THE BODY AT PRAYER
HOW DO WE WORSHIP?

• Body: Liturgical gestures are stylized forms of natural movements of the limbs, especially the hands, in the context of corporate worship.

• Words: The invention of written language eventually made possible the separation of words and gesture and, thus, in religious terms, the differentiation between ritual and ceremonial.

• Mind: Protestant rejection of liturgical gesture is based on the association of the gestures with doctrines which are held to be objectionable.
HOW DO WE WORSHIP?

• When we use words to pray, we are using only one form of language. The body has its own language also. One small gesture can speak volumes of words.

• It is fitting that when we come together in worship, we should worship with all our being. We are to worship with our minds, our souls, and also our bodies, for our bodies are the "Temple of the Holy Spirit" (1 Cor 6.9).

• Episcopal tradition: kneel for prayer/eucharist, stand for praise/singing, and sit for instruction.
BOWING

- HUMILITY/RESPECT
- PHIL 2.10

• SIMPLE
• MODERATE
• PROFOUND
• GENUFLECTION
• PROSTRATION

TELL ME MORE ABOUT YOUR HEAD NOD
AND HOW THAT QUALIFIES AS A PROFOUND BOW.
PRAYER POSTURES

Penitence, Supplication,
Petition, Contrition

• Kneeling (Acts 9.40)
• Standing (Mark 11.25)
• Folded Hands
SIGN OF THE CROSS

MAKING THE . . . .

1. In the name of the Father...
2. and of the Son...
3. and of the Holy...
SIGN OF THE CROSS: BACKGROUND

• Individual History (Tertullian)

• Ecclesiastical History (Augustine)

• The Cross as ‘Sign’

• The Cross as Oath/Superstition

• The Cross as ‘Prayer’

• The Cross as ‘Creed’
SIGN OF THE CROSS: WHEN?

- At the words, “In the name of the Father . . .”
- At the words of Absolution (after Confession)
- At the end of the prayer for the dead
SIGN OF THE CROSS: WHEN?

- When the Consecrated Host is raised
- When the Chalice is raised
- Before receiving the host
- Before receiving the chalice
- At the final blessing
THE SIGN OF THE CROSS: WHEN?

. . . . AT THE GOSPEL
KISS OF PEACE

- Pauline letters & 1 Peter
- Matthew 5.23
- Part of liturgy since 2nd c
- Kissing Board
- “Passing the Peace”