Prayer Before a Wellness Activity

Let us pray: In the name of the Father, and of the Son, and of the Holy Spirit.
    Amen.

    Lord Jesus, You came that we might have life, and have it abundantly.
    Send Your Holy Spirit upon us today, to fill us with peace, joy and understanding.
    Open our hearts to listen and work with one another.
    May everything we do today help us grow as Your disciples in wellness of body, mind and spirit.
    We make this prayer in the power of Your holy name.
        Amen.

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