

## Thank You • Movement Prayer

Our faith begins like a tiny seed, planted in the warm, brown earth.

*(crouch down, hugging your knees, head down)*

The seed, like our faith, feels the sun's warmth and the gentle spring rain helping growth.

*(begin to unfold slowly)*

We push through the earth.

*(hands upward and out to each side, palms up)*

We move side to side in the dancing breezes.

*(gently sway back and forth)*

Soon we are blooming with flowers.

*(shape hands like round buds-let the buds open slowly)*

Our flowers are beautiful gifts we offer in praise of God.

*(turn face upward • move cupped palms up in an offering motion)*

Glory to you, God, now and forever.

Amen