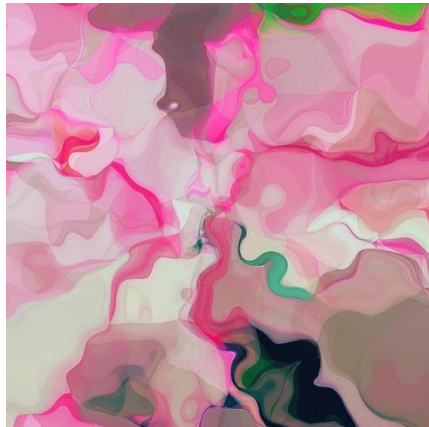


A prayer for those struggling to pray...

By Sarah Bourns

May God meet you anyway.
When you have no words to say,
Would you let your body pray through you today?

Wordless prayers of movement, taste, and touch,
Of stillness, sight, and sound,
Of hands raised up,
Of knees bowed down.



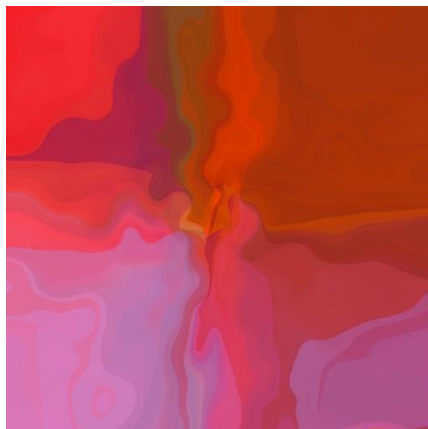
The language of lighting a candle,
Humming a song,
Watering the plants,
Walking the dog.

Savoring your coffee,
Shivering in the breeze,
Stirring potato soup,
Crunching fallen leaves.



Breathing in his mercy,
Tasting his sweetness,
Listening for his goodness,
Touching his kindness.

When all your words fail, may you remember
That praying is much more than speaking.
It is being
With the one who loves to be with you!



So, go paint your prayers,
Play your prayers,
Dance your prayers,
Draw your prayers,
Bake your prayers,
Breathe your prayers,
Run your prayers,
Hug your prayers,
Laugh your prayers,
Cry your prayers.



And allow your hands and feet,
And fingers and nose,
And arms and eyes,
And shoulders and toes
To carry your prayers to the foot of the throne,
To the one who needs no words
Because He already knows.

Which one is a picture of your own prayers today?

- The prayer is written by Sarah Bourns. For more by Sarah, check out her [Facebook page](#) or Instagram [@sarahbourns](#).
- The images are by [Alan Hirsch](#) who says he is painting his prayers these days . . .