

## Awakening Body Prayer

Praying with our bodies offers a path of deepening intimacy with God.

- Praise**     *Raise arms straight up overhead; posture of praise*  
Radiant God, Source of all life, we praise you...all that we are and all that we have is a gift from you...pause
- Welcome**     *Face East, holding arms straight out; posture of welcome*  
We welcome the healing light and gift of this new day...we stand in your welcome...pause
- Gratitude**     *Bring hands together over heart; posture of gratitude*  
We take into our being your sustaining goodness...the gifts of healing and forgiveness...the gift of new life...the gift of relationships with others...pause
- Open**     *Hold arms out to sides, forming a cross; posture of openness*  
We stand before this day, what is and what will be with an open heart... and with an open heart we dwell in possibility...
- Bless**     *Bring hands together in prayer posture, touch heart, lips, forehead; raise arms overhead, release to sides; posture of blessing*  
Shine your radiant light in our hearts, upon our lips, through our minds that we may in turn shine on others this day. (Ps.67)
- Bow**     *Bow with head, waist, or body; posture of adoration*  
We bow in adoration of your divine life within all. Amen.

### Reflection

How do I awaken to the day?

**All the wonders of life are already here. Stop, breathe, notice.**

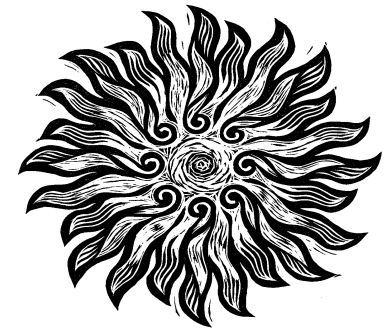
Developed by Julie Stegelmann, Pathways Retreat  
Adapted from: Macrina Wiederkehr, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*

## The Awakening Hour, Lauds, prayed at Sunrise

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**themes: praise and resurrection joy and delight,  
the coming of the light**

In the early morning hour, dawn breaks through night shadows. Fading darkness makes way for morning light. All nature leaps from the tomb of sleep and death. Everything stirs with renewed life. This is the hour of praise, the hour of joy, a little resurrection. In this morning hour, many of us wake up. But our waking up can be infinitely more than just opening our eyes and getting out of bed. Morning is a call to our resurrection. The awakening hour holds many gently invitations:



- Praise the Source of all life.
- Breathe and taste the joy of being awake.
- Awaken to life within and all around.
- Receive the healing light and new life of the dawning day.
- Open to the possibilities that await as you move into the day.
- Listen to what needs to rise so you may be fully alive this day.

From early Christian times, the first hour of the day has been given over to praise. Praise acknowledges that life is given to us. Every moment is given by God. At the dawn hour, we raise high the chalice of our life. We have the potential of becoming a living morning praise.

**I cannot cause light. The most I can do is put myself in the path of its beam. -Annie Dillard**

## Prayer Guide

Morning by morning God wakens—wakens my ear to listen. Is. 50:4

### Opening

O Lord, open my lips,  
and my mouth shall proclaim your praise.

**Psalm** 19, 95, 147



### Contemporary Psalm

Moment of dawn quietest of all quiet moments  
good medicine for the soul make plans to be there.  
Set the clock of your heart, breathe in the rays of dawn,  
raise high the chalice of your life, taste the joy of being awake.

### Reading

It is necessary for me to see the first point of light which begins dawn.  
It is necessary to be present alone at the resurrection of Day, in the  
blank silence when the sun appears. -Thomas Merton

### Awakening Meditation

Take a few moments to awaken. Awaken to your surroundings, to the room, to what you see- colors, shapes, details; to what you hear- sounds, noises, silence; to what you smell, taste, touch. Awaken to the ground under your feet. Awaken to your body. To your breath, to the depth of your inhaling and exhaling. To the sensations and impressions of your body. Notice what you are experiencing in your body right now- openness, tightness, tiredness, alertness, relaxation. Awaken to the activity or quietness of your mind. Awaken to your mood, emotions, or feelings. Whatever you notice, simply be with it. As you continue to awaken, awaken to something more profound and essential here. God is here in great love and great compassion. Divine Love is already at home within you and around you. When you are ready, open your eyes and look around. Awaken to divine presence in all.

## Canticle of Zechariah

In the tender compassion of our God  
the dawn from on high shall break upon us  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace. -Luke1:78-79

### Prayer

Lead us to our awakening places, O God. Make our hearts ready to receive the brightness of your presence. May it be so!

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## More Awakening Practices & Prayers

### Sit in Silence with God

Sit in silence with God. No words, few thoughts, just quiet breathing.

### Awaken to Cycle of Your Breath

As you wake in the morning, stand and face the direction of the east. Become aware of the rhythm of your breath and allow a few moments to connect with the breath cycle. In this moment savor especially the gift of inhalation, of new life being breathed into you. Move through several cycles of breath, noticing what the moment of inhalation awakens in you this morning.

### Coffee or Tea with the Dawn

I stand at my window and watch, one by one the stars all leave me  
I am having tea with the dawn, the first ray of sun descending into my teacup...into my heart, the steam of my tea ascending to the heavens...into God's heart, the yearning in my heart streaming to the heavens...into God's heart, and God, standing in the heavens watching the sun rise in my heart, leans down to breathe in the first rays of yearning, and names it morning prayer.

### Morning Awakening Walk

Walk with no purpose but to simply awaken.