

## Support for Action 36: Pray a prayer of peace

There is a recognized international prayer for peace. It is written out below with some suggested simple actions to accompany the words. These might help children to use and remember it.

Lead me...

from death to life (*hands crossed over body and then hands raised above the head*)

from falsehood to truth (*one hand close to the mouth, suggesting a malicious whisper, and then both hands with thumbs up next to the mouth suggesting the truth*)

from despair to hope (*one hand on the forehead in despair and then the same hand shading the eyes, looking out to the future in hope*)

from fear to trust (*two hands by the mouth expressing terror and then both hands open in front of the body expressing trust*)

from hate to love (*one hand raised as a fist and then two hands over the heart*)

from war to peace (*one hand shaped like a gun and then two hands linked by the thumbs, palms inward, creating a dove of peace*)

Let peace fill...

our heart (*hands still as the dove of peace near to the heart*)

our world (*hands as the dove of peace making a small circle away from the heart*)

our universe (*hands as a dove of peace making a much larger circle away from the body*)

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