

## POSTURE PRAYER | *I Open*

Posture prayer is a simple and holistic way of praying, engaging our whole selves: hearts, minds, and bodies. Consider starting your day with this prayer of openness to God, to not only help you hold all the coming events of the day before God, but **to help hold yourself open to God** in all the moments that are coming – knowing that while you may not even know what they all are, God – in God’s love and wisdom – does.

*Start by Placing a hand on your forehead*

**I open my mind today, God**

Teach me the wisdom of your upside-down Kingdom

The principles, perspective, and priorities of a God

Who would lay down his life for love

**I open my mind to you**

*\* Place hands on your temples near your eyes*

**I open my eyes, Jesus**

Eager to see you in the spaces around me – both visible and invisible

Don’t let me miss you today

**I open my eyes to you**

*\* Place hands on your ears*

**I open my ears, Lord**

Help me to hear your still small voice,

Help me to quiet the noise that drowns you out; both external & internal

Help me to hear what really matters

**I open my ears to you**

*\* Open your arms wide, as if to gather up something large*

**I open my arms**

Would you fill them with those who you want loved, today

May my arms be an extension of yours, to those who need them most

**I open my arms to you**

*\* Place a hand over your heart*

**I open my heart**

Would you heal what still sits broken in here

Forgive me for “*bleeding all over those who didn’t cut me*”

Give me courage to forgive the ones who did, the ones who will

**I open my heart to you**

*\* Place your hands on your stomach, wherever you think of as your ‘gut’*

**I open my spirit**

I gladly enter into the place of mystery

Would you move in me, with grace and power

Enabling me to walk by a way I’ve not yet known

**I open my spirit to yours**

*\* Hold both hands open, either on your lap or just low at your side*

**I open my whole life to you today, my Lord and my God**

May I hold nothing back; May I close nothing off

May I never be the same from this moment forward

Again and again and again

**Do in me the work that only you can do Jesus.**

**In Your name, I pray, Amen**