

Maranatha resource

1



In Mountain posture, with feet hip-width apart and in parallel, recite the opening line in harmony with one full breath (in and out).

Our Father

2



Inhaling, raise both arms above the head and open out wide, looking up as you say:

in heaven,

3



Exhaling, flex the trunk and take the arms forward and down in reverential attitude to Standing Forward Bend, or acceptable adaptation with the head and hands as low as is comfortable, according to ability.

hallowed be your name,

4



Inhaling, extend upper spine and lift the head only to look forwards, saying:

your kingdom come,

5



Exhaling, bow the head and return to Standing Forward Bend or acceptable adaptation.

your will be done,

The Lord's Prayer

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.

Based on Matthew 6:9-13

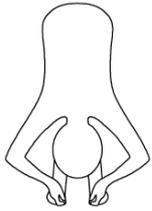
Taken from the Common Worship and Prayers of the Church of England Holy Communion Order one.

NB For those with high or low blood pressure or a heart condition, the recommendation in standing posture is to avoid raising the arms above the head and not to gaze upwards. Instead raise the hands (palms together) to the brow before opening the arms out wide to either side of the head. When flexing forwards and downwards, ensure the head goes no lower than the hip level and the hands no lower than the knees. The movement of the arms and upper body follows a similar pattern to that of the illustrated practice but is a scaled-down version. These precautions also apply during pregnancy, when it is important to avoid constricting the abdomen. Therefore at stages 6 and 9 omit the instruction to 'draw in' and instead simply hold the position lightly whilst you say the relevant words of the prayer.

Devised by Christine Pickering
September 2017

Please Turn Over

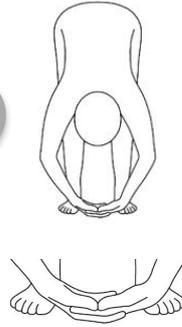
6



Breathe in and on the out breath draw the upper and lower body closer together. Become aware of a sense of empowerment as the crown of the head is brought closer to the ground, symbolising 'heaven coming down to earth.'

on earth as in heaven.

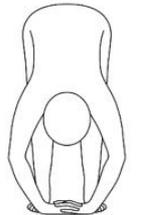
7



Maintaining the posture, turn the palms of the hands to face up with the fingers interlaced in a receptive gesture.

Give us today our daily bread.

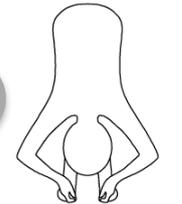
8



Still in Forward Bend Position, turn the palms face down in a gesture of 'letting go'.

*forgive us our sins
as we forgive those who sin against us.*

9



Breathe naturally and on each exhalation continue to draw the spine closer in towards the support of the legs. This induces a strong sense of discipline and full commitment to the words when you say:-

*Lead us not into temptation
but deliver us from evil.*

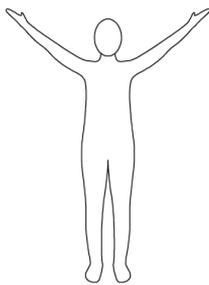
10

Inhaling, slowly uncurl the spine as you straighten up and 'lift up your heart' to God. Breathe out in the upright standing position of Tadasana, Mountain Posture.

For the kingdom,



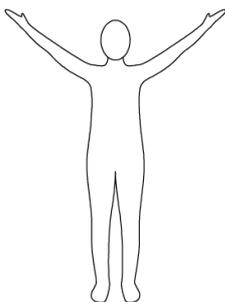
11



Inhaling, raise the arms out sideways and upwards bringing the palms of your hands together high above your head.

*the power, and the glory are yours
now*

12



Exhaling, lower the arms out sideways and bring the palms together at the level of the heart as in the starting position.

and for ever.

Breathing in and out, hands in Namaskara mudra (prayer gesture).

Amen.

