

POSTURE & SCRIPTURE PRAYER | *Palms Palms and Psalms*

- Settle into a comfortable position, close your eyes, and just let your hands rest on your lap. Breathe deeply and relax. Intentionally place yourself in the presence of Jesus, holding your body in a way that says *God I am open to you in this moment*. Take a full minute to settle.
- **You were created by love, in love, for love.** That is an eternal, unshakeable truth. Allow your heart to quiet and just breathe in that reality as best you can, for another full minute.
- We often come into prayer – into everything – carrying the weight of many burdens; our concerns, worries, distractions.
- As a beginning and physical move of prayer right now, as you think of the concerns you're 'carrying' – just slowly take your hands, and turn your palms downwards. As you do, begin to consciously 'drop' your cares, worries, agendas and expectations into Jesus' hands.
 - Take a few minutes to even name and drop them one by one, if you need. Anything that is pulling your mind and heart away from him. Consciously let go of all that is heavy or burdensome, as best as you can.
- Having done your best to give your cares to Jesus, now turn your palms back upwards on your lap. Intentionally open your hands wide – as a physical signal of your desire to open your heart and spirit up – to receive all of God's presence, and word and love for you, in this moment.
- God's presence is *always* around us, carrying us, and even coursing right through us. But it's often hard to recognize, in the midst of the noise both within and without.
- So now, as a second move of prayer – while still consciously being held in the presence of God – experiment with not *reading*, but **praying** a passage of Scripture.
- The Bible holds all kinds of profound passages for personal prayer with which you can do this exercise. Psalm 139 (below) is one of them.
- I encourage you to read it once first silently, and then go through a second time, praying the words out loud and letting them stir your heart and sink into the fibre of your being.
- **PRAY:**

O LORD, You have searched me,
and you know me.
²You know when I sit and when I rise;
you perceive my thoughts from afar.
³You discern my going out and my lying
down;
you are familiar with all my ways.
⁴Before a word is on my tongue
you, LORD, know it completely.
⁵You hem me in behind and before,
and you lay your hand upon me.
⁶Such knowledge is too wonderful for me,
too lofty for me to attain.
⁷Where can I go from your Spirit?
Where can I flee from your presence?
⁸If I go up to the heavens, you are there;
if I make my bed in the depths, you are
there.
⁹If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰even there your hand will guide me,
your right hand will hold me fast.
¹¹If I say, "Surely the darkness will hide me
and the light become night around me,"
¹²even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
¹³For you created my inmost being;
you knit me together in my mother's
womb.
¹⁴I praise you because I am fearfully and

wonderfully made;
your works are wonderful,
I know that full well.
¹⁵My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths
of the earth.
¹⁶Your eyes saw my unformed body;
all the days ordained for me were written
in your book
before one of them came to be.
¹⁷How precious to me are your
thoughts, God!
How vast is the sum of them!
¹⁸Were I to count them,
they would outnumber the grains of
sand—
when I awake, I am still with you.
¹⁹If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
²⁰They speak of you with evil intent;
your adversaries misuse your name.
²¹Do I not hate those who hate you, LORD,
and abhor those who are in rebellion
against you?
²²I have nothing but hatred for them;
I count them my enemies.
²³Search me, God, and know my heart;
test me and know my anxious thoughts.
²⁴See if there is any offensive way in me,
and lead me in the way everlasting.