

## PRAYER FOR LIFE IN THE BODY

In the name of the Father and of the Son + and of the Holy Spirit.  
**Amen.**

### PSALMODY

O Lord, open my lips,  
**and my mouth will declare your praise.**

*Psalm 51:15*

You formed my inward parts;  
**you knitted me together in my mother's womb.**  
I praise you, for I am fearfully and wonderfully made.  
**Wonderful are your works.**

*Psalm 139:13-14*

Your hands have made and fashioned me;  
**give me understanding that I may learn your commandments.**  
Those who fear you shall see me and rejoice,  
**because I have hoped in your word.**

*Psalm 119:73-74*

The word of the Lord is right and true;  
**He is faithful in all He does.**  
The Lord loves righteousness and justice;  
**The earth is full of his unfailing love.**  
By the Word of the Lord were the heavens made,  
**their starry host by the breath of His mouth.**  
Let all the earth fear the Lord;  
**let all the people of the world revere him.**  
For He spoke, and it came to be;  
**He commanded, and it stood firm.**  
May Your unfailing love rest upon us, O Lord,  
**even as we put our hope in you.**

*Psalm 33:4-6, 8-9, 22*

### CONFESSION OF FAITH

God has made us His people through our baptism into Christ.  
Living together in trust and hope, we confess our faith:

**Apostles' Creed**

**Meditation on the Body**

### PRAYER

Taught by our Lord and trusting in His promises, we are bold to pray:

**Lord's Prayer**

**Almighty God,  
I thank You that You sustain me and all creatures by Your life-giving breath,  
and deliver me from death through Jesus, the Word of life.  
Protect me from all evil,  
so that I serve You in all that I do and please You in my daily life.  
Into Your hands I commend myself,  
my body and soul, and all that I possess,  
and all those who are dear to me;  
through Jesus Christ, Your Son, our Lord.  
Amen.**

#### **ENCOURAGEMENT**

Your body is the temple of the Holy Spirit within you:  
**Whom you have from God.**  
You are not your own, for you were bought with a price:  
**So glorify God in your body.**

*1 Corinthians 6:19*

#### **BENEDICTION**

Our help is in the name of the Lord  
**who made heaven and earth.**

*Psalms 124:8*

Let us bless the Lord.  
**Thanks be to God.**

*Psalms 103:1*

The grace of our Lord Jesus Christ and  
the love of God  
and the communion of the Holy Spirit be with us all.  
**Amen.**

*2 Corinthians 13:14*