

I invite you to sit comfortably, with your feet resting on the floor. Take a slow, gentle breath in... and breathe out. Allow your shoulders to soften. Become aware of God's loving presence with you in this moment.

Hear these words from the psalmist: *"O Lord, you have searched me and known me... You hem me in, behind and before, and lay your hand upon me."*

And from 1 Corinthians: *"For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God."*

As we pray together, we will make the sign of the cross slowly and thoughtfully, allowing each movement to become a prayer.

With your **right hand**, gently touch your **forehead**.

This is the place of knowing...
the place of memory...
the place of imagination...
the place where you seek understanding.

Here, remember that God knows you completely and loves you fully.
There is nothing hidden from God, and nothing beyond God's grace.

Take a moment in silence.

Now move your hand to your **heart**. This is the place of love.

Here we hold our joys and sorrows.
Here we learn to love ourselves as God's beloved children.
Here we are moved with love for our neighbors.
Here we discover God's love poured into us.

Rest here for a moment, receiving God's love.

Now touch your **left shoulder**.

Bring to God your past. The moments of gratitude.
The moments of regret.
The relationships that shaped you.
The burdens you still carry.
The blessings you almost forgot.

Offer it all to God, trusting that nothing is wasted in God's redeeming love.

(Pause.)

Now move your hand to your **right shoulder**. Bring before God your future.

The hopes you cherish.
The questions you carry.
The decisions ahead.
The unknown paths you cannot yet see.

Entrust your future to the One who goes before you, walks beside you, and remains faithful always.

(Pause.)

Finally, return your hand to your **heart**.

Remember that this heart is joined to the heart of God.

Pray now not only for yourself, but for the world that God loves.

Pray for those who suffer.
For those who rejoice.
For those who are lonely.
For those who lead.
For those who serve.
For those who long for peace.
For those who hunger for justice.

May God's love flow through our hearts into the life of the world.

(Pause.)

As we complete this prayer, remember that the sign of the cross is more than a gesture. It is a reminder that we are wrapped up into God's suffering love on the cross. We are known, loved, forgiven, and sent into the world to share God's love.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.