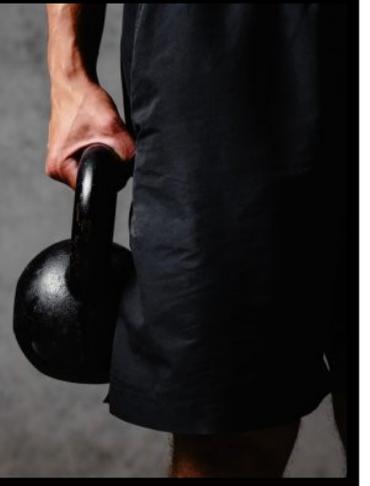


How does your body want to express saying sorry to God?



Find something heavy and pray with all your strength as you lift your weight safely.

Why not use a gym session to focus your prayers on asking for God's strength in your life.



Ideas for praying actively

Use a time of walking or running to spend time praying—pray for your community as well as enjoying time with God.



What does showing your love for God feel like in your body? Explore stretching your arms up high, jumping or dancing as you glorify God.



Make a sign of the cross to focus on God the Holy Trinity. Why not try this with your whole body—reach up high to God our creator; touch the ground to remember God with us—Jesus; open your arms wide to remember God the Holy Spirit is all around.

