

Litany of Redeemed Humanity

- For taking on flesh,
Thank you, Jesus.
- For showing me how to live and love with a body,
- For choosing to experience every aspect of humanity,
- For experiencing temptation and being victorious,
- For dying a real death,
- For your bodily resurrection,
- For ascending to heaven and taking my humanity to the Father,
- For humbling yourself to share in my humanity so that I can share in your divinity,
- For my dying and rising with you in baptism,
- For feeding me with your body and blood,
- For not believing that my humanity is good,
Lord have mercy.
- For the times I have despised my own body and my humanity,
- For failing to see my body as a gift,
- For the ways I have abused my own body,
- For the ways that I have used my body to control, hurt, or manipulate,
- For rejecting or misusing the gift of my sexuality,
- For eating too much and exercising too little,
- For eating too little and exercising too much,
- For failing to direct my emotions in a healthy manner,

- That my humanity is a gift,
Jesus, I trust in you.
- That my body is good,
- That my body is a Temple of the Holy Spirit,
- That my emotions are good,
- That my desires are good,
- That you come to meet me in my bodily and emotional frailty and weakness,
- At the hour of my bodily death,
- That you make all things new,
- That I am fearfully and wonderfully made,
- For the blood that circulates through my body,
I praise you, for I am fearfully and wonderfully made.
- For a digestive system that delivers nutrients and filters toxins,
- For hormones that regulate my bodily needs,
- For my immune system that defends my body against that which is harmful,
- For my bones and skeletal system that maintain the structure of my body,
- For my shape and size,
- For muscles which allow my body to move,
- For lungs that breathe and a heart that beats,
- For my reproductive system that gives life and love,
- For my skin and hair that offer a layer of protection,
- For my brain and central nervous system which allows me to collect information and respond,
- For my five senses: the ability to see, hear, smell, taste, and touch,
- For my feminine/masculine sexuality and the bodily expression of my deepest being,
- For every cell in my body,

- I offer my body,
that you may be glorified.
- I offer my heart,
- I offer my mind,
- I offer my desires,
- I offer my emotions,
- I offer my words,
- I offer my thoughts,
- I offer you my entire humanity,
- Animate my very being.
Come, Holy Spirit!
- Enlighten the darkness of my mind.
- Strengthen my feeble will.
- Order my passions aright.
- Breath new life into me.
- Renew my humanity.
- Make me fully alive.

O God, You have created me in your image after your likeness, provide for my every need and order my life towards perfection. You have redeemed me through the blood of Jesus shed on the cross and in his resurrection and ascension, new glory has been revealed and promised. As he has gone before me in suffering, death, and victory, so may he prepare a place for me in heaven where he has already taken my humanity and for which my humanity longs in hope. Through the power of the Holy Spirit, continue to renew me in body and soul to bring about the redemption of my humanity in your transforming love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,

Amen.