

A PRAYER FOR OPENNESS

*Remember the Holy One is with you.
Bring to mind this loving presence within you and
around you as you pray the following:*

Touch your fingertips to your forehead, saying:

**Open my mind to remember
your presence.**

Touch your fingertips to your mouth, saying:

**Open my mouth to speak
your wisdom.**

Touch your fingertips to your heart, saying:

Open my heart to extend your love.

Hold both hands out, open, palms up, saying:

Open my hands to serve you generously.

Holding arms wide open, saying:

Open my whole being to you.

***Make a deep bow to the
loving presence in you.***

*--Excerpted from *Open the Door* by Joyce Rupp, © 2008.*

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