

PARTS OF THE BODY TECHNIQUE

From the book "You Can Pray" of Fr. P.Ribes, s.j. published by the Gujarat Sahitya Prakash

Introduction:

- ✓ *This technique is a simple one. It can be practiced by all sorts of people, young and old, educated and uneducated, those experienced and those not experienced in prayer.*
- ✓ *It can be used anytime, day or night, in all places, while traveling, sick on bed, etc.*
- ✓ *An added advantage of this method is that while practicing it, you may indulge in any mode of prayer such as thanksgiving, praise, offering, petition, self-examination, repentance, etc*

PROCEDURE:

Before Starting Your Prayer.

- Choose any member of your body on which you want to pray. **e.g., your hands / eyes / tongue/ heart / mind / feet, etc.**
- As an sample of this technique we offer here below a prayer **on our hands**

Start:

- Quiet down. Close your eyes. Relaxation exercises may help.
- Place yourself in the presence of God. Remain silent for a while.
- Invoke the Holy Spirit for assistance. You may sing an appropriate hymn.
- Be aware of your hands: Keep them on you lap. Join them. Rub them one against the other, Clasp them. For awhile, feel the sensations taking place in them.

First Step: Thanking God for them:

- Remember the great help your hands have been to you through life: working, eating, learning trades, sports, writing, etc, . How would you have managed without them?
- Give thanks to God for them.
- Remember the wonderful things God allowed you to do with them for others your parents, your family members, friends, the poor, your neighbors, etc. Acts of kindness, assisting others, consoling, serving, charity, caressing, embracing, etc.
- Relish remembering all the good actions done to others. Thank God for each one of them .

Second Step Regret the Times you Misused Them.

- Be sorry for the wrong things you did with your hands to yourself like overeating, neglecting yourself, wrong use of your body, etc. Remember those unhappy moments. Say sorry to God for them.
- Be sorry for the wrong things you did with your hands to others:, like unkind deeds, dishonesty, immodest acts, harmful things, etc Remember those unhappy moments.
- Say sorry to God for them.
- In fantasy, say sorry also to those you have harmed and apologize to them.
- Pray for them.

Third Step: Promise of Amendment. Ask yourself before God:

- In future, how shall I stop doing evil things with my hands to myself and to others?
- Henceforth, how shall I use my hands only for my good and for the good of others?
- What I intend doing? What steps shall I take?
- Listen to the voice of God speaking to you and make your promises..

Closure:

- Close this prayer exercise with an Our Father, Hail Mary and Glory Be.
- Recite or sing an appropriate hymn, like: **“Of My Hands I Give to You.**

Note: *Next time you wish use this prayer method, take any other member of your body and follow the same procedure.*