was a Carmelite nun, 'Christ Has No Body':

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.

Teresa of Avila (1515–1582)

### EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

### THE NEXT STEP

If you want more toolkit items please revisit the website.

### Acknowledgements

This material was submitted by Bob Day for use in the vision4life process. The picture of the praying hands used here is from an embroidery by the late Anne Lees.

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### HOW TO FEEDBACK TO VISION4LIFE?

If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group and the coordinator about general issues via the website or at [admin@vision4life.org.uk](mailto:admin@vision4life.org.uk)

Website issues can be dealt with through [web@vision4life.org.uk](mailto:web@vision4life.org.uk)

If you have comments and particularly contributions to the prayer year, you can email the V4L prayer year coordinator via [prayer@vision4life.org.uk](mailto:prayer@vision4life.org.uk)

If you want to make contributions or ask questions about other V4L years you can email:

Year 1 – Transformed by the Bible: [bible@vision4life.org.uk](mailto:bible@vision4life.org.uk)

Year 3 – Transformed for Evangelism: [evangelism@vision4life.org.uk](mailto:evangelism@vision4life.org.uk)