

Up-Hug Blessing

When my daughter was a bit smaller than she is now, whenever she wanted to be picked up and carried she asked for an "Hug Pug". As her language developed it became clear that what she meant was an "Up-Hug", literally a hug that lifts you up. So I feel rather nostalgic writing the blurb for this prayer which is based on Imogen's image of God scooping us up and holding us in the Up-Hug of God's embrace.

Walk with us
stay with us
guide us
sustain us
play games
and create with us
and when we are too tired
to go any further
embrace us
in the up-hug of your arms
and grant us rest. Amen.

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