

Hand Blessing



Look at the uniqueness of your hands, the lines, fingerprints, veins, marks. From the hands of the Creator, you were lifted out of the earth and uniquely and wonderfully fashioned.

Reach out and touch the things that are near to you...
Feel the texture of the things you touch...

Think of the blessings your hands have already brought you this day...the tasks they have done...feeding, cleansing, dressing, holding, opening, touching, sharing, praying...

Think of the blessings they have yet to bring...the tasks they will do...

Hold out your hands in gratitude for their many uses...
Give thanks to God for the many blessings your hands bring...

Begin rubbing oil, lotion, or water into your hands as you pray:

Holy One,

Anoint my hands with tender awareness.

Anoint my hands with compassionate touch.

Anoint my hands with sacred energy. Give me spirit hands.

Help me to remember my potential to reach out and touch things to life.

Bless my hands and use them for healing all through the day.

May it come to pass!

-Adapted from Macrina Wiederkehr, *Seven Sacred Pauses: Living Mindfully through the Hours of the Day*